

Recruitment of Finnish 9-11 y olds to health surveys

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Folkhälsan research center's experience in recruiting Finnish 9-11 y olds to health surveys

- Randomised control trials with surveys
 - Hälsöverkstaden, years 2006-2008, 9-11 y olds
 - Pro Greens, years 2009-2010, 11 y olds
- A large cohort survey
 - Fin-HIT, years 2011-2014, 11 y olds



- Aim: to promote healthy lifestyle in primary schools with a 2 year intervention in school setting, randomised control trial (RCT)
- The RCT included a survey in grade 3-4 in spring and in fall 2006, a follow up in spring 2008.
- An additional sample: a cross-sectional survey in grades 4&5 in fall 2006

Hälsoverkstaden

RCT – Recruitment Sample 1

- Survey in spring 2006, fall 2006, spring 2008
- Informed consent
- Personal identification number
- Questionnaire on paper filled in class, research personnel assisting
- Questionnaire for parents
- Measured weight and height (in school) by research personnel

Crossectional survey – recruitment Sample 2

- Survey in fall 2006
- Negative consent
- Questionnaire on paper filled in class, research personnel assisting
- Questionnaire for parents



Hälsoverskstaden –Recruitment sample 1, Spring 2006 –

- 5 municipalities were invited, all 5 participated
- 44 schools from were invited and 27 participated (61%)
 - Large differences between municipalities
- 1156 children and their parents were contacted through the school
- Informed consent with personal identification number
 - 667 (RR 59%) participated, about 20% did not wanted to participate, 20% had missing consent
 - Reminder in authumn 2006, 78 of 191 with missing consent gave consent -> total n=745 (RR 65%)

Hälsoverkstaden recruitment sample 2, Autumn 2006

- 3 new municipalities were invited for only cross-sectional survey, all participated
- 4 schools invited, all participated
- Only negative consent was collected
 - 458 were invited
 - 34 returned negative consent (7%)
 - 424 participated (RR 93%)

Hälsoverstaden recruitment sample 1 –follow up spring 2008

- Participated in baseline = eligible n=745
 - moved or interrupted the study, n=19
- Invited n=726
- Participated n=676, RR 91 % of eligible, RR 63% of baseline invited



Pro Greens (2009-2011)

- A health promotion project funded by the Health and Consumer Protection Directorate General (DG SANCO) of the European Commission.
- The PRO GREENS project was a follow up of the Pro Children project
- The main objectives of the project were:
 - To assess the level of consumption of fruit and vegetables in children before and after a school-based intervention.
 - To develop and test effective strategies to promote fruit and vegetable consumption among school children.
- A randomised control trial



Pro Greens Finland – Recruitment of swedish-speaking schools

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- Excluded schools
 - Schools with less than 20 pupils per grade
- Invited school, n=19, all participated (100%)
- Invited classes, n=61, all participated (100%)



Pro Greens Finland – recruitment of children

- Children filled in a questionnaire on paper in class before consent (Permission at school level)
 - National data
- Informed consent to parents in combination with a short questionnaire
 - International data

Pro Greens recruitment of children

- Eligible children
 - n=1123
- Were present at the survey and filled in the questionnaire
 - n=1071 (RR 95%)
- Consent from parents, children had filled in the questionnaire
 - N=950 , (RR 85%)



Pro Green follow up

- 60 of 61 classes returned the questionnaires
- Of 950 pupils (with consent at baseline) 872 returned the FU questionnaire
 - RR 92 % of eligible children in follow up
 - RR 77% of invited children at baseline.



Fin-HIT cohort study

- Large cohort study, recruited in 2011-2014
- Aimed to recruit 40 000 children, 11 y olds, in Finland
- Focusing on children's health and wellbeing and how genetic and environmental factors influence on children's health now and in future
- Different recruitment methods piloted
- Dropout analyses
- www.finhit.fi

Fin-HIT cohort



Finhit pilot 1 home

- Mailed informed consent to guardian/parents
 - Permission to link to register data
 - all registers listed
- Questionnaire filled in at home, web-based or paper
- Weight, length and waist measured by parents
- saliva sample for genetic testing – collected at home, parents assisting

Fin-HIT pilot 2 school

- Informed consent sent to guardian/parents by school
 - Permission to link to register data
 - all registers listed
- Questionnaire filled in in class on tablet, research personnel assisting
- Weight, length and waist measured by research personnel in school
- saliva sample for genetic testing in school, research personnel assisting

Summary of RCT

- Schools were mostly willing to participate in surveys and RCT before 2010 – has changed!
- Negative consent with only questionnaires in school setting -> high participation rate
 - About 95% (Hälsoverkstaden and Pro Greens)
- Informed signed consent in RCT in school setting
 - About 85 % when only questionnaire
 - Questionnaire + body measurements RR about 65%
- Follow up of baseline participants in school settings - about 90%

Summary of Fin-HIT cohort including genetic sample and linkage to registers

- Including genetic sample and permission to link to several registers -> decrease in participation rate
- Very low response rate, 12%, when invitation letter sent to children's parents by mail
- About 40% when recruitment is conducted in school setting (compare with 65%-85% in Hälsoverkstaden and Pro Greens)
- Main reason why children do not participate is lack of time, parent is not interested to participate or not willing to have their child participating
- Very few mentioned genetic tests or linking to registers as a reason