



HONG KONG GROWTH STUDY

HONG KONG GROWTH STUDY INFORMATION SHEET & CONSENT FORM

Measuring children's and adolescents' growth is very important for doctors and healthcare professional to assess their health. The Chinese University of Hong Kong, the University of Hong Kong and Department of Health are now doing a study to collect information about the growth of approximately 20,000 Hong Kong children, adolescents and young adults. This information will be useful for developing new growth charts for children and adolescents in Hong Kong and research on child growth.

Children born in public hospitals, infants attending Maternal and Child Health Centres, students attending preschools, kindergartens, primary schools, secondary schools, vocational schools and universities and individuals in the community will be invited to take part in this study.

Participants will have body measurements and participants 3 years or older will also take part in simple physical fitness tests. (as shown in the following Table) To understand factors related to growth, we also invite parents of child under 10 years old and older students/participants aged 10 or above to complete a questionnaire concerning the family background, and your/your child's health.

Age of participant	Questionnaire	Measurement							Physical Fitness test
		Weight, length/height	Head circumference	Sitting height, arm width	Waist circumference	Blood pressure	% body fat	Hand grip strength	
3 years or younger	✓	✓	✓						
3 to 5 years	✓	✓	✓	✓					✓
6 years or above	✓	✓	✓	✓	✓	✓	✓	✓	✓

We do not anticipate any risks taking part in the body measurements and fitness test in this study. We hope that you support the participation of your child in this important study. Participants are allowed to withdraw at any stage of the study.

If you have any enquiries, please write to research staff Ms. Ho at hkgrowth@cuhk.edu.hk or call us at 9742 3144.

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~~~HONG KONG GROWTH STUDY - CONSENT FORM~~~

I agree do not agree to have my child - Name: _____ class _____ class no (____) take part in the Hong Kong Growth Study.

Name of Guardian

Signature

_____/_____/2021
Date dd/mm/yyyy

* Relationship to child:

parents Others, please specify _____

Consent forms will be collected by school teacher and kept by HKU/CUHK research team.



HONG KONG GROWTH STUDY

香港生長研究 參與者須知及同意書

掌握兒童和青少年的生長發育情況，對醫護人員評估他們的健康狀況非常重要。因此，香港中文大學及香港大學和香港特別行政區政府衛生署正在進行一項研究，收集約兩萬名香港兒童、少年及青成人的生長數據，收集的資料將可能用於制定新的香港兒童和青少年生長標準圖表及有關兒童健康的研究。

研究團隊將會邀請於公立醫院出生的嬰兒，到診母嬰健康院的嬰幼兒，在幼稚園及幼兒園、小學、中學、職業學院和專上院校就讀的學生，以及社區人士參與研究。

我們會為參與者量度生長數據，亦為三歲或以上的參與者進行體能測試（見下表）。由於健康狀況和家庭背景與生長息息相關，所以未足 10 歲參與者的家長和 10 歲或以上的參與者／同學填寫一份簡單的問卷，以收集有關資料。

參與者年齡	問卷	量度資料							體能測試
		體重、 身高或體長	頭圍	坐高及 臂展	腰圍	血壓	體脂百分比	手握力	
三歲或以下	✓	✓	✓						
三至五歲	✓	✓	✓	✓					✓
六歲或以上	✓	✓	✓	✓	✓	✓	✓	✓	✓

是項研究的體能測試和量度方法十分安全。我們衷心希望你願意及支持你的子女參與此研究。參與者亦有權在研究任何階段退出研究。

如你對本研究有任何查詢，歡迎發放電郵至 hkgrowth@cuhk.edu.hk 或 致電 9742 3144 聯絡研究團隊的何小姐。

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兒科學系
倪以信醫生

香港大學
兒童及青少年科學系
葉柏強醫生

香港特別行政區政府衛生署
學生健康服務
鍾偉雄醫生

香港特別行政區政府衛生署
家庭健康服務
盧艷莊醫生

~~~香港生長研究 - 同意書~~~

本人 同意 不同意 子女姓名: _____ 班別 _____ 學號(____)
參與香港生長研究。

監護人姓名

*監護人與孩子的關係

簽名

父 / 母親 其他，請列明 _____

2021年__月__日

日期

同意書由班主任代收，並交香港中文大學或香港大學研究團隊處理及保管