

## Infant Feeding Survey: Information and Consent

### **Introduction:**

You are being asked to take part in a survey. It's your choice whether to do it or not, but we would be thankful if you did. Your decision won't change any services or help you get from the North Bay Parry Sound District Health Unit. If you start the survey but change your mind, you can stop at any time. Before you decide, it's important to understand what the survey is about. The following details will help you decide if you want to participate.

### **What is the purpose of this survey?**

The North Bay Parry Sound District Health Unit (NBPSDHU) is doing a survey to learn about how you fed your baby in the first 6 months. This information will help us make better services for new parents and babies in our community. We will also ask you about any help you received with feeding.

### **What will you need to do?**

- a) You will answer questions about how you fed your baby from birth to 6 months, and some general questions about yourself.
- b) You will get the survey by email when your baby is about 6 months old. It will take less than 5-10 minutes to complete.
- c) If you don't finish the survey in one week, we will send it again. If you still don't complete it, someone from the Health Unit will call you to do it over the phone or ask if you want to do it online.
- d) Families who have a baby who is approximately six months old or younger will be asked to participate. If we need more people, the survey may continue until we have enough participants.

### **What are the benefits of taking part?**

You won't get any direct benefit from this survey, but the results will help us understand how to better support families with infant feeding.

### **What are the risks or inconveniences?**

Feeding your baby can sometimes be emotional. We do not mean to upset you with this survey. It will take less than 10 minutes. If you feel upset while doing the survey, you can call the Health Unit's Family Health Information Line at 1-800-563-2808 ext. 5351 to talk with a Public Health Nurse.

### **Incentives**

If you choose to take part, your name will be entered into a draw to win one of three \$100 Visa gift cards after you finish the survey.

### **Are there any costs?**

There are no costs to you for taking part in this survey, except for your time and effort.

### **How will your information be protected?**

All information will be stored securely on Health Unit software.

This is what we will do to protect your information:

- 1) Only certain Health Unit staff will see your information.
- 2) Your name will not be used.
- 3) A client ID number will be used for the Visa gift card draw.
- 4) The information for the draw will be deleted once the draw is done.
- 5) As per the Health Unit's policy, survey data will be stored for 15 years, and then destroyed.

Your identity and your survey answers will be kept private unless the law requires us to share them (e.g., if there's suspected child abuse, danger to you or others, or certain diseases that must be reported).

### **How will the survey results be shared?**

All the answers from participating families will be grouped together, and no names will be shared. The grouped information will be used to plan future Health Unit services and may be shared with community partners or at public conferences. If you want to see the results, contact the Health Unit's Healthy Families program at [healthy.families@healthunit.ca](mailto:healthy.families@healthunit.ca) or call 1-800-563-2808 ext. 5351.

### **Your right to participate or not:**

You can choose whether to take part in the survey or not, and you can stop at any time. Your choice won't change any services you get from the Health Unit. If you decide to stop, your information will be deleted unless it has already been grouped with other results. Once the results are grouped without names, we can't remove your information.

### **Conflict of Interest**

There are no conflicts of interest in this study.

### **What if you have questions or concerns?**

Please contact us at [healthy.families@healthunit.ca](mailto:healthy.families@healthunit.ca) or call 1 800 563 2808 ext. 5351 if you have any questions or concerns about taking part.

### **Questions about your legal rights**

When you agree to take part, you keep all your legal rights. If you have questions about the ethical issues in this project, you can contact the Health Unit's Research Ethics Review Committee Chair at [research.ethics@healthunit.ca](mailto:research.ethics@healthunit.ca) or by phone at 705-474-1400.

By completing the Infant Feeding Survey, you are giving your consent to participate.

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