



December 22, 2009

Superintendent Name
Superintendent
Street Address
City, State, Zipcode

Ronald J. Iannotti, PhD
Prevention Research Branch
Eunice Kennedy Shriver National
Institute of Child Health and
Human Development
6100 Building Room 7B05 MSC 7510
Bethesda, MD 20892-7510
Phone: 301 435-6951
Fax: 301 402-2084
E-mail: iannotr@mail.nih.gov

Dear Dr. Last Name

Obesity has become a major problem in the United States and the National Institute of Child Health and Human Development (NICHD) has recently reported that adolescents in the U.S. are more likely to suffer from overweight and obesity than adolescents in other developed countries. School administrators are concerned because adolescent obesity and substance use and the health behaviors related to these health problems have been shown to affect school performance. Health professionals are concerned because adolescent obesity has been shown to lead to diabetes, heart disease, and many other health problems in adolescents and adults. In order to better understand this critical phase of U.S. adolescent health, the National Institutes of Health (NIH) is embarking on a 4-year nationwide longitudinal study of U.S. adolescents, called the NEXT Generation Health Study (NEXT). Three Institutes within NIH have partnered to conduct this study, they are: NICHD; the National Heart, Lung, and Blood Institute; and the National Institute of Alcohol Abuse and Alcoholism. In addition, the Maternal and Child Health Bureau of the Health Resources and Services Administration is also contributing resources to this important public health initiative.

The NEXT Generation Health Study will gather data on health behaviors and their social and environmental contexts from students in a four-year longitudinal, nationally-representative sample of 10th-grade children in the U.S. The study provides a unique opportunity to assess the determinants of adolescent health, health risk behaviors, and mental health over an extended period and during significant family and career/education transitions. Through a combination of in-school surveys and assessments, as well as online surveys, NEXT will gather information on adolescent nutrition and dietary practices; physical activity and sedentary behaviors; sleep; driving behavior; substance use; and the influence of family, friends, and communities on these health behaviors.

The purpose of this letter is to inform you that school districts within your State have been randomly selected to participate in NEXT. Approximately 80 schools in the United States have been selected to participate in this national health study.

The following school districts in your State were randomly selected to represent adolescents in the United States:

[List Districts]

Within each school district, approximately [insert number] schools will be randomly selected to participate in the study. Approximately two grade 10 classrooms (NOT the entire grade) will be

randomly selected in each school. Students in these classrooms will be asked to take a health survey, have their height, weight, and waist measured, and asked to provide a saliva sample during the first year of the study. During the second and third years of the study, NEXT health researchers will revisit these same schools to collect height, weight, and waist measurements for those participants who are still attending the same school. Surveys will be completed online. During the first year of the study, data collection will occur sometime between February 2010 and June 2010 and will be scheduled at each school's convenience. Data collection in subsequent years of the study will occur between January 2011 and June 2011 and between January 2012 and June 2012. In order to provide you with additional information on the NEXT study, the following items are enclosed for your review:

- NEXT Study Fact Sheet
- NEXT Study Brochure

We recognize that confidentiality is a primary concern; therefore, no school districts, schools, students, or locations will be identified in any reports or publications. We are committed to ensuring that the data collection will be carried out with as little inconvenience to the districts, schools, faculty, and students as possible. A very experienced research team from The CDM Group, Inc. has been awarded the contract to conduct the NEXT data collection. If you have any immediate questions or concerns about the participation of these Districts please do not hesitate to contact Ms. Mary Ann D'Elio (NEXT Project Director) of The CDM Group at this toll-free number: 866-864-9972.

We appreciate your support for this important health study. Students who volunteer to participate in this study will benefit from the health screening provided. The participation of the school districts in your state will help improve efforts to reduce health problems among our Nation's youth. At the conclusion of the study, we will gladly provide you with a copy of the published report. Recognizing our shared interest in the health of our youth, we look forward to working with you and others in your State.

Sincerely,

A handwritten signature in cursive script, appearing to read "Ronald J. Iannotti".

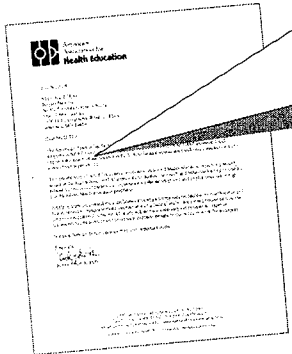
Ronald J. Iannotti, PhD
Director, NEXT Generation Health Study



NEXT Generation
Health Study

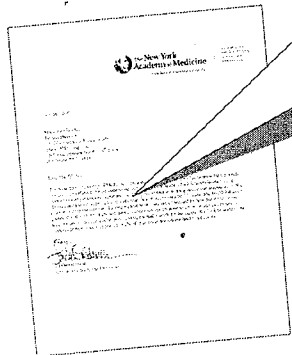
Professional Endorsements

The National Education Association Health Information Network ♦ Society for Adolescent Medicine ♦ American Association for Health Education ♦ The New York Academy of Medicine ♦ Council of Chief State School Officers ♦ American Academy of Pediatrics



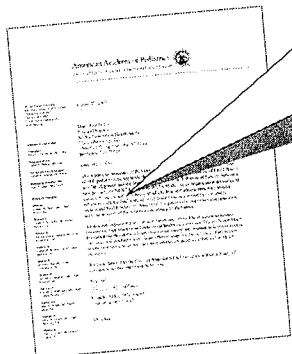
“The American Association for the Advancement of Health Education (AAHE) is pleased to support the NEXT Generation Health Study. The membership of AAHE is closely involved with school health education which is primarily taught at the high school level. Current data on adolescent health and behavior leading to health related decisions is of paramount importance for the development and implementation of high quality school health education programs.”

–Becky J. Smith, PhD, Executive Director, American Association for Health Education



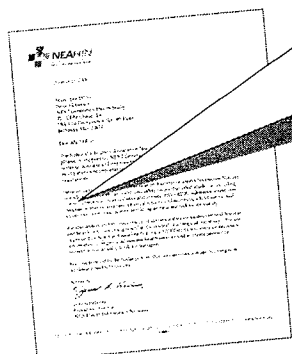
“We consider efforts to better understand and improve the health of adolescents in the United States to be of paramount importance and very consistent with the goals of our organization. We look forward to the findings from this very important study of changes in adolescent health behaviors.”

–Leslie Goldman, Senior Advisor to the President, The New York Academy of Medicine



“The American Academy of Pediatrics, a professional organization of more than 60,000 pediatricians, applauds the efforts of the National Institute of Child Health and [Human] Development and the Maternal and Child Health Bureau as they embark on a new project, the NEXT Generation Health Study.”

–Errol R. Alden, MD, FAAP, Executive Director/CEO, American Academy of Pediatrics



“Since its inception, the National Education Association Health Information Network has addressed numerous health and safety issues that affect students... We are impressed by how the data compiled in the NEXT study will provide necessary information to improve adolescent health services and to create prevention programs that actually work for teenagers.”

–Jerry Newberry, Executive Director, NEA Health Information Network



Date

«Supt_Fname» «Supt_Lname»
Superintendent
«DistName»
«D_STREET»
«D_CITY», «District_mailing_state» «Supt_Zip»-«Supt_Zip4»

Ronald J. Iannotti, PhD
Prevention Research Branch
Eunice Kennedy Shriver National
Institute of Child Health and
Human Development
6100 Building Room 7B05 MSC 7510
Bethesda, MD 20892-7510
Phone: 301 435-6951
Fax: 301 402-2084
E-mail: iannotr@mail.nih.gov

Dear Superintendent «Supt_Lname»:

Obesity has become a major problem in the United States and the National Institute of Child Health and Human Development (NICHD) has recently reported that adolescents in the U.S. are more likely to suffer from overweight and obesity than adolescents in other developed countries. School administrators are concerned because adolescent obesity and substance use and the health behaviors related to these health problems have been shown to affect school performance. Health professionals are concerned because adolescent obesity has been shown to lead to diabetes, heart disease, and many other health problems in adolescents and adults. In order to better understand this critical phase of U.S. adolescent health, the National Institutes of Health (NIH) is embarking on a 4-year nationwide longitudinal study of U.S. adolescents, called the NEXT Generation Health Study (NEXT). Three Institutes within NIH have partnered to conduct this study, they are: NICHD, the National Heart, Lung, and Blood Institute, and the National Institute of Alcohol Abuse and Alcoholism. In addition, the Maternal and Child Health Bureau of the Health Resources and Services Administration is also contributing resources to this important public health initiative.

The NEXT Generation Health Study will gather information from a nationally-representative sample of 10th-grade children in the U.S. about adolescent nutrition and dietary practices; physical activity and sedentary behaviors; sleep; driving behavior; substance use; and the influence of family, friends, and communities on these health behaviors.

The purpose of this letter is to inform you that [insert # of schools] school/schools within your district has/have been randomly selected to participate in NEXT. Approximately 80 schools in the United States have been selected to participate in this national health study.

The following school[s] in your district has/have been randomly selected:

- [Insert school names]

The following reserve school[s] will be contacted ONLY if one or more of the above schools is unable to participate:

- [Insert school names]

Approximately two grade 10 classrooms (NOT the entire grade) will be randomly selected in the/each school. During 10th grade, students in these classrooms will be asked to take a health survey, have their height, weight, and waist measured, and provide a saliva sample to test for markers of disease such as heart disease, diabetes, and obesity. Data collection will occur sometime between February 2010 and June 2010 and will be scheduled at the/each school's convenience. In 2010 only, school administrators will be asked to complete a brief survey about their schools' health policies, programs, and practices.

During the second and third years of the study, NEXT health researchers will revisit this/these same schools to collect height, weight, and waist measurements for those participants who are still attending the same school. These assessments will occur in the springs of 2011 and 2012. Surveys, however, will be completed online and no additional saliva samples will be collected.

In order to provide you with additional information on the NEXT study, the following items are enclosed for your review:

- NEXT Study Fact Sheet
- NEXT Study Brochure
- A copy of the student survey
- Professional Endorsements

We recognize that confidentiality is a primary concern; therefore, no school districts, schools, students, or locations will be identified in any reports or publications. Participating districts and schools will receive a report on the prevalence of adolescent health problems nationwide and in different regions of the country; this report will also compare the health of U.S. adolescents with students in 40 other countries. Also, for each participating district and school, the Research Team will provide a district-level report summarizing the findings of the Administrator Surveys compared to national and regional findings of school health policies, programs, and practices.

We are committed to ensuring that the data collection will be carried out with as little inconvenience to the districts, schools, faculty, and students as possible. A very experienced research team from The CDM Group, Inc. has been awarded the contract to conduct the NEXT data collection. Upon securing Federal approval from the Office of Management and Budget to conduct this data collection effort (a required part of any large Federal research study) we will notify the schools listed above about the opportunity to participate in this important study. If you have any immediate questions, please call Ms. Deborah Darcis (NEXT Project Coordinator) of The CDM Group at this toll-free number: [888-246-9626]. For your convenience, we have enclosed a business card with Deborah Darcis' contact information.

We appreciate your support for this important health study. Students who volunteer to participate in this study will benefit from the health screening provided. The participation of the schools in your district will help improve efforts to reduce health problems among our Nation's youth. Recognizing our shared interest in the health of our youth, we look forward to working with you and the principals and staff in your district's selected schools.

Sincerely,



Ronald J. Iannotti, PhD
Director, NEXT Generation Health Study

[«DISTRICT»]



Date

«P_Fname» «P_Lname»

Principal

«SchlName»

«SCHL_STREET»

«SCHL_CITY», «SCHL_State» «SCHL_Zip»

Ronald J. Iannotti, PhD
Prevention Research Branch
Eunice Kennedy Shriver National
Institute of Child Health and
Human Development
6100 Building Room 7B05 MSC 7510
Bethesda, MD 20892-7510
Phone: 301 435-6951
Fax: 301 402-2084
E-mail: iannotr@mail.nih.gov

Dear Principal «P_Lname»:

Obesity has become a major problem in the United States and the National Institute of Child Health and Human Development (NICHD) has recently reported that adolescents in the U.S. are more likely to suffer from overweight and obesity than adolescents in other developed countries. School administrators are concerned because adolescent obesity, substance use and health behaviors related to these health problems have been shown to affect school performance. Health professionals are concerned because adolescent obesity has been shown to lead to diabetes, heart disease, and many other health problems in adolescents and adults. In order to better understand this critical phase of U.S. adolescent health, the National Institutes of Health (NIH) is embarking on a 4-year nationwide longitudinal study of U.S. adolescents, called the NEXT Generation Health Study (NEXT). Three Institutes within NIH have partnered to conduct this study, they are: NICHD, the National Heart, Lung, and Blood Institute, and the National Institute of Alcohol Abuse and Alcoholism. In addition, the Maternal and Child Health Bureau of the Health Resources and Services Administration is also contributing resources to this important public health initiative.

The NEXT Generation Health Study will gather information from a nationally-representative sample of 10th-grade children in the U.S. about adolescent nutrition and dietary practices; physical activity and sedentary behaviors; sleep; driving behavior; substance use; and the influence of family, friends, and communities on these health behaviors.

The purpose of this letter is to inform you that your school has been randomly selected to participate in NEXT. Approximately 80 schools in the United States have been selected to participate in this national health study. Along with «SchlName», the following schools have also been selected from the [District name]:

[insert school names]

The «SCHL_State» Department of Education is aware that you have been selected to participate in NEXT, and information about the study has been presented to your District Superintendent [Supt. First Name] [Supt. Last Name].

One or two classrooms from grade 10 in your school will be randomly selected to participate in the study. During 10th grade, students in these classrooms will be asked to take a health survey, have their height, weight, and waist measured, and provide a saliva sample to test for markers of disease such as heart disease, diabetes, and obesity. Data collection will occur sometime between February 2010 and June 2010 and will be scheduled at your school's convenience. In 2010 only, a school administrator will be asked to complete a brief survey about your school's health policies, programs, and practices.

During the second and third years of the study, NEXT health researchers will revisit your school to collect height, weight, and waist measurements for those participants who are still attending

«SchlName». These assessments will occur in the spring of 2011 and 2012. Surveys, however, will be completed online or by phone, outside of school time.

We recognize that confidentiality is a primary concern; therefore, no school districts, schools, students, or locations will be identified in any reports. Participating districts and schools will receive a report on the prevalence of adolescent health problems nationwide and in different regions of the country; this report will also compare the health of U.S. adolescents with students in 40 other countries. Also, for each participating district and school, the research team will provide a District-level report summarizing the findings of the administrator surveys compared to national and regional findings of school health policies, programs, and practices.

We are committed to ensuring that the data collection will be carried out with as little inconvenience to your school, your faculty, and your students as possible.

In order to provide you with additional information on the NEXT study, the following items are enclosed for your review.

- NEXT Study Fact Sheet
- NEXT Study Brochure
- Professional Endorsements
- A copy of the student survey

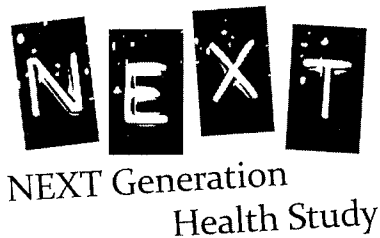
A very experienced research team from The CDM Group, Inc. has been awarded the contract to conduct the NEXT data collection. Upon securing Federal approval from the Office of Management and Budget to conduct this data collection effort (a required part of any large Federal research study), a representative from The CDM Group will contact you to discuss the study and answer any questions you may have. We anticipate approval in mid to late December. If you have any immediate questions, please call Deborah Darcis (NEXT Project Coordinator) of The CDM Group at this toll-free number: (888) 246-9626.

We appreciate your support for this important health study. Students who volunteer to participate in this study will benefit from the health screening provided. The participation of «SchlName» will help improve efforts to reduce health problems among our Nation's youth. Recognizing our shared interest in the health of our youth, we look forward to working with you and your staff.

Sincerely,



Ronald J. Iannotti, PhD
Director, NEXT
Enclosures
«School»



FACT Sheet

Q. What is NEXT?

A. The NEXT Generation Health Study is a nationally-representative longitudinal study focusing on key health behaviors and the health status of older adolescents as they transition into young adulthood. NEXT will follow one group of students, beginning when they are in grade 10 and continuing through the first year after high school, to monitor predictors of changes in key health behaviors and mental health during significant family and career/education transitions. One goal of NEXT is to assess how health status and health behaviors change over time as adolescents move into adulthood.

Q. Who is funding this study?

A. NEXT is funded by the U.S. Department of Health and Human Services. More specifically, it is sponsored by the National Institute of Child Health and Human Development (NICHD), the National Heart, Lung and Blood Institute (NHLBI), and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) of the National Institutes of Health (NIH), and the Maternal and Child Health Bureau (MCHB) of the Health Resources and Services Administration (HRSA).

Q. How does NEXT differ from all of the other surveys on health behavior?

A. The 2010-2013 NEXT Generation Health Study will fill significant gaps in the current state of knowledge about adolescent health behaviors. At present, there are no ongoing national longitudinal surveys of key health behaviors or mental health concerns, and their determinants, during this critical developmental period. Most other national health surveys of adolescents (such as the Youth Risk Behavior Survey or Monitoring the Future) focus on monitoring trends in general health behaviors across the general population of adolescents (but not the same students) over time. NEXT is not only nationally-representative, it will follow the same group of adolescent students over four years and focus directly on a set of key health issues, such as obesity, risky teen driving, and substance abuse, that are becoming increasingly important for this age group's short- and long-term well-being. NEXT also is unique because it examines that important period in adolescents' lives when they leave high school, become more independent, and engage in health behaviors or make independent decisions about health issues that will have long term consequences as they move into adulthood and beyond. Finally, NEXT not only will track how adolescent health status and key health behaviors change over time, it also will investigate how these changes are related to an individual's personal, social, and environmental influences. By understanding the circumstances that place students at

greater risk for health concerns as adults, it becomes possible to identify actions that could reduce their level of health risk.

Q. What will students be asked to do?

A. NEXT will span the period from grade 10 through the year after high school during which each participating student will complete a total of four health surveys. The first survey will be conducted in school (when the students are in grade 10) and the following three surveys will be completed once annually thereafter, either online or over the telephone. Students will answer similar questions across all four surveys to identify changes in their behaviors. Height, weight, and waist circumference will be measured once annually in schools during grades 10, 11, and 12 by trained health researchers. Also, during the grade 10 assessment, trained health researchers will collect saliva samples from students to test for markers of disease, such as heart disease, diabetes and obesity.

Q. How will the results of this study be used?

A. The findings from the NEXT data will be published (in aggregated form only) in national reports and in articles prepared for health professionals. The data will be used by policy makers, government agencies, curriculum developers, education agencies, and community organizations to modify or develop public health policies and programs, target public information campaigns, and to explore innovative strategies for improving adolescent health. What we learn from this study will provide necessary information to improve adolescent health services and to create prevention programs that actually work for teenagers.

Q. Who will conduct the survey?

A. The CDM Group and Abt Associates, two nationally recognized survey research firms, have been contracted by NICHD to work with school districts, schools, and students to conduct the survey. This research team has years of experience working with schools and students and is committed to ensuring that the data collection will be carried out with as little inconvenience to your school, your faculty, and your students as possible. Specially trained health researchers, hired by the NEXT research team, will be sent to each school to administer the survey. This helps assure students that their answers will not be seen by school personnel. It also reduces the work for the participating schools. Following completion of the survey, consented students will be individually measured for height, weight, and waist circumference and provide a saliva sample to these professionally trained health researchers.

Q. How were schools selected?

A. A sample of 80 schools was selected randomly in a way that ensures appropriate representation of urban, suburban, and rural schools from all regions of the United States. The probability of a school's selection was based on the size of the student enrollment in grade 10.

Q. What do schools receive for participating in NEXT?

A. Participating districts and schools will receive a report on the prevalence of adolescent health problems nationwide and in different regions of the country; this report will also compare the health of U.S. adolescents with students in 40 other countries. For each participating district and school, the research team will also provide a district-level report summarizing the findings of the administrator surveys compared to national and regional findings of school health policies, programs, and practices. In addition, as a symbol of appreciation for contributing their time and support and for being a significant partner in NEXT, a total of \$1,000 is made available to each participating school: \$500 in the first year, and \$250 in each subsequent year. We encourage schools to use these funds to purchase educational materials. However, there are no restrictions on how schools can use these funds.

Q. What do students receive for participating in NEXT?

A. All participating students will receive the following gifts for completing each respective task:

Year of Participation	Completing Survey	Completing Weight, Height, and Waist Circumference Measurements and Saliva Sample	Total by Year
10 th grade	\$0	\$10	\$10
11 th grade*	\$10	\$10	\$20
12 th grade*	\$10	\$10	\$20
After high school*	\$10	No measurement conducted	\$10
Overall Total	\$30	\$30 value	\$60 value

* - After grade 10 all surveys will be completed online or by telephone.

Q. What if school districts, schools, or students choose to not participate?

A. Participation in the NEXT Generation Health Study is voluntary. However, to develop accurate national estimates of priority health-risk attitudes and behaviors among youth, participation rates must be high. Your participation will help ensure that U.S. teen health research and programs are based on realistic information. Each student may choose to participate or not. A student may choose to complete the health survey without participating in height, weight and waist circumference measurements or providing a saliva sample.

Q. Is student participation confidential? How is student privacy protected?

A. Survey administration procedures are designed to protect student privacy and allow for confidential participation. The survey is administered by health researchers hired and trained by the research team and not affiliated with the school. Students will seal their completed questionnaires in envelopes. No personal identifiers are used on the survey, body measurement materials, or saliva collection materials. During the study, each student’s data, including address and phone number, will be kept private and

will not be shared with others outside the NEXT study. All data will be stored safely in locked files. An ID number will be assigned to each student at the start of the study and this number only will be used for record keeping and data analysis. Reports will not include names of participating cities, school districts, schools, or students.

Q. How many students will participate in NEXT?

A. Our goal is that at least 2,700 students from 80 randomly selected schools will participate in NEXT.

Q. What grades are included?

A. During the 2009-2010 school year 2,700 grade 10 students from public, parochial, and private schools will be randomly selected to participate in NEXT. These same students will be followed through grades 11 and 12 as well as the first post-high school year.

Q. How many students will be surveyed in each selected school?

A. Typically, only two class sections will be selected. We do not want to survey the entire 10th grade. All the students in these two class sections will be invited to participate.

Q. What kinds of questions are asked on the NEXT Survey?

A. The student survey will focus on the following major topic areas: obesity, substance abuse, young drivers, and the social networking of peers and/or parental influences on risk behaviors. Students will answer questions about their diet, physical activity, driving habits, sleep habits, and sedentary behaviors, in addition to questions about alcohol, tobacco, drug use, and more.

Q. How long does it take to fill out the student survey?

A. Approximately one 45-minute class period is needed for the administration of the paper-and-pencil student survey that consists of multiple-choice items. This includes distributing the survey materials, reading the directions to the students, and collecting the completed surveys.

Q. How long will it take to measure height, weight and waist circumference and collect a saliva sample on each student?

A. Before or after completion of the survey, consenting students will be individually measured for height, weight, and waist circumference and provide a saliva sample to professionally trained staff. Less than 10 minutes will be required to complete all of these assessments.

Q. What if a student moves to a different school or does not advance to the next grade level?

A. If a student moves to a different school or drops out of high school, NEXT will maintain contact with that student and ask them to complete online or telephone health surveys once each year through the year after high school (a total of four surveys). The NEXT research team will NOT collect height, weight, and waist circumference measurements on students who move to a different school or drop out following the grade 10 in-school survey and assessments. A student does not need to advance within the same grade level to participate in NEXT. The NEXT research team will continue to contact students who are either not promoted or skip a grade and ask them to complete online or telephone health surveys once each year for three years beyond grade 10 (total of four surveys). As long as a student is still in the same school he/she will also be asked to complete in-school height, weight and waist circumference measurements during the spring of 2011 and 2012 with other participating students.

Q. Do students answer the questions truthfully?

A. Research indicates that data of this nature may be gathered as reliably from adolescents as from adults. Internal reliability checks are conducted to help identify the small percentage of students who falsify their answers. To obtain truthful answers, students must perceive the survey as important and know that procedures have been developed to protect their privacy and allow for confidential participation.

Q. How is the NEXT Study coordinated at each school?

A. Each principal will be asked to designate someone at the school to serve as a School Survey Liaison (SSL). The SSL will work closely with the NEXT research team to coordinate the visit, reducing the burden on the Principal or other school staff. Specifically, the SSL will be asked to help promote the study in the school by answering questions and being an enthusiastic supporter, distribute and collect parental consent forms to the students in the selected classes, and prepare the school for the data collection visit in the spring. In particular, SSL's will assist the NEXT research team with identifying a suitably discreet and comfortable location for conducting height, weight, and waist circumference measurements. We estimate that this will take approximately 10 to 12 hours in year 1. For assisting the NEXT research team with our school visit, the SSL will be paid their hourly wage plus fringe as a consultant for their assistance with the grade 10 visit. We estimate assistance with the grade 11 and grade 12 visits will take 5-6 hours each visit; again the SSL will again be paid their hourly wage plus fringe. Surveys will not be administered in-school during grades 11 and 12; in these years, only height, weight and waist circumference measurements will be performed at the school.

Q. When will the data be collected?

A. During the first year of the study, data collection will begin in February 2010 and continue through June 2010. The NEXT research team will work closely with the SSL and school Principal to set a visit schedule that is convenient for the school and does not interfere with standardized testing requirements. NEXT will visit these same schools again the following spring of 2011 and 2012 to collect height, weight, and waist circumference measurements on the original student participants. Surveys will not be collected in the schools during the follow-up years. These students will be

contacted outside of school and asked to complete an online or telephone survey about health-related attitudes and behaviors.

Q. How can we get a copy of the survey results?

A. Copies of aggregate results will be sent automatically to each of the participating schools.

Q. What is NEXT Plus?

A. NEXT *Plus* will be conducted outside of school. Among the 2,700 participating students in NEXT, a small group of 750 students from 54 randomly selected schools will be asked to participate in a smaller, more focused study that is related to NEXT, but conducted in the students' homes. NEXT *Plus* will include more extensive assessments of factors affecting cardiovascular health. In particular, NEXT *Plus* will more closely examine: adolescent physical activity, sedentary behavior, and sleep patterns; adolescent diet and nutrient intake; as well as markers for obesity and cardiovascular disease. Similar to NEXT, NEXT *Plus* will follow these 750 students beginning in grade 10 through the first year post-high school. The specific goals of NEXT *Plus* are to evaluate how adolescent cardiovascular risk factors change over time and to identify key predictors of cardiovascular disease among adolescents.

Q. Where can additional information be obtained?

A. To obtain additional information about the NEXT Generation Health Study, contact Ms. Mary Ann D'Elio of The CDM Group, Inc. at toll-free (888) 246-9626 or email next@cdmgroup.com.



Job Description

The ideal candidate would be someone on the school staff who has some flexibility with his or her schedule, is well liked by the students and teachers, is good with details, and has some interest in student health behaviors. The selected individual will serve as a liaison between the NEXT research team and the school's staff and students. The SSL will work closely with the NEXT Project Coordinator to make sure the survey and student assessments will occur with as little disruption as possible for the school, staff, and students. We anticipate this will take 10-12 hours of time in year 1 and 5-6 hours of time in years 2 and 3. SSLs will be compensated at their hourly wage (plus fringe) for their work on the project.

SSL Position Tasks:

Recruitment Stage Tasks (January 2010): Preparing schools for the data collection

- Provide a list of grade 10 classes in the school.
- Notify the principal (and teachers) once classes have been randomly selected for participation.
- Work with the NEXT Project Coordinator to schedule survey administration and student assessment dates and times.
- Distribute study materials, including brochures, and information packets to participating teachers in order to promote the survey within the school.
- Explain the NEXT study to staff and students and address any related inquiries in order to gain the students' full cooperation.
- Facilitate parental consent and student assent procedures for each selected classroom, including collecting signed parental consent and student assent documents. These documents will need to be kept in a private and secure location until they are sent to the NEXT team prior to data collection.
- Maintain ongoing communication with the NEXT Project Coordinator, including faxing bi-weekly reports (over a two week period) while recruiting students.
- Provide report on the characteristics of those students who do not agree to participate for comparison analyses and/or overall characteristics of the entire class.

Site Visit and Data Collection Tasks (Spring 2010): Assisting data collectors during their site visits

- Provide directions
- Help identify suitable classrooms or other space to conduct the survey and student assessments
- Assist health researchers during their site visits (e.g., introduce them to school staff, and escort them to classrooms).
- Keep the NEXT Project Coordinator informed about any schedule changes at the school level.
- Arrange online make-up surveys for students who are absent on the day of the survey.

Follow-up Tasks (Spring 2011 and 2012): Assisting health researchers with site visits in follow-up years

- Work with the NEXT Project Coordinator to schedule a site visit date for student measurements in follow-up years
- Help identify suitable classrooms or other space to conduct student measurements



NEXT Generation
Health Study

Helpful Hints for Teachers

You are the experts – We want and appreciate your help!

How can you help?

The School Survey Liaison (SSL) will come to your class and explain the purpose of the NEXT Generation Health Study. Still, many students (or their families) may come to you for further explanation or look to you for reassurance about participating. **You are a valuable resource, and you can be a tremendous help if you:**

- Help the SSL explain the NEXT study to your students.
- Express enthusiasm for the study.
- Encourage students to participate.
- Support the SSL in the consent form process.
- Let the SSL know which students' families are non-English speaking.
- Remind the students to have their parents sign the consent form and return it to school.
- Inform the SSL if a student transfers to or from your classroom.
- Remind students to come to school on the day of the study.
- Reassure students and calm any fears about answering survey questions and participating in the study.
- Help students feel comfortable with the NEXT staff that come to your class.
- Help the NEXT health researcher keep the classroom quiet during the study.



NEXT Generation Health Study

Dear Parent:

Winter/Spring 2010

Obesity is a major problem in the United States. In fact, the National Institute of Child Health and Human Development (NICHD) recently reported that adolescents in the U.S. are more likely to suffer from obesity and being overweight than adolescents in other developed countries. School administrators are concerned because adolescent obesity and substance use and the health behaviors related to these health problems have been shown to affect school performance. Health professionals are concerned because adolescent obesity has been shown to lead to diabetes, heart disease, and many other health problems in adolescents and adults. In order to better understand this critical phase of U.S. adolescent health, the National Institutes of Health (NIH) is embarking on a 4-year nationwide longitudinal study of U.S. adolescents, called the NEXT Generation Health Study (NEXT).

After receiving permission from Principal [Principal last name] to conduct the study in [school name], your child's classroom was selected to take part in NEXT. [School name] is one of many schools across the country participating in this important study and the information in this packet tells you a little more about what your child will be asked to do.

NEXT will follow students from 10th grade into young adulthood. Students will be asked to complete the survey for four consecutive years, beginning in the 10th grade (in-school) and online or by phone each year thereafter. They will participate in height, weight, and waist measurements at school in grades 10, 11, and 12 and, in the first year only, they will also be asked to provide a saliva sample to test for markers of disease such as heart disease, diabetes, and obesity. The surveys and measurements will be conducted by professionally trained and certified health researchers hired by the NEXT research team.

All information collected from your child is confidential, and all of your child's information, including his or her name, address, and phone number, will be kept private and not shared with anyone outside the NEXT study. Your child's participation is voluntary. It will not affect your child's grades at school if you decide he or she should not complete the survey or participate in the physical measurements. Please read all of the enclosed materials carefully so you understand what your child will be asked to do. The information gathered during NEXT will help inform future U.S. policies and programs to help our children stay healthy. We hope you will allow and encourage your child to be a part of NEXT by signing the enclosed consent form. If you agree, please review the student assent form with your teen and have him or her mark and sign the form.

I will be happy to answer any questions or concerns you may have about NEXT. If you would like to contact me at any time, my toll-free phone number is 866-864-9972. You also can call the School Survey Liaison, _____ at _____.

Sincerely,

[PC Name]
NEXT Project Coordinator
The CDM Group, Inc.



NEXT Generation
Health Study

Spring 2010

Dear «class1_Tchr_Sal» «class1_Tchr_Lname»,

Your classroom has been selected to participate in the NEXT Generation Health (NEXT) Study. «SCHLNAME» is one of many schools across the nation to take part in this important study. This letter tells you a little more about the study and your students' participation in it.

NEXT is the only nationally-representative longitudinal study that focuses on a few key adolescent health behavior areas that are understudied. The information from the study will be used to create policies and programs that will address the health needs of children and reduce problems, like school violence. The study will be conducted by certified health researchers who have lots of experience working with students. The questions and procedures used in the study have been thoroughly reviewed, approved, and used extensively in past national studies.

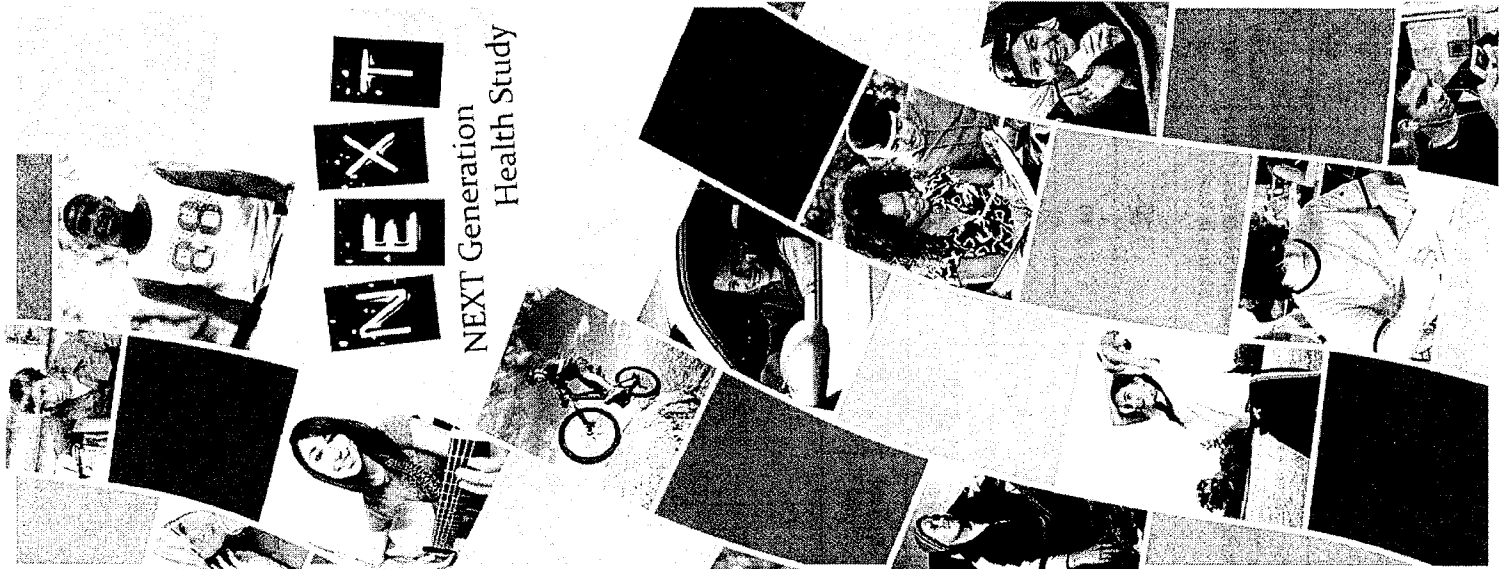
Everything we learn about students from the study will remain strictly confidential. The participation of your students is voluntary. However, the NEXT study is very important, and we hope you will encourage your students to be a part of it by expressing enthusiasm and support for the study.

Principal «P_Lname» has given us permission to conduct the study in your school and «SSL_Fname» «SSL_Lname» is the School Survey Liaison (SSL) helping us coordinate the study. Attached are a few documents we hope you will find helpful. Should you have any questions or concerns, you may speak with your SSL or call me directly at our toll-free number: 1-888-246-9626.

Best regards,

[PC_Fname] [PC_Lname]
NEXT Project Coordinator

«class1_classid»



The NEXT Generation Health Study (NEXT) will teach us about the health activities of older teenagers in the U.S. and examine changes in their health status as they become young adults. Over several years, we will look at teenagers' eating, physical activity, driving, and their alcohol, tobacco, and drug use. We also will learn how relationships with their family and friends, as well as their neighborhoods, may affect teen health. For example, this information will help us predict why some teens become overweight and how that may lead to heart disease. Health professionals will use these findings to improve health services and create health programs that really work for teens.

NEXT is sponsored by:

U.S. Department of Health and Human Services

National Institute of Child Health and Human Development

National Heart, Lung, and Blood Institute

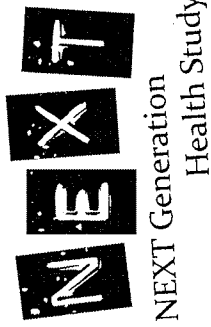
National Institute on Alcohol Abuse and Alcoholism

and

Health Resources and Services Administration

If you have questions or want more information about NEXT, please contact:

Mary Ann D'Elio, M.S.
The CDM Group, Inc.
(toll-free) 888-246-9626
NEXT@cdmgroup.com



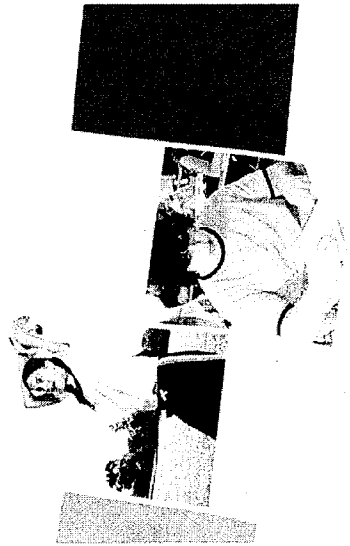
NEXT
NEXT Generation
Health Study

Who will take the survey and what will my teen be asked to do?

About 2,700 U.S. students in the 10th grade from 80 different schools will participate in NEXT. All of the school districts, schools, and classrooms that are taking part were selected by chance. Trained health researchers who have lots of experience working with schools and students will come to your teen's school and ask your teen to do the following three things:

1. Complete a 35 minute survey at school in 10th grade and online or by phone in 11th and 12th grades, and the year after he or she leaves high school.
2. Have his or her height, weight, and waist measured at school once in 10th, 11th, and 12th grades.
3. With your permission, provide a saliva sample to test for markers of disease, such as heart disease, diabetes, and obesity. Saliva samples are done in 10th grade only.

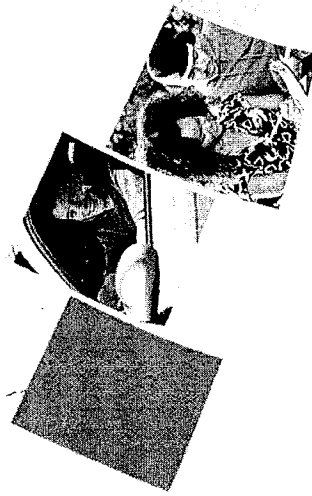
Participation is voluntary, but we hope everyone who is asked will participate in NEXT.



Will my teen's information be kept private?

Yes. The NEXT research team uses careful procedures that are designed to protect student privacy during every part of the study. Some of these steps are outlined here:

- No names, only ID numbers, are ever used on the survey or body measurement materials.
- Students will be weighed and measured privately, one-at-a-time by the health researchers.



- All information collected is stored in locked files and password protected databases. Your teen's information will not be shared with people outside of NEXT. Reports will never include the names of participating cities, school districts, schools, or students.
- Finally, NEXT has a "Certificate of Confidentiality" which means the researchers cannot release information learned about your teen to anyone. Information will always be kept private.

What will my teen receive for participating?

Your teen will receive incentives for completing NEXT tasks. A summary of these incentives can be found below.

Year of Participation	Completing Survey	Completing Weight, Height, and Waist Circumference Measurements (and Saliva Sample in Year 1)	Total by Year
10 th grade	none	\$ 10	\$10
11 th grade	\$ 10	\$ 10	\$20
12 th grade	\$ 10	\$ 10	\$20
After high school	\$ 10	No measurement conducted	\$10
Overall Total	\$ 30	\$ 30	\$60



What will my teen's school receive for helping with the study?

All schools will receive a total of \$1,000: \$500 in the first year, and \$250 in each subsequent year. We encourage schools to use these funds to purchase educational materials.

Public reporting burden for this collection of information is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (####-####). Do not return the completed form to this address.

INFORMED CONSENT FORM FOR PARENTS OR GUARDIANS

Dear Parent or Guardian:

Your child's school is involved in a longitudinal research study called *The NEXT Generation Health Study (NEXT)* and it is funded by the National Institute of Child Health and Human Development (NICHD), the National Heart, Lung and Blood Institute (NHLBI), and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), three of the National Institutes of Health, as well as the Health Resources and Services Administration (HRSA). Only students in 10th grade during the 2009-10 school year can be in *NEXT*. We would like your child (in 10th grade) to help us by taking part in this important study. This form explains why the research study is needed, what information we will collect during the study, how the information will be used, how the information will be protected, and what your child will receive for participating. Please read this form carefully and ask any questions that you have before you decide about letting your son or daughter be in the study. If you give permission for your child to be in the study, you will be given a copy of this form to keep.

WHAT IS THE TITLE OF THE STUDY?

The NEXT Generation Health Study (NEXT)

WHAT IS THE PURPOSE OF THE STUDY?

Sometimes teenagers develop unhealthy habits that may be related to having heart disease or other health problems later in life. Changes in their physical activity, eating habits, and sleep may contribute to teens becoming overweight. For example, teenagers, especially girls, tend to reduce the amount of exercise they get during this period. Because teens have more control over their diets, they may eat more of the types of food that are not good for them, like fast foods or unhealthful snacks. They also spend more time away from their families and with their friends, who could influence their health behaviors in either good or bad ways.

The period from early high school through the first year after high school is also important for adolescent drug and alcohol use. Problem drinking usually begins during these years (ages 15 to 18) and increases in ages 18 to 20. The year after high school is particularly important, because students often increase their alcohol use and increase problem drinking as they start working or enter their first year of college.

Motor vehicle crashes are the leading cause of injury and death among adolescents. Crash rates are higher among adolescents than among older drivers. Crash rates particularly increase during the first year they start driving, but remain high into the twenties. The major causes of crashes among young drivers include inexperience and driver error, risk taking, and distraction.

The *NEXT Generation Health Study* is designed to learn more about these important health issues for adolescents. We will ask your child questions about his or her eating, physical activity, and

alcohol, tobacco, and drug use, as well as about relationships with their family and friends, and their driving behavior. What we learn from this study will provide necessary information to improve health services and to create prevention programs that actually work for teenagers.

The main purposes of *NEXT* are:

1. To learn more about the changes in heart disease-related risk factors and behaviors in older adolescents as they become independent young adults; what causes obesity and what contributes to the risk for heart disease.
2. To understand when and why drug or alcohol use in students begins (or stops) during or after high school; what predicts that a student will be a problem drinker during the year after high school; and how families or friends influence students' drinking or drug use.
3. To learn more about teen risky driving behavior and whether their views about driving and their driving behavior change as they get older.
4. To better understand how a network of friends may influence a student's positive or negative health behaviors.
5. To learn more about teenagers' genetic predisposition to heart disease or substance use. Everyone's genes are a little different. If we can learn more about these differences we might learn how to prevent and treat certain diseases better.

We will learn about these things by asking students to complete the activities described below.

WHAT IS INVOLVED?

Your son or daughter will be asked to complete the following activities during the spring semester of his or her 10th grade year, the spring semesters of 11th and 12th grades, and the spring of the year after leaving high school.

In 10th grade students involved in the study will:

1. Fill out a 35-45 minute survey at their school about their diet, physical activity, substance use, and friends.
2. Have their height, weight, and waist circumference measured at their school.
3. Have a saliva sample collected at their school.

In 11th grade students involved in the study will:

4. Fill out a survey on-line or by phone about their diet, physical activity, substance use, and friends.
5. Have their height, weight, and waist circumference measured at their school. If they are no longer at the same school, they do not have to be measured.

In 12th grade students involved in the study will:

6. Fill out a survey on-line or by phone about their diet, physical activity, substance use, and friends.
7. Have their height, weight, and waist circumference measured at their school. If they are no longer at the same school, they do not have to be measured.

In the year after high school students involved in the study will:

8. Fill out a survey on line or by phone about their diet, physical activity, substance use, and friends.
9. NO height, weight, or waist circumference measurements will be collected.

HOW MANY OTHER PEOPLE WILL BE IN THE STUDY?

About 2,700 10th grade students in 80 schools from across the United States will be in the study.

HOW LONG WILL WE BE PART OF THE STUDY?

We will collect information from your child four times: in 10th grade, 11th grade, 12th grade, and the year after high school.

REASONS WHY YOUR CHILD MAY NOT BE ALLOWED TO BE INVOLVED:

Your child will not take part in the study if he or she has:

- No signed informed consent from parent(s) (this form),
- No informed assent from the student (the attached form),
- If he or she cannot read and understand the questions on the survey, which will be written in English, or
- Developmental limitations that affect your child's ability to understand or provide age appropriate responses to the questions.

EXPECTED RISKS AND DISCOMFORTS:

We will ask questions that deal with sensitive health issues, such as what is the student's weight and whether he or she smokes or drinks alcohol. Some students may not feel at ease answering these types of questions. However, most questions on the survey are not highly sensitive and those that are somewhat sensitive are commonly included in many US surveys. The staff involved in this study is trained to help limit the amount of discomfort caused by these questions.

Also, students may not feel at ease with someone measuring their weight, height, and waist circumference. A student can refuse to participate in any of the assessments. These measurements will be conducted in private by trained and certified survey staff.

The only potential risk to students participating in NEXT is a breach of confidentiality. The survey and measurements are confidential; student responses and measurements are identified only by a numeric ID. The only link between student information and their names is kept in a separate, password protected (tracking) database at the home office. This information is needed so we may contact students during the study. A Certificate of Confidentiality has been obtained from the United States Department of Health and Human Services (DHHS). With this Certificate, we cannot be forced (for example by court order or subpoena) to disclose information that may identify you in any federal, state, or local civil, criminal, administrative, legislative, or other proceedings.

You should understand that a Certificate of Confidentiality does not prevent you or a member of your family from voluntarily releasing information about yourself or your child or your involvement in this study. Note however, that if an insurer or employer, learns about your participation, **and obtains your consent to receive research information**, then we may not use the Certificate of Confidentiality to withhold this information. This means that you and your family must also actively protect your own privacy. Finally, you should understand that we will in all cases take actions necessary, including reporting to authorities, to prevent serious harm to yourself, your child or others such as in cases of child abuse or neglect. Parents or legal guardians have the right to information regarding a minor child unless an Institutional Review Board has approved the study with a waiver of parental permission.

In addition, methods we will use to protect your child's privacy and confidentiality are to provide very careful and thorough training of the data collectors, and to monitor their

performance closely. All Survey staff sign confidentiality pledges, stating they will not share information with unauthorized persons. Other than this informed consent form, none of the questionnaires, interview records, or other paper records kept for this study will show your name or your child's name or other identifying information like a social security number or home address. Your child's study ID code number will be put on all of these items rather than his or her name. All study data will be sent by the data collectors by overnight delivery to the home office data entry staff right after it is collected and then entered or scanned into a password-protected computerized data file and stored for analysis. The hard copies will be stored in locked areas and only authorized staff will have access to the computer files. If any of these items are lost, it will not be possible for anyone who finds them to identify your child. Copies of informed consent forms and families' contact information will be sent to our office and stored separately from the other study data, which will not contain names or other identifying information.

WHAT ARE THE POSSIBLE BENEFITS FOR BEING IN THE STUDY?

The results of *NEXT* will advance our knowledge of the risk of obesity, heart disease, and substance use of older adolescents and young adults. This information can be used to improve health services and create prevention programs to help older adolescents and young adults, as well as set national priorities for school and youth programs. Youth may benefit from the diagnostic aspects of the no-risk in-school height, weight, and waist circumference measurements.

WHAT HAPPENS IF A PROBLEM OR INJURY RESULTS FROM THE RESEARCH PROCEDURES?

It is highly unlikely that your child will be injured by being in this study. In the unlikely event that an injury occurs during the measurement, we will follow routine school procedures. If an injury should occur, you will not be paid for the injury and neither The CDM Group nor the sponsors of the survey, NICHD, NHLBI, NIAAA, or HRSA, will pay for treatment.

WHAT WILL MY SON OR DAUGHTER RECEIVE FOR BEING IN THE STUDY?

Your son or daughter will receive the following for completing the survey and the physical measurements:

Year of Participation	Completing Survey	Completing Weight, Height, and Waist Circumference Measurements and Saliva Sample	Total by Year
10 th grade	\$0	\$10	\$10
11 th grade*	\$10	\$10	\$20
12 th grade*	\$10	\$10	\$20
After high school*	\$10	No measurement conducted	\$10
Overall Total	\$30	\$30 value	\$60 value

IS THIS STUDY VOLUNTARY?

Whether your son or daughter takes part in the study is your choice. Also, your son or daughter may choose not to take part in any or all of the measures at any time or for any reason. If after giving your consent, you decide to withdraw your son or daughter from the study, this will not hurt your or your child's future relations with your son's or daughter's school.

IS THIS STUDY CONFIDENTIAL?

During the study, all of your son's or daughter's data, including address and phone number, will be kept private and will not be shared with others outside the *NEXT* study. All data will be stored safely in locked files. An ID number will be assigned to each child at the start of the study and this number will be used for record keeping and data analysis. Please note that we are required to inform you, in writing, if your son's or daughter's height or body weight falls below the growth standards for boys or girls their age. For these reasons, it is very important that you provide your mailing address, email address (if applicable) and phone number(s) on the last page of the consent form. After the study is completed, the data will be available to other researchers. However, we will never share any information that could be linked to your son or daughter. His or her name will never appear in any reports or published papers.

WHO SHOULD I CONTACT IF I HAVE QUESTIONS ABOUT THE RESEARCH STUDY?

You may ask questions about the study or anything you do not understand. If you do not have questions now, you may ask later. During the study, you will be told any new facts that could affect whether you want your child to stay in the study. For more information about the research, you may contact Mary Ann D'Elio, *NEXT* Project Director, at toll-free 866-864-9972 or NEXT@cdmgroup.com; or Dr. Ronald J. Iannotti, Principal Investigator, at 301-435-6951 or iannottr@mail.nih.gov.

PARENTS - Please complete the following:

If you sign your name below, that means that you have read this consent form and have had a chance to ask any questions. Also, your son's or daughter's signature on the attached *Child Assent Form* means that he or she has agreed to take part in *NEXT*. If you agree to allow your son or daughter to be involved, you may change your mind and withdraw your consent at any time. As mentioned before, your son or daughter should not take part if he or she cannot read and understand the questions on the survey, which will be written in English.

Please complete ONE box below

YES, I agree to have my teen participate in the NEXT Generation Health Study.

Please check below if you do **NOT** want you teen to do one or both of the activities listed:

- Saliva sample**
- Measurements**

If you selected "Yes", please complete the blue Parent Information Sheet and seal it in the small blue envelope provided. Then place the yellow signed informed consent and student assent forms- inside the large envelope, along with the sealed Parent Information envelope. Ask your child to return the sealed envelope to his or her classroom. We have given clear instructions to your child's school that this sealed envelope should not be opened by any of the school staff; only by the data management staff in the NEXT project office.

NO, I do not want my teen to take part in the NEXT Generation Health Study.

If you selected "NO", you do NOT have to complete the attached form. However, please ask your child to return the signed consent form to his or her classroom.

Name of child

Last Name																				
-----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First Name																				
------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Child Date of Birth: ____/____/____
Month Day Year

My child is a ____ boy ____ girl.

Name of parent/guardian

Last Name																				
-----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First Name																				
------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Parent/Guardian Signature

Date

PARENT INFORMATION SHEETS

1. Will your child be able to read and understand questions written in English?
 Yes No

2. Are you employed?
 Yes No (if no, skip to question 3).
 - a. Where do you work, for example, at a hospital, bank, or restaurant?

 - b. Please write down exactly what job you do there (for example, are you a teacher, bus driver, or doctor, etc).

3. What is the highest grade of regular school you have completed?
 1. Less than high school diploma
 2. High school diploma
 3. GED
 4. Some college or technical school
 5. Associate's degree
 6. Bachelor's degree
 7. Graduate degree

4. Does another parent or guardian for your child live in your household?
 Yes No (if no, skip to question 7).

- * 5. Is he or she employed?
 Yes No (if no, skip to question 6).
 - a. Where does he or she work, for example, at a hospital, bank, restaurant)?

 - b. Please write down exactly what job he/she does there (for example: teacher, bus driver, doctor).

6. What is the highest grade of regular school he or she has completed?

1. Less than high school diploma
2. High school diploma
3. GED
4. Some college or technical school
5. Associate's degree
6. Bachelor's degree
7. Graduate degree

7. Is there a parent or guardian for your child who does NOT live in your household but contributes to your child's well-being?

Yes No (if no, skip to question 10).

8. Is he or she employed?

Yes No (if no, skip to question 9).

a. Where does he or she work, for example, at a hospital, bank, restaurant)?

b. Please write down exactly what job he or she does there (for example: teacher, bus driver, doctor).

9. What is the highest grade of regular school he or she has completed?

1. Less than high school diploma
2. High school diploma
3. GED
4. Some college or technical school
5. Associate's degree
6. Bachelor's degree
7. Graduate degree

10. What is the current address of your child? **NOTE: We will NOT share your child's address, phone number, or email with anyone outside of the NEXT study.**

Street Address _____ Apt # _____

City _____ State _____ Zipcode _____

Home telephone: _____

Cell phone: _____

Email: _____

11. What is your current address? **NOTE: We will NOT share your address, phone number, or email with anyone outside of the NEXT study.**

Street Address _____ Apt # _____
City _____ State _____ Zipcode _____
Home telephone: _____
Cell phone: _____
Email: _____

12. Who might know where you are should you move from your current address? Please provide contact information for two people who are not living with you now who are most likely to know how we can get in touch with you should you move from your current address? **NOTE: We will NOT share the contact person's address, phone number, or email with anyone outside of the NEXT study.**

13. Alternate contact person 1:

Name: (please print) _____
Street Address _____ Apt # _____
City _____ State _____ Zipcode _____
Home telephone: _____
Cell phone: _____
Email: _____
Relationship to you (example: sister, father, friend) _____

14. Alternate contact person 2:

Name: (please print) _____
Street Address _____ Apt # _____
City _____ State _____ Zipcode _____
Home telephone: _____
Cell phone: _____
Email: _____
Relationship to you (example: sister, father, friend) _____

Thank you for providing this information. Please place this form in the envelope provided and seal the envelope. Ask your child to return the envelope to his or her classroom. We have given clear instructions to your child's school that this envelope should not be opened by any of the school staff; only by the data management staff in the NEXT project office.

Public reporting burden for this collection of information is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (#####-#####). Do not return the completed form to this address.

NEXT PLUS INFORMED CONSENT FORM FOR PARENTS OR GUARDIANS

Dear Parent or Guardian:

Your child is participating in a research study called the *NEXT Generation Health Study* (NEXT) and it is funded by the National Institute of Child Health and Human Development (NICHD) and the National Heart, Lung and Blood Institute (NHLBI), two of the National Institutes of Health. We would like your child to be one of 750 students randomly selected from the 2,700 students participating in NEXT to also participate in a smaller "substudy" called *NEXT Plus*. *NEXT Plus* is designed to learn even more about the factors associated with heart disease. This form explains why *NEXT Plus* is needed, what information we will collect during the study, how the information will be used, how the information will be protected, and what your child will receive for participating. Please read this form and ask any questions that you have before you decide about letting your son or daughter be in the study. If you give permission for your child to be in the study, you will be given a copy of this form to keep.

WHAT IS THE TITLE OF THE STUDY?

NEXT Generation Health Study Plus (*NEXT Plus*)

WHAT IS THE PURPOSE OF THE STUDY?

As we explained for NEXT, sometimes teenagers develop unhealthy habits that may be related to having heart disease and other health problems later in life. Changes in their physical activity, eating habits, and sleep may contribute to teens becoming overweight. For example, teenagers, especially girls, tend to reduce the amount of exercise they get during this period. Because teens have more control over their diets, they may eat more of the types of food that are not good for them, like fast foods or unhealthful snacks. They also spend more time away from their families and with their friends, who could influence their health behaviors in either good or bad ways.

NEXT will help us learn lots of important things about risk factors for heart disease. Yet there are limits to what can be learned in a survey conducted one time each year. *NEXT Plus* is designed to learn much more about these important health issues. We will ask your child to report what he or she eats on three days each year so we know exactly what and how much he or she is eating each day and how much of that food is made up of fat or sugar or protein. We will ask your child to wear small monitors which will show your child's physical activity and sleep for a week, and check his or her blood pressure. Also, using a simple blood test (collected by a finger stick), we will check for things that may show a risk for heart disease, like cholesterol and blood sugar levels. What we learn from *NEXT Plus* (along with what we learn from NEXT) will provide important information to improve health services and to create prevention programs that actually work for teenagers.

The main goals of NEXT *Plus* are:

1. To learn more about whether teenagers' diets meet the guidelines for a heart-healthy diet and how diet influences their risk for heart disease.
2. To understand what things influence whether a teenager is overweight or not.
3. To learn more about how physical activity and sleep increase or decrease as teenagers become young adults and how their physical activity and sleep influence their risk for heart disease.
4. To understand how biological markers, such as cholesterol and blood sugar levels, change with physical activity and diet and how they influence teenagers' risk for heart disease.

WHAT IS INVOLVED?

A trained health researcher will come to your home, at your convenience, to complete two sets of activities with your child. First, the health researcher will show your child how to do the following:

1. Complete an on-line dietary questionnaire listing all that he or she eats or drinks for three days.
2. Wear a small activity monitor all day for seven days in a row. The activity monitor will measure your child's physical activity levels.
3. Wear a watch on his or her wrist that measures physical activity and sleep patterns for seven days in a row.
4. Fill out a survey for seven days to report what activities he or she did during the time the activity monitor and sleep watch were worn.

Second, the health researcher will work with your child to do the following:

1. Measure his or her height, weight, and waist circumference.
2. Take his or her blood pressure.
3. Have your child arrive at school on a specified day without eating breakfast so the health researcher can collect a small amount of blood from his or her finger after it is pricked to test for the biological markers listed below. These markers are important measures of risk for obesity, diabetes, and heart disease. Your child will then be given breakfast.
 - a. Fasting blood glucose.
 - b. HbA1c.
 - c. Total cholesterol
 - d. Triglycerides
 - e. LDL-C, HDL
 - f. C-reactive protein
 - g. Uric acid
 - h. Cotinine
4. Complete a brief survey asking about the prescription or over-the-counter medicines he or she takes on a regular basis and details about the neighborhood where you live.

The following is a schedule of when the above activities will occur:

During *10th grade and the year after high school*, students involved in *NEXT Plus* will:

1. Complete an on-line dietary survey for three days listing what they have eaten each day.
2. Have height, weight, waist circumference measured and blood pressure taken, provide a small amount of blood from a finger stick before eating breakfast, and complete a brief survey asking about the prescription or over-the-counter medicines he or she takes on a regular basis and details about the neighborhood where you live.
3. Wear a small activity monitor and sleep watch for seven days to measure physical activity and sleep.
4. Complete a brief diary each day to report on physical activity.

During *11th and 12th grade* students involved in the study will:

1. Complete an on-line dietary survey for three days listing what has been eaten each day.
2. Wear a small activity monitor and sleep watch for seven days to measure physical activity and sleep.
3. Complete a brief diary each day to report on physical activity.

WILL PARENTS BE ASKED TO DO ANYTHING?

Parents or guardians will be asked to agree to a home visit and to answer a short survey about your child's health. If any of your child's test results are outside of normal values we will alert you promptly and recommend that you discuss the results with your health care provider. For these reasons, it is very important that you provide your mailing address, email address (if applicable) and phone number(s) on the last page of the consent form.

HOW MANY OTHER PEOPLE WILL BE IN THE STUDY?

About 750 10th grade students from 54 schools from across the United States will be in the study.

HOW LONG WILL WE BE PART OF THE STUDY?

Just as in *NEXT*, we will collect information from your child four times: in 10th grade, 11th grade, 12th grade, and the year after high school.

REASONS WHY YOUR CHILD MAY NOT BE ALLOWED TO BE INVOLVED:

Your child cannot take part in the study if he or she has:

- No signed informed consent from parent(s) (this form),
- No informed assent from the student (the attached form),
- If he or she cannot read and understand the questions on the survey, which will be written in English,
- Developmental limitations that affect your child's ability to understand or provide age appropriate responses to the questions, or
- A blood condition that will not let them stop bleeding after the fingerstick.

EXPECTED RISKS AND DISCOMFORTS:

Some students may not feel at ease with someone measuring their weight, height, and waist circumference or taking their blood pressure. The activity monitor will be attached to an elastic belt and worn around the waist over your child's clothing. The small size of the activity monitor makes it highly unlikely that your child will feel any discomfort when wearing it. The sleep watches will be worn around the wrist like a regular watch and should not cause any discomfort. Blood samples will be taken by finger-stick. This will require enough blood for the tests listed above. It may sometimes be necessary to do a second finger-stick to get enough blood. It is usually possible to get enough blood with one stick. Some teenagers find giving a blood sample to be unpleasant, as it carries the risk of brief pain, stinging, and bruising, and a very slight risk of infection. We carefully clean the finger and wear sterile gloves to prevent the risk of infection. A student can refuse to participate in any of the assessments. These assessments will be conducted by trained health researchers.

Another potential risk to students participating in *NEXT Plus* is a breach of confidentiality. This risk is minimized because all information is kept confidential.

YOU SAY THIS STUDY IS CONFIDENTIAL. HOW DO YOU PROTECT MY CHILD'S PRIVACY?

Responses, measurements, and blood test results are identified only by a numeric ID. The only link between student information and their names is kept in a separate, password protected (tracking) database at the home office. This information is needed so we may contact students during the study. A Certificate of Confidentiality has been obtained to assure that individual student information can never be accessed by parents or school personnel. This Certificate is issued to the study by the National Institutes of Health to protect the privacy of research subjects. The researchers never have to release any "identifying information in any civil, criminal, administrative, legislative, or other proceeding, whether at the Federal, State, or local level" (OER NIH Website, 2009).

All of the procedures we use to protect confidentiality have been used with great success in previous studies of children and adults. For example, one method we use to protect your child's privacy and confidentiality is to provide very careful and thorough training of the health researchers, and to monitor their performance closely. All our staff sign confidentiality pledges, stating they will not share information with unauthorized persons. Other than this *NEXT Plus* Informed Consent Form, none of the questionnaires, interview records, or other paper records kept for this study will show your name or your child's name or other identifying information like a home address. Only your child's study ID code number will be put on all of these items rather than his or her name. All study data (without your child's name) will be sent by the health researchers by overnight delivery to the home office data entry staff right after it is collected and then entered into a password-protected computerized data file and stored for analysis. The hard copies will be stored in locked areas and only authorized staff will have access to the computer files. You or your teen will send the activity monitor and sleep watch via overnight delivery in a self-addressed, prepaid Federal Express envelope to the home office where all data from the activity and sleep monitor will be downloaded into a secured data base. All lab results will be entered into a secured data base. All dietary recall data will be uploaded to a secured data base. If any of these items are lost, it will not be possible for anyone who finds them to identify your child. None of these databases will contain names or other identifying

information. A copy of this informed consent form and your family's contact information will be sent to our office separately and stored separately from the other study data.

After the study is completed, the data without identifying information will be available to other researchers. We will never share any information that could be linked to your son or daughter. His or her name will never appear in any reports or published papers.

WHAT ARE THE POSSIBLE BENEFITS FOR BEING IN THE STUDY?

The results of NEXT *Plus* will advance our knowledge of the risk of obesity and heart disease among older adolescents and young adults. This information can be used to improve health services and create prevention programs to help older adolescents and young adults, as well as set national priorities for school and youth programs. In addition, parents and students will receive a copy of the height, weight, waist circumference, blood pressure, and laboratory results.

WHAT HAPPENS IF A PROBLEM OR INJURY RESULTS FROM THE RESEARCH PROCEDURES?

It is highly unlikely that your child will be injured by being in this study. However, if an injury should occur, you will not be paid for the injury and neither The CDM Group nor the sponsors of the survey, NICHD or NHLBI, will pay for treatment.

WHAT WILL MY SON OR DAUGHTER RECEIVE FOR BEING IN THE STUDY?

Your son or daughter will receive the following for participating in NEXT *Plus*. This is in addition to what he or she will receive for participating in NEXT.

Year of Participation	Home visit: height, weight, waist	Blood test	Dietary questionnaire for three days	Activity monitor and sleep watch for seven days	Activity diary for seven days	Total by Year
10 th grade	\$10	\$10	\$10/day; \$30 for all	\$25	\$25	\$100 value
11 th grade	No visit		\$10/day; \$30 for all	\$25	\$25	\$80 value
12 th grade	No visit		\$10/day; \$30 for all	\$25	\$25	\$80 value
After high school	\$10	\$10	\$10/day; \$30 total	\$25	\$25	\$100 value
Overall Total	\$20	\$20	\$120 possible	\$100	\$100	\$360 value

IS THIS STUDY VOLUNTARY?

Whether your son or daughter takes part in NEXT *Plus* is your choice. Also, your child may choose not to take part in any or all of the measures at any time or for any reason. If after giving your consent, you decide to withdraw your child from the study, this will not hurt your or your child's future relations with your son's or daughter's school.

WHO SHOULD I CONTACT IF I HAVE QUESTIONS ABOUT THE RESEARCH STUDY?

You may ask questions about the study or anything you do not understand. If you do not have questions now, you may ask later. During the study, you will be told any new facts that could affect whether you want your child to stay in the study. For more information about the research, you may contact Mary Ann D'Elio, NEXT *Plus* Project Director, at toll-free 866-864-9972 or NEXT@cdmgroup.com; or Dr. Ronald J. Iannotti, NEXT *Plus* Principal Investigator, at 301-435-6951 or iannotr@mail.nih.gov.

Please complete the following:

If you sign your name below, that means that you have read this consent form and have had a chance to ask any questions. Also, your son's or daughter's signature on the attached *Child Assent Form* means that he or she has agreed to take part in *NEXT Plus*. If you agree to allow your son or daughter to be involved, you may change your mind and withdraw your consent at any time. As mentioned before, your son or daughter should not take part if he or she cannot read and understand the questions on the survey, which will be written in English or has a blood condition that increases the risk for bleeding.

Please mark one of the choices below:

- Yes**, I do consent to have my son/ daughter to take part in *NEXT Plus*.
 No, I do not consent to have my son/ daughter take part in *NEXT Plus*.

Name of child

Last Name																	
-----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First Name																	
------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Name of parent/guardian

Last Name																	
-----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First Name																	
------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Parent/Guardian Signature

Date



FACT Sheet

Q. What is NEXT Plus?

A. NEXT *Plus* is a special adolescent health study that is part of the larger NEXT Generation Health Study (NEXT). There are 2,700 teenagers participating in NEXT, including your 10th grade child. Of these students, a group of 750 teens were randomly selected to participate in NEXT *Plus*. Just like NEXT, NEXT *Plus* will collect information about how adolescent health changes over time. However, NEXT *Plus* will look more closely at the risk for heart disease among teenagers and young adults. In particular, NEXT *Plus* will look at teens' activity levels, their sleep habits and their eating habits. NEXT *Plus* will also see how many teens have biological signs of heart disease (like high cholesterol). Just like NEXT, NEXT *Plus* will follow these 750 teenagers from grade 10 through the first year after high school. The goal of NEXT *Plus* is to see how their risk for heart disease changes over time and to identify ways to predict heart disease among teenagers.

Q. Who is funding this study?

A. NEXT *Plus* is funded by the U.S. Department of Health and Human Services. More specifically, it is sponsored by the National Institute of Child Health and Human Development (NICHD) and the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH).

Q. How is NEXT Plus different from the NEXT Generation Health Study?

A. The NEXT Generation Health Study is a large multiyear study looking at teenagers' health behaviors and health status from late adolescence into young adulthood. Teens who participate in NEXT will complete health survey questionnaires and have their height, weight, and waist circumference measured in school periodically beginning in grade 10 and continuing through the first year after high school. NEXT *Plus* is a part of NEXT that collects extra information about adolescent health on a smaller number of teenagers. Teens are asked to participate in NEXT *Plus* after completing the NEXT survey and height, weight, and waist circumference measurements at their school. Teens agreeing to be in NEXT *Plus* then will be asked to complete several additional activities in their homes while they are in grades 10, 11, 12 and during the first year after high school. These additional activities are described below.

Q. What will teens be asked to do in NEXT Plus?

There are four parts to NEXT *Plus*:

1. Trained NEXT *Plus* health researchers will come to your home to talk with you and your teen about NEXT *Plus*. During this visit the health researcher will explain clearly what we will be asking your teen to do and provide the instructions you and your teen will need to successfully participate in NEXT *Plus*. The health researcher also will perform height, weight, and waist circumference measurements on your teen, check your teen's blood pressure, and ask you and your teen to complete a brief survey about health conditions affecting your teen, medications your teen takes on a regular basis, and details about the neighborhood where you live..
2. We will ask your teen to wear a small activity monitor (called an accelerometer) on his or her waist band and a sleep watch (called an Actiwatch) on his or her wrist for seven days after our home visit. The health researcher will bring the activity monitor and sleep watch to your home and show you and your teen the proper way to use both items. During the seven-day period

when your teen is wearing the activity monitor and sleep watch he or she also will need to keep a daily diary of his or her activities. Your teen will need to complete his or her activity diary at the end of each day and then return the completed diary to us at the end of the seven-day period. The health researcher will explain the best way to do this during the home visit.

3. We will ask your teen to complete an online survey once a day for three days that will ask him or her about all of the food and drink he or she has consumed that day (this is called a dietary questionnaire). The health researcher will explain how to do this during the home visit.
4. We will schedule a day to stick your teen's finger to perform a simple blood test before he or she eat breakfast. The health researcher will perform this finger stick blood collection at your teen's school. This blood test will check for signs of heart disease (e.g., cholesterol, triglycerides, blood sugar levels, etc). Test results will be sent to you and your teen once they are available. If any of the results are outside of normal values we will alert you promptly and recommend that you discuss the results with your health care provider.

Q. When will all of these NEXT *Plus* assessments occur?

A. Not all of the activities described above will occur during every year of NEXT *Plus*. A timeline of NEXT *Plus* assessments is provided here. These tasks will occur in addition to NEXT activities (health survey questionnaire, height, weight and waist circumference measurement at your teen's school, etc.).

Grade 10

1. Within four weeks after you and your teen agree to participate in NEXT *Plus*, a health researcher will visit your home to perform the following tasks:
 - a. Perform height, weight, and waist circumference measurements on your teen.
 - b. Take your teen's blood pressure.
 - c. Ask you and your teen to each complete brief surveys about any health conditions affecting your teen, medications your teen takes on a regular basis, and details about the neighborhood where you live.
 - d. Provide instructions on how to use the activity monitor and sleep watch and how to complete the seven-day activity diary. The health researcher will schedule a time for your teen to wear the activity monitor and sleep watch and complete the activity diary.
 - e. Provide instructions on how to complete the online dietary questionnaire once a day for three days. The health researcher will schedule a time for your teen to complete the dietary questionnaire.
2. Within four weeks after the home visit, your teen will be asked to arrive at school without having eaten breakfast. The health researcher will greet your teen at school and stick his or her finger to perform a simple blood test. After the finger stick blood collection is done, your teen will be given breakfast. After eating breakfast, your teen will rejoin his or her fellow students.

Grade 11

1. Your teen will be asked to wear an activity monitor and sleep watch for seven days and complete a seven-day activity diary.
2. Your teen will be asked to complete an online survey once a day for three days that will ask him or her about all of the food and drink he or she has consumed that day (this is called a dietary questionnaire). The health researcher will schedule a time for your teen to complete the online dietary questionnaires.

Grade 12

3. Your teen will be asked to wear an activity monitor and sleep watch for seven days and complete a seven-day activity diary.
4. Your teen will be asked to complete an online survey once a day for three days that will ask him or her about all of the food and drink he or she has consumed that day (this is called a dietary questionnaire). The health researcher will schedule a time for your teen to complete the online dietary questionnaires.

One year after High School

1. Your teen will receive a visit from a health researcher similar to the one conducted in grade 10. The health researcher will visit your teen first thing in the morning and perform the following tasks:
 - a. Stick your teen's finger to perform a simple blood test. This blood test will check for signs of heart disease (e.g., cholesterol, triglycerides, etc).
 - b. Perform height, weight, and waist circumference measurements on your teen.
 - c. Take your teen's blood pressure.
 - d. Ask your teen to complete a brief survey about any health conditions affecting him or her, medications he or she takes on a regular basis, and details about the neighborhood where he or she lives.
 - e. Ask you teen to wear an activity monitor and sleep watch for seven days and complete a seven-day activity diary during that time. The health researcher will schedule a time for your teen to wear the activity monitor and sleep watch and complete the activity diary.
2. Your teen will be asked to complete an online survey once a day for three days that will ask him or her about all of the food and drink he or she has consumed that day (this is called a dietary questionnaire). The health researcher will schedule a time for your teen to complete the online dietary questionnaire.

Q. What do teens receive for participating in NEXT Plus?

A. Teens will receive financial incentives for completing NEXT *Plus* tasks. A summary of these incentives can be found below. These incentives are in addition to what your teen will receive for being in the larger NEXT study.

Year of Participation	Home visit: height, weight, waist	Blood test	Dietary questionnaire for three days	Wearing activity monitor and sleep watch for all seven days	Completing activity diary for all seven days	Total by Year
10 th grade	\$10	\$10	\$10/day; \$30 for all	\$25	\$25	\$100 value
11 th grade	No visit		\$10/day; \$30 for all	\$25	\$25	\$80 value
12 th grade	No visit		\$10/day; \$30 for all	\$25	\$25	\$80 value
After high school	\$10	\$10	\$10/day; \$30 total	\$25	\$25	\$100 value
Overall Total	\$20	\$20	\$120 possible	\$100	\$100	\$360 value

† - Grade 10 finger stick blood collection will occur at the teenager's school or during a separately scheduled 10 minute home visit"

In addition to the financial incentives described above, teens will also receive a free health screening as part of the NEXT *Plus* assessments. The results of the health assessments performed by the health

researchers will be sent to you when your teen is less than 18 years old and to your teen when he or she is 18 or older. These results will include the finger prick blood test results, which will check your teen's cholesterol, triglycerides, and blood sugar levels, among other things. If any of these results are outside of normal values we will alert you promptly and recommend that you discuss the results with your health care provider. *NEXT Plus* provides these health screening results as a complimentary service to its participating families.

Q. Is participation confidential? How is privacy protected?

A. During the study, all of your teen's information will be kept private and confidential; nothing will be shared with others outside of the *NEXT* study, including your teen's school. All data will be stored safely in locked files. An ID number will be assigned to each teen at the start of the study and this number will be used for record keeping purposes and data analysis. Reports will NOT include names of participating teenagers or parents.

Q. How will the results of this study be used?

A. *NEXT Plus* findings will be used by health professionals, policy makers, government agencies, curriculum developers, education agencies, and community organizations to modify or develop public health policies and programs, target public information campaigns, and to explore innovative strategies for improving adolescent health. What we learn from this study will provide necessary information to improve health services and to create prevention programs that actually work for teenagers.

Q. Who will conduct the survey?

A. The CDM Group and Abt Associates, two nationally recognized survey research firms, have been contracted by NICHD to work with schools, teenagers and families to conduct the study. This research team has years of experience working with teens and is committed to ensuring that the data collection will be carried out with as little inconvenience to you and your family as possible. Specially trained health researchers, hired by the *NEXT Plus* research team, will be sent to each home and school to perform the *NEXT Plus* assessments. These health researchers will conduct home visits at a time that is convenient for your family and will complete the necessary assessments in a thorough yet timely manner. As always, the research team will work with you and your teen to minimize the impact of your participation in this study on your schedule and other obligations.

Q. How many teens will participate in *NEXT Plus*?

A. Approximately 750 teenagers from across the country will participate in *NEXT Plus*.

Q. When will teens be asked to participate in *NEXT Plus*?

A. Approximately 2-3 weeks after completing the grade 10 in-school survey and assessments for the *NEXT* Generation Health Study, a member of the research team will contact 750 randomly selected teens and their families to discuss *NEXT Plus*. They will describe *NEXT Plus* and ask the teen and his or her parents if they are willing to participate in the study.

Q. What if a teen chooses not to participate?

A. Participation in *NEXT Plus* is voluntary; no one is required to participate and there is no penalty for not participating. However, we hope that everyone who is asked to join the study will. *NEXT Plus* will help us learn lots of important things about risks for heart disease. By participating in *NEXT Plus*, you can help ensure that U.S. teen health research and programs are based on realistic information that applies to all teens.

Q. How long does it take to complete the home visit?

A. The grade 10 home visit will take approximately 1½ hours to complete. This visit will be scheduled at a time that is convenient for you and your teen within four weeks after you agree to participate in the study.

Q. How long does it take to complete the physical activity diary? What about the online dietary questionnaire?

A. The seven-day physical activity diary will be completed by your teen at the end of each day that he or she wears the activity monitor and sleep watch. It will take approximately 10-15 minutes for your teen to complete a log of every activity he or she engaged in throughout the day. The health researcher will provide your teen with a physical activity diary at the home visit that he or she will use to record this information. The dietary questionnaire will be done online at a website given to your teen during the home visit by the health researcher. Your teen will be asked to visit the website and enter all of the food or drink he or she has consumed during the previous day. This process will take approximately 45 minutes on the first day and 20 minutes each following day. For your convenience, your teen will be asked to complete the three-day dietary questionnaire AFTER the week-long period when he or she wears the activity monitor and sleep watch and completes the activity diary.

Q. How are the home visits scheduled?

A. The NEXT *Plus* research team will contact you and your teen to schedule the home visit. The health researcher can accommodate you and your family's schedule. Visits can be scheduled during the day, evening and on weekends. However, we do ask that you work with the researchers to find a time within two weeks of their call to complete the home visit if possible.

Q. When will the data be collected?

A. NEXT *Plus* assessments will occur every spring (between March and July) beginning when your teen is in grade 10 and continuing through the first year after high school. During the first year of the study, data collection will begin in March 2010 and continue through July 2010. Data collection will continue the following spring or summer of 2011, 2012, and finally 2013.

Q. How will parents be involved in NEXT *Plus*?

A. Parents or guardians will be asked to agree to a home visit and to answer a short survey about health conditions affecting their teen. Parents are asked to attend the home visit in grade 10 to help provide information about medications that their teen takes on a regular basis for any health conditions. Parents also will receive instruction along side their teenager about how to operate the activity monitor and sleep watch and how to complete the physical activity diary and online dietary questionnaire. It is very important that parents have a clear understanding of what is being asked of their teens.

Q. What if my teenager is no longer living at home after high school? How will NEXT *Plus* do a home visit if my teen is at college or lives somewhere else?

A. The NEXT *Plus* research team will keep in touch with you and your teen during the course of the study. We will periodically ask for updated contact information from both of you, including where you or your teen is presently living. We will conduct the final home visit (during the first year after high school) wherever is most convenient for your teen. This visit could take place at your family home, in your teen's home, at your teen's college, or a different location of your teen's choosing. Again, the NEXT *Plus* research team will work with your teen to minimize the impact of his or her participation in this study on his or her schedule and other obligations.

Q. Where can additional information be obtained?

A. To obtain additional information about NEXT *Plus* contact Ms. Mary Ann D'Elia of The CDM Group, Inc. at toll-free (866) 864-9972 or email next@cdmgroup.com.