

A study of risk factors for diabetes in children.

These risks include:

- being overweight;
- overeating, or
- not having enough physical activity

The University of Hawaii at Hilo is conducting a study of the health risks for such chronic illnesses as diabetes in school children in East Hawaii. The study involves measuring children's body size, and asking questions about health, physical activity, and normal dietary intake of the child. We will also measure the child's physical fitness and ask the child to wear a heart watch that records how fast their heart beats. We will take a few drops of blood (using a "finger stick") to test for cholesterol and other chemicals related to health risks, and gently rub a Q-tip on the child's inner cheek to test for certain genetic traits that may be associated with these health risks.

We ask for your help in our study of diabetes risk in school children in Hawaii.



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Health Risks For DIABETES in Hawai'i School Children

Sponsored by:

University of Hawai'i at Hilo

National Center for Minority Health and Health Disparities

National Institutes of Health

Why We Are Doing This Study:

The frequency of overweight and obese children has increased dramatically in the United States. This has led many health officials to express concern that these children will be at high risk for developing diabetes, heart disease, or high blood pressure at early ages.

This problem is present in Hawaii too, and children in some ethnic groups are at higher risk than others.

We are asking school children in several schools in East Hawaii who are in Kindergarden or Third Grade to take part in our study.

Children who take part in the study will be asked to:

- 1 Be measured for height, weight and some other body measurements.
- 2 Take part in an exercise test on a treadmill while we measure heart rate and the air they breathe out (this tells us about how fast they are burning calories during the test).
- 3 Wear a "heart watch" that records their heart rate throughout two days of normal activities.
- 4 Sit in a "bod pod" that measures body volume - simply and painlessly!
- 5 Give a few drops of blood to be tested for cholesterol and other chemicals that indicate health risks.
- 6 Allow us to gently rub a Q-tip on the child's inner cheek to get a DNA sample used for testing of some genetic traits associated with these risks.

We will ask parents:

- 1 For health information about your child.
- 2 About what foods your child normally eats.
- 3 Questions about your child's ethnic background and some other household questions.

What your child gets in return:

- _ information about body size
- _ information about physical fitness

Compensation: To make up for the time and any inconvenience caused by the study your child will receive \$50 for each year of participation in our four year study.

We hope this study gives us information that will help in planning for ways to prevent obesity and the diseases it contributes to, such as diabetes.