



## Thank-you for your support!

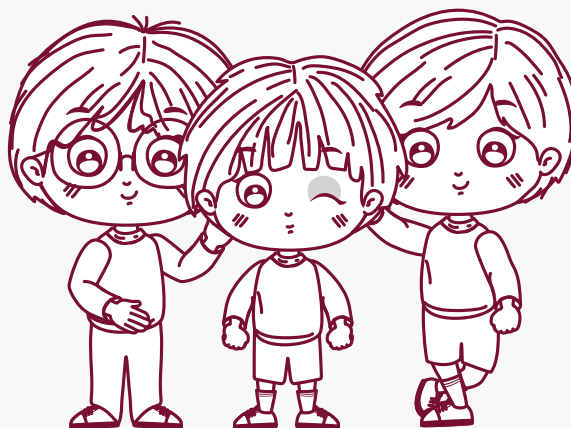
As a token of our appreciation, you  
will receive a \$15 gift card at the  
completion of the study



**Principal Investigator**  
**Dr. Rahul Chanchlani**  
McMaster Children's Hospital  
Department of Pediatrics



## GET IN TOUCH WITH US FOR MORE INFORMATION



Contact the  
ASHA Research Coordinator

Email: [asha\\_sa@mcmaster.ca](mailto:asha_sa@mcmaster.ca)  
Phone: (289) 775-1356

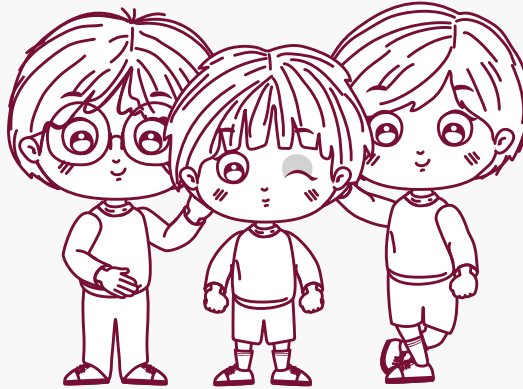


## Deriving Normative 24- hour Ambulatory Blood Pressure Monitoring Data Among South Asian Children

# WHO WE ARE

We are an interdisciplinary research team at McMaster University & McMaster Children's Hospital composed of experts in paediatrics, nutrition, heart disease, diabetes, physical activity, and research methodology.

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #7952  
Version 1.0 Nov 5 2021



OUR GOAL IS TO COLLECT  
HEALTH INFORMATION  
RELEVANT TO BLOOD  
PRESSURE IN HEALTHY  
SOUTH ASIAN CHILDREN  
AGED 5-17.

THIS WILL BE DONE VIA:

1) ACTIGRAPH

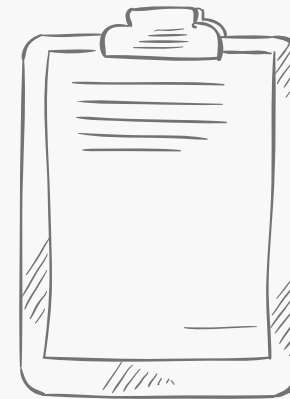


2) 24-HOUR  
AMBULATORY BLOOD  
PRESSURE MONITORING



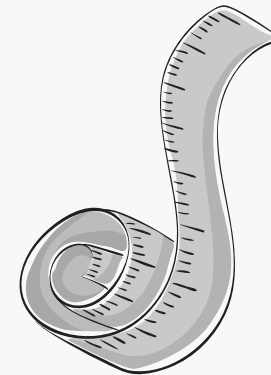
# WHAT WILL YOU NEED TO DO?

## 1. HEALTH SURVEYS



Complete a survey on demographics, health behaviours, lifestyle (diet), physical activity, and family history of hypertension, diabetes, and heart disease.

## 2. MEASUREMENTS



Our team will collect physical measurements (e.g., height, body weight, blood pressure, and movement behaviour).