

**NCI Food and Eating Assessment Study (FEAST)
Appointment Reminder Mailing**

Dear (Personalized Salutation):

Thank you for agreeing to take part in the NCI Food and Eating Assessment Study (FEAST). This study is sponsored by the National Cancer Institute. The goal of this study is to improve the methods to collect food intake information from individuals. This in turn will help scientists to understand the relationships between the foods we eat and our health, and to develop policies and programs for better health.

You are asked to come to Westat, the research organization assisting with this study, to eat breakfast, lunch, and dinner on [Day, MM/DD/YYYY], You are scheduled to have your meals at the following times: Breakfast at [TIME], lunch at [TIME], and dinner at [TIME]. You will return to complete an interview about your diet and health at [TIME] on the very next day (Day, MM/DD). **Please, arrive 15 minutes prior to your scheduled time for the appointments when someone from our team will meet you in the lobby of the Main Reception.** We have enclosed directions to Westat in Rockville.

Joining this study is voluntary. You have the right to refuse to be in the study. If you agree to be in the study, you can refuse to answer any questions asked at any time. All of your responses will be kept private under the Privacy Act. Your answers will be combined with answers from other individuals to make totals and averages, in which no person or family can be identified.

We have included an information sheet with frequently asked questions, which may answer some of your questions. If you have any other questions about the study, please call the toll free number, 1-888-858-0281

Thank you for helping with this important study.

Sincerely,

DIRECTIONS TO WESTAT

1600 Research Blvd.
Rockville, MD 20850
(301) 251-1500

Directions from I-270

Take I- 270 eight miles north of the Beltway to exit 6B (Rt 28 W. Montgomery Ave). At the third light, turn right onto Research Boulevard. Westat is about one-quarter of a mile on the left.

From Research Boulevard, turn into the entrance marked “1600/1630 (at the light) and proceed down the hill to the Conference Center Parking Lot. A space will be reserved for you marked **NCI FEAST**.

Directions from Rockville Pike

Take Rockville Pike to Shady Grove Road heading west. Shortly after the I-270 exit, turn left onto Research Boulevard. Westat is about three-quarters of a mile on the right.

From Research Boulevard, turn into the entrance marked “1600/1630 (at the light) and proceed down the hill to the Conference Center Parking Lot. A space will be reserved for you marked **NCI FEAST**.

Public Transit

If taking public transportation, take Bus # 54 or #63 from the Rockville Metro Station. There is a bus stop across the street from Westat on Research Boulevard.

**NCI FEAST
Frequently Asked Questions**

What is the project about?

Information about what Americans eat allows researchers and policy makers to develop programs and inform the public about ways to stay healthy. For this reason, it is important for them to be able to collect high quality information about what Americans are eating. This project will allow researchers to compare different ways to obtain food intake information from individuals.

How will the study results be used?

The results of this study will help us to improve ways of collecting information about what people eat so that we can learn more about how the foods we eat affect our health.

How did you get my phone number and address?

You registered with EurekaFacts as someone interested in participating in scientific studies. Your telephone number and address are kept private under the Privacy Act and will not be given to anyone. If your number is unlisted, it will remain unlisted.

Why should I take part in this study? Do I have to do this?

- Your answers and opinions are very important to the success of this project, as you represent others who share your knowledge and beliefs.
- Your participation is voluntary, and you may refuse to answer any questions or withdraw from the study at any time.

What information will be collected from me?

- After you have agreed to participate in the project, you will come to our research facility to eat three meals, and then return the next day to answer questions about your meals and respond to a brief survey.
- The meals will take about 45 minutes each, and the second day visit will take about 45 minutes.

Who will see my answers? Will my information be kept confidential?

- No one will see your individual answers. Your responses will be given a code number and will not include your name, phone number or any other personal information.
- Your answers will be grouped with those of other people who take the survey. The survey data will not be shared with anyone outside the study.
- Reports of results will not include your name or any other information that could personally identify you.

Attachment 9: Study Information Letter – FEAST

How will I benefit from participation in the project?

You will indirectly benefit by helping the National Institutes of Health in their goal of improving the health of Americans.

Will I be paid for participating in this study? How much?

- Yes, you will be paid for your participation.
- If you are eligible and choose to participate, you will receive up to \$120 as a token of our appreciation depending on how much of the study you complete.
- Incentives will be given to you after your dinner meal on the first day of the study, and after you complete your interview session on the second day.

Will my insurance be affected?

No. If you have health insurance, your responses will not affect your health insurance coverage, premium costs, or relationship with your health insurance provider in any way. The study sponsors will not know who did or did not participate in the study or be able to connect individuals with their responses.

Is this study approved by the Federal Government?

- Yes, the study has been approved by an Institutional Review Board at the National Institutes of Health (NIH), which monitors the protection of privacy and rights of participants in NIH Studies.
- The study was also approved by the Office of Management and Budget (OMB), the office that reviews all federally-sponsored surveys. The OMB approval number for this study is 0925-0605.

Who do I contact if I have questions?

You may call the FEAST toll-free number, 1-888-858-0281.