PARTICIPANT INFORMATION LEAFLET AND CONSENT FORM FOR SOUTH AFRICAN DIETITIANS

A framework to regulate the marketing of foods and beverages to children in South Africa

REFERENCE NUMBERS: NWU-00331-15-S1

PRINCIPAL INVESTIGATOR: Prof Edelweiss Wentzel-Viljoen and Mariaan Wicks

ADDRESS: Centre of Excellence in Nutrition, Faculty of Health Sciences, North-West University

CONTACT NUMBER: 082 379 0023 / 018 299 2468

You are being invited to take part in a research project that forms part of the PhD of Mariaan Wicks. Please take some time to read the information presented here, which will explain the details of this project. If you have any questions you are welcome to phone the researchers and ask the researcher any questions about any part of this project that you do not fully understand. It is very important that you are fully satisfied that you clearly understand what this research entails and how you could be involved. Also, your participation is entirely voluntary and you are free to decline to participate. If you say no, this will not affect you negatively in any way whatsoever. You are also free to withdraw from the study at any point, even if you do agree to take part.

This study has been approved by the Health Research Ethics Committee of the Faculty of Health Sciences of the North-West University (NWU-00331-15-S1) and will be conducted according to the ethical guidelines and principles of the international Declaration of Helsinki and the ethical guidelines of the National Health Research Ethics Council. It might be necessary for the research ethics committee members or relevant authorities to inspect the research records.

What is this research study all about?
The South African Department of Health published the draft Regulations Relating to the Labelling and Advertising of Foods (R. 429) in May 2014, with the aim to directly regulate the commercial marketing of foods and non-alcoholic beverages to children. The regulations’ intention is to identify ‘unhealthy’ foods by using the South African nutrient profiling model which was developed to regulate nutrient and/or health claims with additional conditions. A number of nutrient profiling models (food classifying tools) exist world-wide with the specific purpose to regulate the marketing of foods to children.

- This part of the study will be conducted electronically and will involve the completion of a questionnaire. All full members of ADSA will be included in this study.
- The aim of this phase of the research project is to create a standard ‘healthiness’ ranking of foods by a defined sample of dietitians (nutrition professionals). The standard ‘healthiness’ ranking of foods by South African nutrition professionals will be compared to classification of the same foods by the various nutrient profiling models.

Why have you been invited to participate?
- You have been invited to participate because you are a registered dietitians and full member of ADSA. Dietitians are regarded to be the nutrition experts of South Africa. If
you choose to participate you will be expected to provide your opinion of the healthfulness of certain foods.

- You have also complied with the inclusion criteria of being a registered dietitian and full member of ADSA.
- You will be excluded if you are not registered as a dietitian with the HPCSA.

What will your responsibilities be?

- You will be expected to complete the questionnaire on-line by ranking 40 different foods, randomly selected from a master list of 120 foods, on a continuum of ‘healthiness’ using a 6-point Likert scale. It will take you about 10 minutes to complete the questionnaire.

Will you benefit from taking part in this research?

- There will be no direct benefits for you as a participant.
- Indirect benefits: The opinions of dietitians will provide us with valuable information for the validation of the different nutrient profiling models. The results will be used to assist in the legislation to regulate the advertising of foods and non-alcoholic beverages to children.

Are there risks involved in your taking part in this research?

- There are no risks to take part in this study.

Who will have access to the data?

- The researchers will not have any access to your personal details and your identity will be protected throughout the whole process. Participants who choose to partake in the survey will do this anonymously. The feedback received from participants will be pooled by an independent IT specialist to create a mean ranking of the foods. The researchers will have no personal contact with the participants and the participants are not requested to provide any personal details. The electronic data will be stored on password protected computers, to which only the researchers have access for 10 years.

Will you be paid to take part in this study and are there any costs involved?

You will not receive any payment for participating in the study.

Is there anything else that you should know or do?

- You can contact Mariaan Wicks at 018 299 2468 if you have any further queries or encounter any problems.
- You can contact the Health Research Ethics Committee via Mrs Carolien van Zyl at 018 299 2089; carolien.vanzyl@nwu.ac.za if you have any concerns or complaints that have not been adequately addressed by the researcher.

How will you know about the findings?

- The results will be shared with ADSA and be published in a peer reviewed journal.
Declaration by participant

By completing the on-line survey, I agree to take part in the research study ‘A framework to regulate the marketing of foods and beverages to children in South Africa’.

I declare that:

- I have read this information and consent form and it is written in a language with which I am fluent and comfortable.
- I have had a chance to phone the researchers to ask questions.
- I understand that taking part in this study is voluntary and I have not been pressurised to take part.
- I may choose to leave the study at any time and will not be penalised or prejudiced in any way.