Frequently Asked Questions?

**Who is eligible for the study?**
Healthy boys (9-12 years old) or girls (10-13 years old). Both sets of parents and grandparents must be the same race as the child and consider themselves non-Hispanic white or black.

**When will the study begin? How long does the study last?**
We will start this study this winter (October, 2009). The study will continue for 12 weeks once you begin the study.

**What do we have to do for this study?**
You will be asked to take vitamin D supplements provided. We will track changes in vitamin D status and your body health at a study visit every 3 weeks, for a total of 12 weeks. The first and last measurements will be made at Purdue University. Arrangements will be made for the other visits and can be made closer to your home if transportation and scheduling are a problem. The 5 clinical visits will include bone scans and other body measurements. Small amounts of blood and urine will be collected. The first and last visit will last about 3h and the intermediate visits will last approximately 45 minutes.

**Is there anything we have to do in between the study visits?**
We will ask you to refrain from taking any other vitamin, mineral or herbal supplements during the 12-week study. You will follow your normal physical activity patterns.

**Will I miss school if I participate in this project?**
No, all clinical visits will occur on weekends, or other days of the week that are convenient for you. We do not want you to miss any school.

**Do I get paid for participating in this study?**
You will be paid $40 at the beginning of the study and after 12 weeks, and $20 for weeks 3, 6, 9 (for a potential total of $140). Travel expenses will be covered to a maximum of $35 per round trip.