

Help us understand the nation's eating habits

Dear Sir or Madam,

Public Health England and the **Food Standards Agency** would like to invite one adult and/or one young person from your household to take part in the **National Diet and Nutrition Survey**. This is a study of people's eating habits which has taken place across the UK every year since 2008.

By taking part, you will help us understand how our diet is changing, and provide vital information to help create a healthier nation. This information is used by the Government to improve our health and keep our food safe.



What's next?

An interviewer from the National Centre for Social Research will visit you and ask for up to two people to take part - one aged **19 years and over** and another aged **18 months to 18 years**. The interviewer will show you their photo ID so you know who they are.



Thank you

As a thank you for taking part, please find below a **£10 voucher** that can be exchanged for money at any branch of the Post Office. We will also offer each person who completes a food diary an additional **£25 gift card** and **personalised dietary feedback** as a thank you.



Any questions?

For more information please read the FAQs on the back of this letter, and the enclosed leaflet. You can also visit www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey or call the study's Freephone **0800 652 4572**.

We hope you will be willing to take part – with your help we can gain a better understanding of the diet and nutrition of the nation.



Gillian Swan
Health Improvement Directorate
Public Health England



Beverley Bates
NDNS Research Director
National Centre for Social Research

How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. This method of selecting addresses is the only way to ensure we get a representative sample across the UK.

What will happen to any information I give?

We take great care to protect the confidentiality of the information people give us and we take careful steps to ensure that the information is secure at all times. Your answers are put together with the answers collected from thousands of other people across the UK and the survey findings are published in a report. The findings will not identify anyone who took part in the survey.

We will handle your data in accordance with data protection legislation. The survey findings are anonymised and nothing we publish will identify you. The results collected will help inform official statistics on diet and nutrition.

Who is carrying out the survey?

Public Health England (PHE) and the Food Standards Agency (FSA) have asked the National Centre for Social Research and the Medical Research Council Epidemiology Unit at the University of Cambridge to carry out this research.

The MRC Epidemiology Unit is a leading research Unit working in the area of diet, nutrition and physical activity.

The National Centre for Social Research is Britain's leading centre for independent social research. It carries out numerous health studies such as the Health Survey for England and is a registered charity. To find out more, please visit www.gov.uk/find-charity-information and search using Charity No. 1091768.

Why should I take part?

You don't have to take part but with your help we can learn about a wider range of people to get a truer picture of the eating habits and health status of people living in the UK. By joining the thousands of people that have already taken part, you will help strengthen our understanding of the nation's diet and nutrition.

What does taking part involve?

If you take part, the interviewer will ask you some questions and will give you a diary to record what you eat and drink. The information leaflet with this letter tells you more about the interview stage. The second part of the survey, if you agree, is a visit by a qualified nurse.

Where can I find out more?

See the enclosed leaflet or visit: www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey or call the study's Freephone number on 0800 652 4572.



Public Health
England

Protecting and improving the nation's health



Food
Standards
Agency
food.gov.uk

Help us understand the nation's eating habits

Dear Sir or Madam,

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By taking part, you will help us understand how our diet is changing, and provide vital information to help create a healthier nation. This information is used by the Government to improve our health and keep our food safe.



What's next?

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Thank you

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NatCen
Social Research that works for society



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Where can I find out more?

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Your household is important

Every year we select a sample of addresses from the Postcode Address File, a national and publicly available register of addresses. We sample from across the UK in a way that means all addresses have a chance of being selected. Your address cannot be swapped for any other address, so your view is particularly important to us and helps paint a picture of our society's diet and nutrition.

Is the survey confidential?

Yes. We take great care to protect confidentiality. The survey results will not be in a form which reveals your identity and your answers will only be used for research purposes. If you give permission, you may be contacted again at a later date about your answers for further research. If you agree, your data will be anonymously linked with other administrative health records.

For more info have a look at
www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey

Who can I speak to about the study?

If you have any questions about taking part, please do not hesitate to contact us:

Beverley Bates
NDNS Research Director
National Centre for Social Research
Kings House
101-135 Kings Road
Brentwood
Essex
CM14 4LX

Freephone: **0800 652 4572**
Email: ndns@natcen.ac.uk
www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey

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National Diet and Nutrition Survey (NDNS)



Be part of the UK's only national diet and nutrition study

What is the National Diet and Nutrition Survey (NDNS)?

- As a society, understanding how and what we eat has never been more important.
- NDNS is a robust scientific study of the nation's diet and nutritional status.
- By taking part in NDNS, the data you provide on your diet and nutrition can help the government to improve public health and protect food safety.

How does it work?

Your household has been selected randomly to help us understand the nation's diet and nutrition. You will be joining the 10,000+ people who have already contributed to NDNS over the years. Being involved includes:

- An interview
- A four-day food diary
- Physical measurements including height and weight
- A urine sample

One of our specially trained interviewers will carry out all elements of the survey in your own home and at a time convenient to you.

You don't have to take part in the survey, and you can choose to take part in some parts of the survey but not others. You are free to withdraw from any part of the survey at any time.

What will I get for taking part?



If you would like them, we can send you personalised dietary feedback detailing your intake of vitamins, fibre, calories, calcium and more! It will also show how these compare with dietary recommendations.



A record of your measurements, if you would like them.



£25 gift card for your completed food diary.



Another £5 gift card for providing a urine sample.

For more info have a look at
www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey

National Diet and Nutrition Survey (NDNS) MEASUREMENT RECORD CARD

SN: _____

Name: _____

Height: _____ cm
_____ ft/ins

Weight: _____ kg
_____ st/lbs

BMI: _____

For adults, height and weight information can be used to calculate Body Mass Index (BMI). Further information on this calculation and guidance on BMI can be found in the accompanying leaflet or on this website:

www.nhs.uk/livewell/loseweight/pages/bodymassindex.aspx

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What will happen to my results?

With your written agreement we will send you and/or your GP the results from your/ your child's blood tests that are clinically relevant, this is your choice.

If you agree to your results being sent to your GP, then he/she may use them in medical reports about you. This may lead to changes in your medical health status which could affect your future insurance status (e.g. for life insurance or private medical insurance). Because of the Access to Medical Reports Act 1988, an insurance company cannot ask your GP for a medical report on you without your permission. Having given your permission, you then have the right to see the report before your GP sends it to the insurance company and you can ask for the report to be amended if you consider it to be incorrect or misleading. If you think you may apply for health insurance in the future, you can choose not to know the results of any tests and not to let your GP know these results.

Do I have to take part?

No. At this time you are only agreeing for a nurse to contact you.

Your nurse will give you more information and explain the different measurements in more detail when she/he visits. All parts of the nurse visit are optional and you/your child can take part in as few or as many measurements as you would like. If you don't want to do one of the measurements then just tell the nurse.

As with the interviewer stage, we take great care to protect the confidentiality of all information and samples collected.

Thank you for your interest and time.

Your contribution is very valuable to the NDNS study.

We hope that you will help us with this next part of this important study!

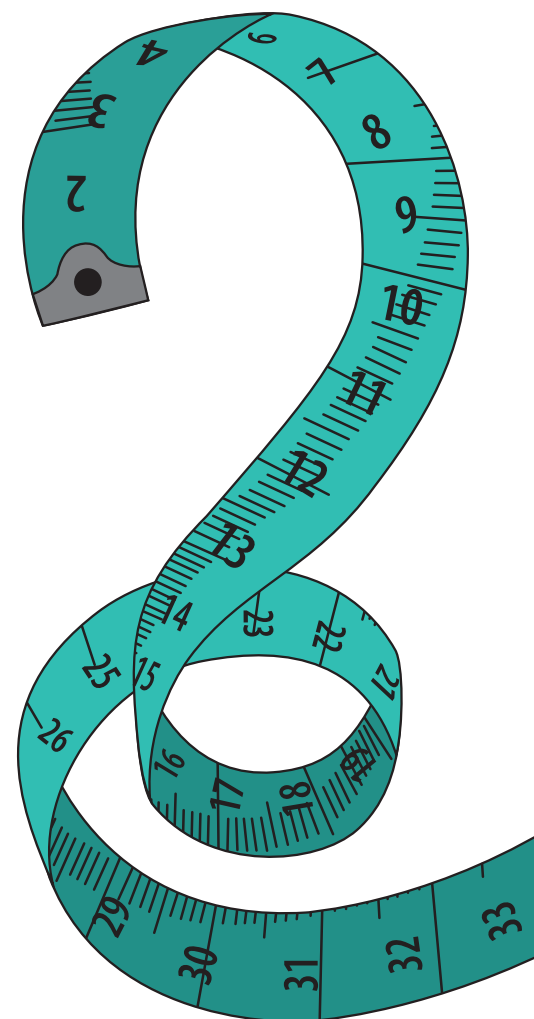
Any questions?

Our nurse will answer any questions you have.

If you have any questions about the nurse visit, please do not hesitate to contact us:
Beverley Bates
NDNS Research Director
Freephone: 0800 652 4572
Email: ndns@natcen.ac.uk

National Diet and Nutrition Survey (NDNS)

What happens next?



The nurse visit

For more info have a look at www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey

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The second part - a nurse visit

Thank you for telling us about what you eat and answering our questions so far. Because of your help, we'll be able to better understand the diet and nutrition of people living in the UK. We would now like to invite you to take part in the second stage to complete the study.

For the second stage you will be contacted by a registered nurse to arrange a visit at a time convenient to you.

Information collected at the nurse stage is really important. It adds to the details you have already provided in your food diary and completes the picture of how diet affects people's nutrition and health.

When the nurse visits, they will ask you a few questions about your/ your child's health and explain a bit more about the other parts of the nurse visit, which are:

A small blood sample:

If you are eligible the nurse will ask if you and/or your child are willing to provide a small blood sample. Blood tests can give us very important information about nutritional health that we cannot get in any other way, and about the ways in which our body benefits from the food we eat.

We would like you and/or your child to provide a fasting blood sample. A fasting sample gives the best quality of blood to test. However, there are some reasons why we wouldn't ask some people to fast for the blood test and if your child is under 4 years, they will not need to fast for a blood sample.

We can send you (and/or your GP) the results of the blood tests which are clinically relevant (e.g. vitamin and mineral levels, cholesterol, haemoglobin) to complement your dietary feedback

As a token of our appreciation, **each person providing a blood sample will receive a £15 gift card.**

More information about the blood sample can be found in the 'giving a blood sample' leaflet that the nurse will give you upon his/her visit.

Waist and hip measurements:

The nurse will ask if you are willing to have your waist & hip measurements taken. This measurement tells us about the distribution of weight over your body and is taken from all people aged 11 or more. This is done using a tape measure when fully clothed.

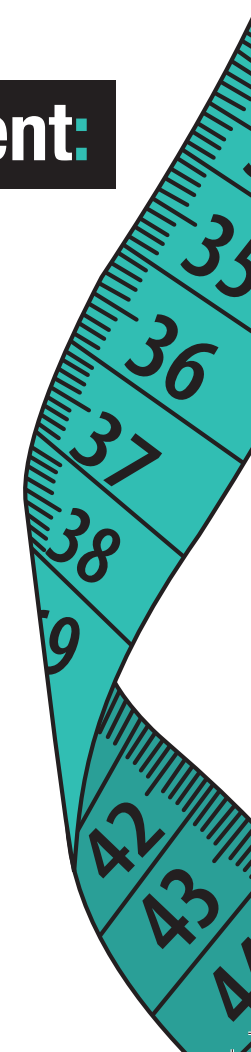
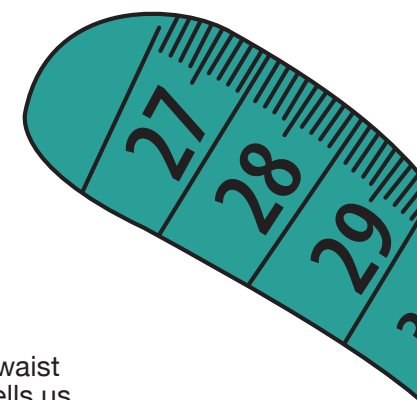
Demispan measurement:

The nurse may ask if you are willing to have a demispan measurement. Demispan is an estimate of height and is taken from all people aged 65 years or over, or those over 16 years who did not have height measured at the interviewer visit.

It is half the distance between your hands outstretched to either side and is measured by the nurse with a tape measure when you are standing or sitting.

Infant length:

If you agree, the nurse will measure the length of your child if they are aged 18-23 months. This is done by laying your child on a measurement mat and measuring their length from the top of their head to the underside of their heels.



National Diet and Nutrition Survey (NDNS)



SPOT URINE COLLECTION INFORMATION SHEET

This leaflet is about providing a urine sample for NDNS. Your interviewer will be happy to go through this information with you and answer any questions. Just ask if there is anything that is not clear.

How to give a spot urine sample

STEP 1

We don't want a sample of your first urine of the day but any after that is fine.

STEP 2

When you take the lid off the container, don't touch the inside. This is because you may have some iodine on your fingers from soap and we only want to measure the iodine inside your urine.

STEP 3

Pass a small amount of urine directly into the container; you do not need to fill it completely, as little as a teaspoon is enough. Replace the lid and make sure that it is screwed on tightly.

STEP 4

Wipe the outside of the container dry using a piece of ordinary toilet paper or a tissue. Do not use wet wipes or any other cleaning product as this could contaminate the sample.

For more info have a look at www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey

Why are you testing for Iodine?

Iodine is important for being healthy. It is used by the body to make thyroid hormones. The best way to find out how much iodine people have in their bodies is through analysis of urine.

How many urine samples do you need?

Only one. You will be given a pot to collect it in - very similar to what a doctor would give you if they needed a urine sample.

Do I have to provide a urine sample?

No. You do not have to provide a urine sample if you do not want to.

What will happen to my urine sample?

It will be sent to a laboratory and analysed for iodine content. Your name and address will not be attached to the sample - it will remain anonymous. Your sample will not be tested for drugs or viruses for this study.

How will my sample be stored?

With your consent we will store your anonymised urine sample so that it may be used for future testing of other analytes that are useful for assessing the health of the population. All the information you give us will be kept securely and confidentially. We will use a unique ID code so that your personal information will not be stored with your urine sample.

Will I get anything for taking part?

As a token of our appreciation you will receive a **£5 gift card**.

If you have any other questions, please get in touch:

Beverley Bates
NDNS Research Director
NatCen Social Research,
Kings House, 101-135 Kings Road,
Brentwood, Essex,
CM14 4LX

Freephone: **0800 652 4572**
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