



Do you and your child want to participate in an international study about children's physical activity and wellbeing?

Watch a video here:

<https://vimeo.com/678155356/8c94b38793>

If you want, you will receive individual results on your child's physical activity and sedentary time based on child's activity monitor usage

SUNRISE Finland study

We would like to invite you and your child to participate in the SUNRISE Finland study, which is part of an International Study of Movement Behaviours in the Early Years. In Finland altogether 1,000 children participate in the study, and the study is being led by Folkhälsan Research Center in collaboration with the University of Helsinki, Turku, Kuopio, Oulu, and Wollongong in Australia.

This study examines:

- what proportion of 3- and 4-year-old children meet the World Health Organization (WHO) Global 24-hour Movement Guidelines for the Early Years in participating countries
- if the proportions of children meeting the guidelines differ by sex, household education levels, urban/rural setting, or country income levels
- if meeting the WHO guidelines and movement behaviours is associated with motor and cognitive skills, and wellbeing
- potential factors associated with the movement behaviours and meeting the guidelines (related to child and parental health, parental mental wellbeing, child's living environment, and day-care centre's environment)

How can you and your child participate?

- 1 Participate by completing the consent form electronically or on paper
- 2 Your child attends to measurements at the daycare centre and wears activity monitors for a week.
- 3 Complete two questionnaires either electronically or on paper, and return the activity monitors, the activity monitor log, and the questionnaires if you completed them on paper

You get to know how much children move, sleep and spend time in front of screens at regional level

Among the participants, we will raffle 4 x 50€ gift cards for a sports and leisure shop and 20pcs of Folkhälsan-themed awards

Children participating in the study get a playful exercise experience and a diploma

What are the measurements?

Measurements done in daycare centre:

- height, weight, waist circumference and hand grip strength
- motor skills in a playful way (jumping, balancing, running)
- cognitive skills such as working memory with two enjoyable iPad games
- child will also be asked to wear two lightweight activity monitors for 7 days to measure their physical activity



The assessments will be conducted by the research personnel and, in total, those will take 20-40 minutes to complete per child.

In addition, you will be asked to complete questionnaires which include demographic information such as age, sex, address and some questions about your and your child's health behaviours (for example sleep, screen time and nutrition), and psychosocial wellbeing. It takes 15-30 minutes to complete each questionnaire. In total, it will take around 45-60 minutes to complete the two questionnaires. One of the child's parent/caregiver also completes an activity monitor log during the time when child uses the activity monitors.



Data protection statement [here](#)

A more detailed study description [here](#)

More info on our [website](#)

If you have any questions, please feel free to contact the researchers: sunrise@folkhalsan.fi.

If you feel that you have enough information about the study and do not have additional questions, you can proceed to the consent form.

Link to the consent form

<https://link.webropolsurveys.com/S/A3BD0BB3D5FAA832>

We hope that more than one of the child's parents/caregivers or other adults in the child's life participates in the study. Instructions for the other adult to participate in the study can be found in the consent form.