

Figure 1.
 Visual Informed Consent for the University of Minnesota’s Now Everybody Together for
 Amazing and Healthy Kids (NET-Works) Trial

This timeline-and-randomization guide depicts a general overview of the study timeline,
 sequence of annual visits, incentives, and study arms.

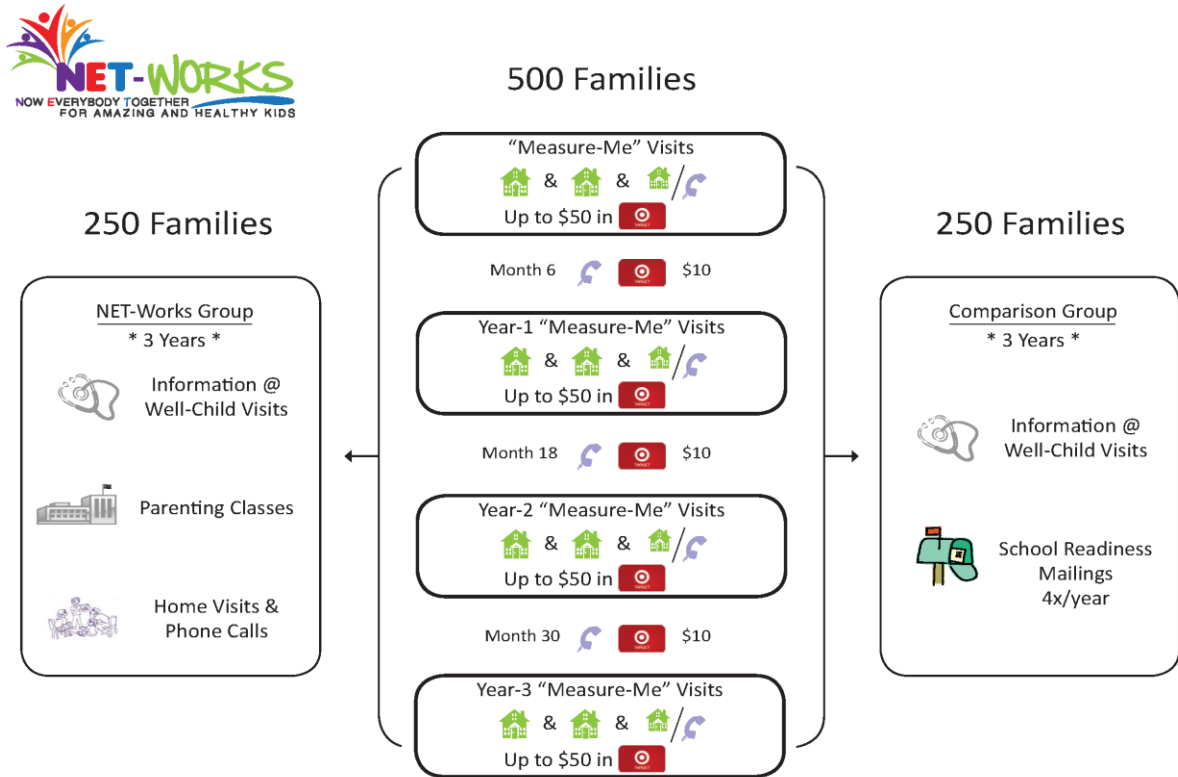


Figure 2.
 Visual Informed Consent for the University of Minnesota’s Now Everybody Together for
 Amazing and Healthy Kids (NET-Works) Trial

The “Measure-Me” visual aid is designed to give a pictorial representation of the
 measurements taken throughout the study period.



“Measure-Me” Visits

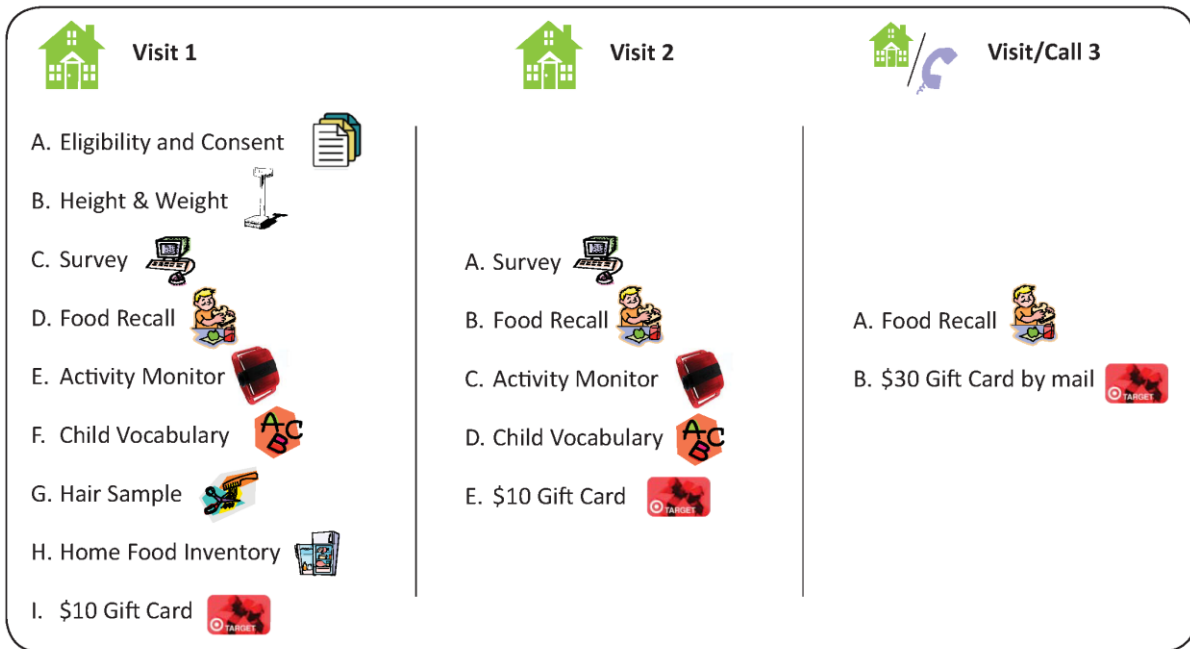


Figure 3.

Visual Informed Consent for Vanderbilt's Growing Right Onto Wellness (GROW) Trial

This visual aid provides an overview of study procedures, detailing the focus of each arm of the study, incentives, and frequency of data collection time points.

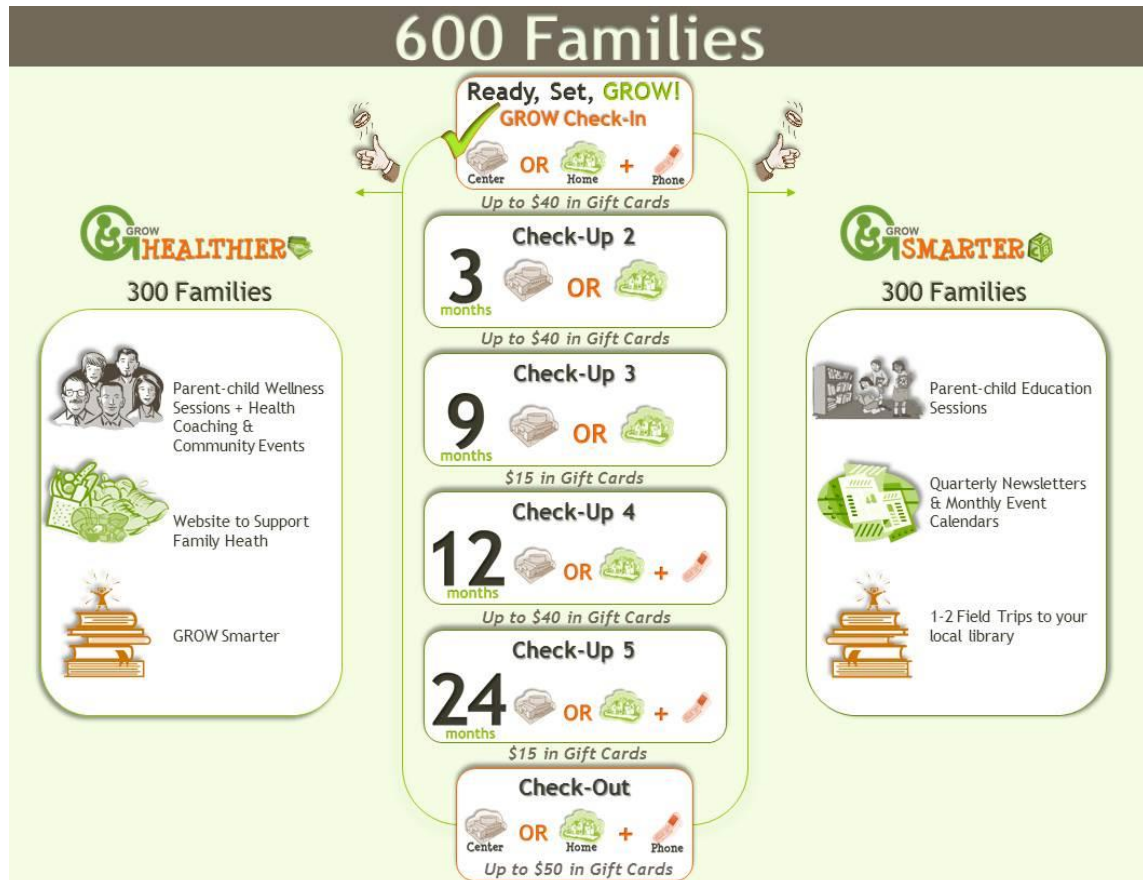


Figure 4.

Visual Informed Consent for Vanderbilt's Growing Right Onto Wellness (GROW) trial. This visual aid depicts the types of measurements taken at each data collection session.

Ready, Set, GROW!
✓ Check-In
Here's a glance at what you can expect to start!

Body measurements like height, weight, waist and arms. Survey Questions Physical Activity Monitor

3 Diet Recall Genetics (Optional) Child Problem solving tests.

Questions?

Figure 5.

Visual Informed Consent for Vanderbilt's Growing Right Onto Wellness (GROW) Trial. This visual aid gives more detail regarding the commitment necessary to participate in the intervention.

GROW Healthier

This group will have 300 randomly selected parent-child pairs and will focus on the areas of physical activity, nutrition, school success, and school readiness. Sessions will be held your local community center.

GROW Healthier has 3 phases over 3 years.

Phase 1

12 WEEKS

- Weekly group sessions with parents and children.
- Weekly nutrition, physical activity, parent-child skills building classes.
- Website to support your healthy lifestyle.



Phase 2

9 MONTHS

- Monthly phone call coaching.
- Monthly GROW activities based in community center.
- Website to support your healthy lifestyle.



Phase 3

24 MONTHS

- Monthly GROW activities based in community center.
- Website to support your healthy lifestyle.

