



Public Health
England

Protecting and improving the nation's health



RE: National Diet and Nutrition Survey (NDNS)

Dear _____,

You recently helped us with the first stage of the **National Diet and Nutrition Study, (NDNS)**. Thank you for all the help you have given so far for this important study.

You were recently visited by an interviewer who gave you a leaflet about the second stage of the study, which is a short visit by a registered nurse. Information collected at the nurse stage is really important as it adds to the details you have already provided in your food diary. This 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. Please find enclosed a leaflet about the second stage of the study for your information.

A nurse (_____) from the National Centre for Social Research has tried visiting your household to contact you but unfortunately hasn't been able to speak with you to arrange an appointment. _____ will be in your area over the next few weeks and would like to contact you to arrange a short visit to complete the study. Please call the office on Freephone **0800 652 4572** or email **ndns@natcen.ac.uk** and we can then arrange for the nurse to visit you at a convenient time to tell you more about this short stage of the study.

We hope you are still willing and able to complete this second (and final) stage, as we rely on the goodwill and voluntary cooperation of those who are selected to continue to make the study a success.

Thank you very much for your help with this very important national study.

Gillian Swan

Health Improvement Directorate, Public Health England

FREQUENTLY ASKED QUESTIONS

What does taking part involve?

With your permission we would like to take a few measurements and, if you consent a small blood sample. We also want to ask you a few questions about your health. All parts of the study are optional and you/ your child can choose to take part in some parts and not others.

Why should I take part?

The information collected at the nurse stage completes the picture with the dietary information you have already provided. It helps us to understand how diet can affect the health and nutritional status of the population.

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.

Where can I find out more?

If you would like to talk to someone about the study, please visit: www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey or freephone 0800 652 4572.

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!

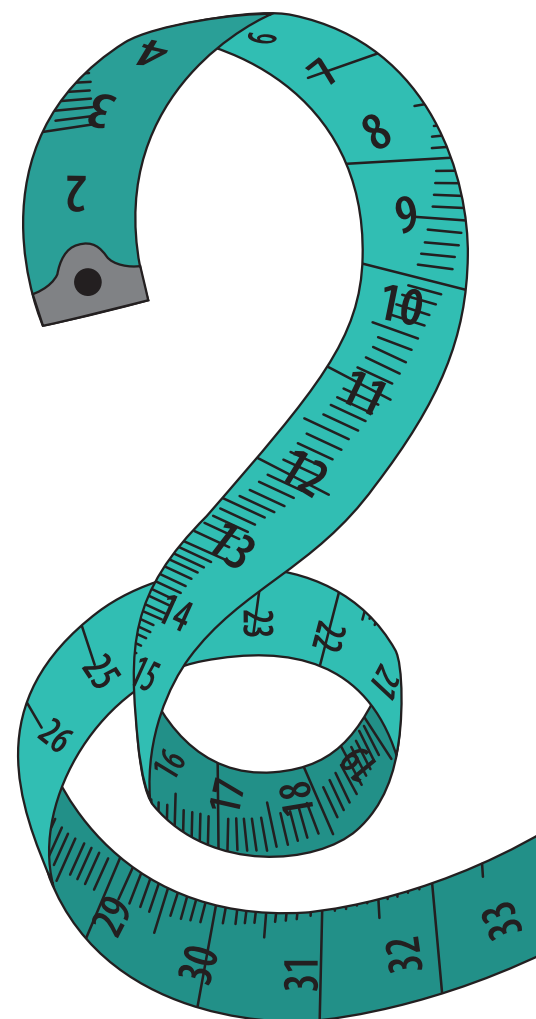
Any questions?

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.

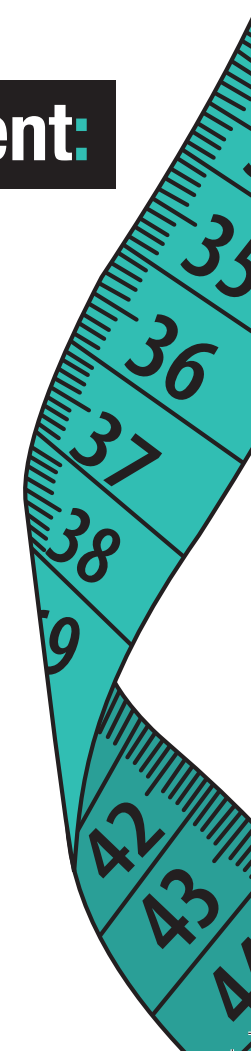
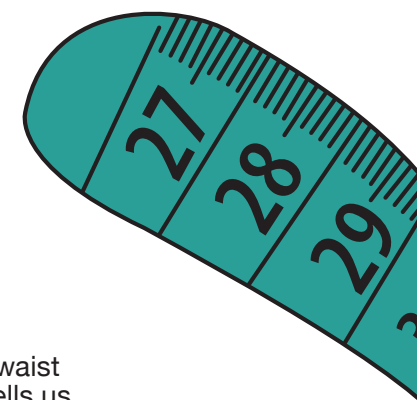
Demispan measurement:

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.



Will I get a bruise?

The nurse will make every attempt to avoid bruising but it does sometimes occur. The skin area around any bruise may be slightly uncomfortable for a day or so but usually no action is required. To reduce any risk of bruising, where possible, we suggest you avoid any heavy lifting or strenuous exercise for at least 2 hours after you have given your blood sample.

It's unlikely that you will have any adverse effects, however if you experience any of the following, you should seek further help, for instance from your GP or NHS Direct:

- Severe pain
- Numbness or persistent 'pins and needles' in the arm, hand or fingers
- Swelling which is large or increasing in size
- Bruising which gets worse (for example hurts more or gets much bigger)
- Painful redness/inflammation.

Any questions?

Our nurse will try to answer any questions you have. If you have any questions about taking part, please do not hesitate to contact us:

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

Freephone: **0800 652 4572**

Thank you very much for your time and help with this important survey.

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

NatCen
Social Research

 Northern Ireland
Statistics and Research Agency

MRC | Epidemiology Unit

 UNIVERSITY OF
CAMBRIDGE

National Diet and Nutrition Survey (NDNS)



Giving a blood sample

Frequently asked questions

Nurses from the National Centre for Social Research follow 'best practice' principles which meet current national standards used within the NHS.

This leaflet gives answers to some of the questions people often ask about giving a blood sample.

If you have any further queries, please ask the nurse.

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

Annex 45_Giving a blood sample leaflet_Y11. For use from 01/04/18

Why do you need to take a blood sample?

The analysis of the blood samples will tell us a lot about the health of the general population.

The food and drink diary you provided will help us understand the eating habits of the nation, including calories and nutrient intake.

However, there is some information that we can't get from your diary data. The blood sample will help us complete the picture.

Because the amount of vitamins and minerals absorbed in the body varies from person to person, a blood sample is the only way we can accurately measure vitamin and mineral intake such as vitamin D and iron, which are both very important to health. This is especially important for children, as they often have low levels of key nutrients, for example if they don't eat certain foods. It is especially important that we know if the number of children with low levels of important nutrients is changing in the UK. We can only do this if we measure nutrient levels in their blood. We can also look at people's risk for certain conditions. Serum cholesterol, for example, tells us about risk for heart disease.

What will I need to do?

The nurse will visit at time that is convenient for you.

We will ask you to sign a consent form to say you and/or your child agrees to provide a blood sample. If a blood sample is given, we will also ask whether you are willing for any remaining blood to be stored for future research.

The nurse will speak to you about fasting overnight. This means not eating or drinking anything other than water for a minimum of 8 hours before the blood sample is taken. If you and/or your child are diabetic or not willing to fast (or if your child is under 4 years old), the nurse will speak to you about providing a non-fasting sample.

The blood samples you take will be processed at local hospitals or research labs and subsequently stored and looked after by the MRC Epidemiology Unit at the University of Cambridge.

How much blood do you need?

The nurse will take no more than 12-35ml (2 tsp- 7 tsp) of blood depending on you or your child's age.

What do I get for providing a blood sample?

If you wish to receive them, we will send you the results of your and/or your child's blood measurements (e.g. vitamin and mineral levels, cholesterol, haemoglobin). Also, with your agreement, we will send the results to your GP. If a result suggests there may be a problem, we will advise you to see your GP who can then follow up what we found.

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

What about hygiene standards?

In line with NHS best practice principles, our nurses maintain the highest hygiene standards to reduce any risk of infection. We use single use and sterile equipment for every person and appropriate to the age of the person giving a blood sample.

What if I feel faint?

Most people do not feel faint during or after giving a blood sample but occasionally people do. If you actually faint, which can happen but is very unlikely, the nurse will stop taking blood and you will be advised not to drive for at least 30 minutes once you have come round.

Does it hurt?

Our nurses are very experienced in taking blood samples. You should hardly feel anything other than a scratch.

However, some people do see this as being more painful than a scratch. Please tell the nurse immediately if you are at all concerned. If you would like, we may be able to use a skin-numbing agent – the nurse can explain more about this.

Our nurses are also specially trained to take blood from children and they can help make it easier for children who might be frightened of needles by using a cream or spray to numb the arm.

National Diet and Nutrition Survey (NDNS)

Cryogenic Spray

Information leaflet for 6 years +



If you take part in this study and agree to provide a blood sample, you can have Cryogenic Spray before the sample is taken if you want to.

This leaflet tells you about what the spray does and how it works.

It is important to remember that you do NOT have to have the spray applied; it is up to you to decide.

What is Cryogenic Spray?

Cryogenic (ethyl chloride) is a thin liquid, which, when sprayed on to the skin, makes the skin cold and less sensitive as the liquid evaporates. The coolant effect on the skin means that the slight scratch when the needle pricks the skin is hardly felt.

How long does it take to work?

The spray creates a thin white film and takes effect within a few seconds of being sprayed onto the skin. The skin will feel cold and will feel less sensitive. The effect wears off within a few minutes as the skin warms back up.

Can Cryogenic Spray be used on anyone?

Cryogenic Spray is very safe. People who are allergic to ethyl chloride are the only ones who should not have the spray applied. If you decide you would like to have the spray applied, the nurse will check with you that it is safe for you to have the spray BEFORE it is applied.

The nurse would not apply the spray to any skin which is sore or broken or an area on the skin where there is eczema.

Are there any side effects?

Some people can be allergic to the spray, which may cause itching, swelling or bruising where the spray has been applied. Some change in skin colour may occur, but this is normal. None of these effects are serious or harmful.

If you have any questions about Cryogenic Spray or Ametop gel, or if you are worried about any aspect of the blood sample, please speak to the nurse before you make up your mind.

Ametop gel

Information leaflet for parents and children

If you take part in this study and agree to provide a blood sample, you can have Ametop gel before the sample is taken if you want to. This leaflet tells you about what the gel does and how it works.



It is important to remember that you do NOT have to have the gel applied; it is up to you to decide.

What is Ametop gel?

It is a white gel which is put on the skin and left for 30 minutes. The gel makes the skin go numb. This means that the slight scratch when the needle pricks the skin is hardly felt.

How long does it take to work?

The gel works best if it is left on the skin for half an hour before the blood sample is taken, and it needs to be kept covered. The nurse will apply the gel and cover it with an adhesive dressing.

Once the blood sample has been taken, the effect of the Ametop will wear off slowly over the next few hours.

Can Ametop gel be used on anyone?

Ametop gel is very safe. People who are allergic to or have had a bad reaction to local or general anaesthetics are the only ones who should not have the Ametop gel applied. If you decide you would like to have the gel applied, the nurse will check with you that it is safe for you to have the gel BEFORE it is applied.

The nurse would not apply the gel to any skin which is sore or broken or an area on the skin where there is eczema.

Are there any side effects?

Sometimes the area where the gel has been applied goes pale, and on some people the skin goes a bit red. Occasionally, the area can be a bit itchy, or puff up slightly. None of these effects are serious or harmful and they will wear off as the effect of the Ametop wears off.

Some people know that they have allergies to some types of plaster: if you have this, please tell the nurse, who will make sure that the plaster used to cover the gel is right for you.

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:

FULL NAME:

Interviewer Name:

Date of visit:

Nurse Name:

Date of visit:

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

Annex 50_Nurse measurement record card_v2_23/01/2018. For use from 01/04/18

WAIST AND HIP MEASUREMENT (age 11 and over)

First Measurement:

Waist:

cm

Hip:

cm

inches

inches

Second Measurement:

Waist:

cm

Hip:

cm

inches

inches

DEMISPAN MEASUREMENT (age 65 and over)

First Measurement:

cm

Second Measurement:

cm

INFANT LENGTH (age under 2)

cm

Thank you for your co-operation

Any questions?

Our nurse will try to answer any questions you have. Or, if you like you can email or speak to one of us using these contact details:

Beverley Bates

National Centre for Social Research,
Kings House, 101-135 Kings Road,
Brentwood, Essex, CM14 4LX

Freephone: **0800 652 4572**