



**National Institute for
Health Research**

Information leaflet for children:

6 - 10 years

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**A study of Metabolic Reference Measurements
in Childhood and Adolescence.**

NIHR/Wellcome Trust Clinical Research Facility

Metabolic Research Team

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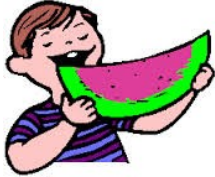
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Cambridge University Hospitals 
NHS Foundation Trust

What is the aim?

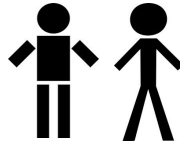
This study is looking at how much energy healthy children use. When you eat food your food turns into energy so that you can run around and play games.



If your body doesn't use all the energy you eat then it keeps it for later (fat). We would like to measure how much energy your body needs and uses, as well as how much is kept as fat for later.

Why are we doing this?

Some children keep more energy as fat than you do and some children don't keep enough. We need healthy children to help us understand how energy is used and stored in different children.



Do I have to take part?

No. You don't have to take part if you don't want to. You can change your mind at any time.

Will anything upset me?

There are no bad things that are going to happen to you, although we would like to take a small amount of blood and sometimes this hurts a little bit and might leave you with a bruise.

Will joining in help me?

You will get to keep a picture of your skeleton and you will be helping other children by taking part. We will pay your mum or dad back for any travelling costs.

What happens next?

We would like you to come and stay with us overnight (with your mum or dad) so that we can measure the amount of fat and muscle you have. We do this by using lots of machines called a DXA machine, a Bodpod and by scanning your tummy. We would also like to see how much energy you use when exercising, as well as how much energy you are using when asleep and when you have just woken up.



Turn the page to see what happens when you take part.

What happens when you take part?

Day 1

Arrive at the CRF



Check in at reception



Meet your nurse



Make yourself at home



Be shown around



One of the doctors will tell you everything about the study



The nurse will take your blood pressure



The nurse will listen to your heart beat and take your temperature



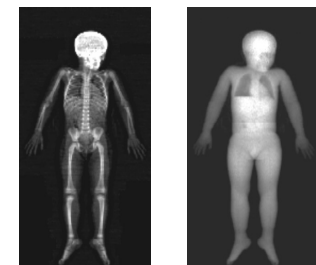
You will then have your height and weight measured



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Then you will meet our research team

They will take a picture of your skeleton, fat and muscle using a DXA machine. Make sure you lie nice and still, its only for 5 min.



Then you will sit in the bodpod to measure your fat and muscle. Don't forget your swimming stuff!



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Next is some exercise to see how much energy you can use



Then let's see how much energy you can eat at dinner time



And after dinner there is time for some fun



Off to bed after all that fun
That means you too mum!



Day 2



Your morning measurement to see how much energy you are using



A small blood sample

Breakfast time



Last measurement before home time

Off to the MRI scanner



The MRI scanner is a noisy machine that takes a picture of the inside of your tummy

Back to the CRF to say goodbye



If you would like to take part, or would like to come and visit us first to have a look around and talk to the team then ask mum or dad to give us a call or send us an email

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