

H1. District Letter of Invitation

DISTRICT LETTER OF INVITATION

{DATE}

{DISTRICT SUPERINTENDENT}

{DISTRICT NAME}

{DISTRICT ADDRESS}

{DISTRICT CITY, STATE, ZIP}

Dear {DISTRICT SUPERINTENDENT}:

I am writing to inform you that X schools in your district are among the 130 schools randomly selected across the United States to participate in the 2010 National Youth Physical Activity and Nutrition Survey (NYPANS), a survey of the physical activity and dietary behaviors among students in grades 9 through 12. The NYPANS is sponsored by the Centers for Disease Control and Prevention (CDC).

Your support for the survey also would help ensure the voluntary participation of schools in your district. The selected schools are:

School Name #1

School Name #2

Etc.

The following organizations support the national YRBS, under the auspices of which this project is being conducted. The American Academy of Pediatrics, the American Association for Health Education, the American Association of School Administrators, the American Cancer Society, the American Medical Association, the Association of State and Territorial Chronic Disease Directors, the Association of State and Territorial Health Officials, the Council of Chief State School Officers, the National Association of Chronic Disease Directors, the National Association of State Boards of Education, the National Education Association, the National PTA, the National School Boards Association, and the Society of State Directors of Health, Physical Education and Recreation support the NYPANS.

The study is driven by nationwide concerns about the obesity epidemic among Americans, and especially among America's youth. The survey will help us understand what key physical activity and nutrition behaviors might be contributing to adolescent obesity and putting students at greater risk for ill health into adulthood. The study will also look at the associations between student body mass index and a variety of behaviors. Study results will have significant implications for policy and program development for obesity prevention and physical activity programs nationwide.

Some schools that are willing to participate in the main study may be asked to volunteer for another portion of the study that will take place outside of school. The out-of-school component involves having one class per school complete telephone interviews about their dietary intake. Schools can agree to participate in the physical activity and nutrition in-school survey, but say they

do not want to participate in the out-of-school component.

The NYPANS is a one-time survey among a random sample of 9th through 12th grade students. In each school, one class at each grade is selected randomly to participate. Each student will be asked to complete a survey and will subsequently be measured for height and weight. The 120-item questionnaire will be administered during one normal class period by specially trained field staff. Survey administration procedures are designed to protect student privacy and allow for confidential participation. Counties, cities, school districts, schools, and students will not be identified in any published reports.

As a symbol of appreciation for contributing their time and support and for being a significant partner in the 2010 NYPANS effort, the CDC will provide each participating school with a monetary incentive. One option is to use these funds for physical activity and nutrition curricula and educational materials. However, no restrictions will be placed on how schools can use these funds. Schools also will receive a copy of the published report on survey results and a variety of educational materials related to the health of young people.

Enclosed are a copy of the questionnaire, parental permission form, an NYPANS Fact Sheet, and letters of support from national organizations. Within one week, a representative from Macro International Inc., a nationally recognized survey research firm, will contact you to discuss your support of the survey. If you have any immediate questions, please call Dr. Nancy Brener of my staff at (770) 488-6184. Your support for this survey will help to improve efforts to promote healthy physical activity and dietary habits of youth across the nation.

Sincerely yours,

Howell Wechsler, Ed. D., M.P.H.
Director
Division of Adolescent and School Health
National Center for Chronic Disease
Prevention and Health Promotion

Enclosures

cc: