

Plain Language Statement – Picture Project

Full Project Title:	Physical Activity and Nutrition E-cohort for the Australian Population
Principal Researcher:	Associate Professor Sarah McNaughton
Associate Researcher(s):	Professor David Crawford, Professor Kylie Ball, Professor Jo Salmon, Associate Professor Ralph Maddison, Dr Michelle Jackson

We would like to invite you to be part of the Picture Project, an online survey of 2000 Australians, aged 18-30, in 2017/18 and again in 2019/20. The Picture Project has been established to look at the diet, eating behaviour, physical activity, sedentary behaviour and health of young adults and to track changes that may occur over time. The project is funded by the Institute for Physical Activity and Nutrition (IPAN), a research institute with the School of Exercise and Nutrition Sciences at Deakin University.

Why are we interested in physical activity and diets? Physical activity and healthy eating are very important influences on the health and disease of Australians and are associated with risks of heart disease, high blood, some cancers, Type 2 diabetes, osteoporosis and weight gain.

Why are we looking at 18-30 year olds? We know young adult life is commonly a time of many changes, including changes in living circumstances, work arrangements or commitments, financial circumstances and other major life transitions such as marriage and starting families. These major life transitions have the potential to impact on health behaviours such as nutrition and physical activity. These years present a substantial risk for weight gain and the development of poor lifestyle habits.

How will this Project help? We will be able examine responses from the surveys, to see what changes over time, to see how diet and exercise vary among different groups, and to try to determine which factors influence diet and exercise behaviours.

What is involved? Participation in the Picture Project will be online and will comprise three short 10 minute surveys (one each week) around health, physical activity, food related behaviours as well as background questions about you. There is also an optional component to complete two 24 hour daily food recalls (one weekday and one weekend day). The online surveys will ask questions around your health behaviors (i.e. smoking, height, weight, sleep quality, health conditions), physical activity and sedentary behaviors (i.e. organized sport, workplace exercise, commuting time, and use of electronic media), food related behaviors (i.e. alcohol intake, supplement intake, sources of diet advice), and also background questions such as relationship status, country of birth and occupation. The optional second part of the study will be an online food recall interview where you will be asked to recall all food and beverage intake during the previous 24-hour period or preceding day. Two online 24-hour recalls will be completed over a 2 week period, including 1 weekday and 1 weekend day to assess dietary intake. If you consent to be part of this study, we will ask for your mobile number to enable us to send you links to the surveys as well as reminders.

How often will we ask you to do this? We will ask you to do this once in 2017/18 and again in 2019/20. We will ask you within the first survey to nominate a person we may contact, to help get in contact with you, if we are unable to make contact with you during the course of the study (this is optional).

Can I withdraw if I no longer want to participate? If you do agree to participate, you are free to withdraw at any time. If while completing the questionnaire you don't feel comfortable with any aspect of it, you can just skip that question(s) or elect not to proceed with the study any further.

Are there any risks or benefits? There are no foreseeable risks associated with participation in this study. The benefits will

come from the collection of important information from the Picture Project about diet, health and physical activity behaviours of young adults which could make a significant contribution to the understanding of complex influences on these health behaviors and the findings could be used to develop programs or direct funding to help maintain healthy lifestyle during this phase of life.

How privacy and confidentiality will be protected. All participants will be given a study identification number to maintain privacy. All personal information (name and contact details) will be stored separately to any other information collected (that information will only be linked to an identification number, not personal details). All electronic information will be entered into password protected computers with access only permitted to approved members of the research team. No individual data will be identified in results, reports or published findings.

Will I be compensated? Yes, every new participant who completes all 3 short surveys will be given a \$20 gift card as compensation for their time completing the surveys. There is also a monthly draw for new participants who complete both Food Recalls, to win a \$150 voucher. Please note, participants will not be compensated if they are found by the researchers to have submitted duplicate, fraudulent and/or ineligible entries

Need to contact us? If you require further information, wish to withdraw after agreeing to participate or if you have any problems concerning this project, you can contact the principal researcher Associate Professor Sarah McNaughton or the Project Manager, Dr Michelle Jackson, on 03 9246 8130 or by email on picture@deakin.edu.au

Research results. The Picture Project website and Social media channels will be updated regularly with project updates and results. The results of this study will also more formally be published in scientific journals and presented at scientific conferences.

Thank you for your interest in the Picture Project. Your participation will help provide an invaluable insight and knowledge base from which we can help the wider community. The information you provide, along with your fellow Picture Project Community, will help us to understand and promote healthy eating and physical activity behaviours among young adults aged 18-30.

Thank you for considering the Picture Project



Sarah McNaughton

Complaints. If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, you may contact: The Manager, Research Integrity, Deakin University, 221 Burwood Highway, Burwood, Victoria 3125, Telephone 92517129, research-ethics@deakin.edu.au. Please quote project number [2016-333: Physical Activity and Nutrition E-Cohort for the Australian population].