IMPACT - Ideas Moving Parents & Adolescents to Change Together is an exciting research study that will help you and your child to make effective changes in your child’s diet and lifestyle to help manage weight and blood pressure. These can improve your child’s quality of life & health for years to come.

BENEFITS

• Learn new healthy living behaviors including better eating, weight management, and activity and sleep improvement
• Medical exams for your child (free of charge)
• Fun activities and field trips throughout the year
• Special prizes, gifts and incentives

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**IMPACT** is a study to help families improve their health with a focus on nutrition, physical activity and sleep. In this research study the goal is to determine if one of three programs best helps families learn healthy living, be active, and maintain a healthy weight. These programs include a series of classes with families during the study.

Also, during the three-year study, visits with study staff at University Hospitals or MetroHealth Hospital will keep track of your child’s progress. Your child will have a physical exam, measurements taken, and answer questionnaires about family history, eating habits and physical activity. These visits take place at the beginning of the study, and every year for three years. **You and your child will be compensated for your time after each completed visit.** There is **no cost** to your family for any study visits or for any tests that are study related. (All information collected in this study is confidential. Only study personnel with have access to this information.)

With your acceptance into the study, you and your child will be randomly placed in one of three groups (three different types of healthy living programs), where you will remain for the duration of the study. The group program sessions are designed to be in a community center near where you live.

Each group has different activities that provide general information about diet, exercise, and healthy living. The sessions are scheduled every other week and last an hour and a half.

These sessions also include cooking demonstrations, yoga sessions, and other fun activities to increase your knowledge about healthy living.

In addition, a select number of schools will participate in the YMCA of Greater Cleveland’s “We Run This City” Youth Marathon program, and will be part of a unique group that works closely with a special study team member: the Navigator. The Navigator will conduct engaging, healthy living activities at the school, and provide support to both the Marathon Coach and team.

We also arrange transportation to and from the study visits and program sessions if it is needed.

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**Join us in:**

- **Healthy Living Classes** for your family
- **Your child learning & sharing** with their peers
- **Engaging physical activities like rock climbing, Zumba dance, making healthy living commercials and much more...**

For More Information about the study and to find out if you are eligible to participate, please call our study office at 216-368-3083.