





**NDNS** 

# National Diet and Nutrition Survey Booklet for 8-12 year olds

In Confidence

Poi 100:	-		Address 1006 - 1007	CKL 1008	Person no	First name:	1012 - 1026		
	Card 0 1 1009 - 1010	Type 1 1038	Batch 1027 - 1031			Interviewer no.	1032 - 1037	Spare 1039 - 1050	

- Here are some questions for you to answer on your own.
- We are interested in your honest answers.
- We will not tell anyone what your answers are.
- Look at the instructions on the next page and read what to do.
- Ask the interviewer for help if you do not understand a question or are not sure what to do.

Thank you for taking part in this survey



# **How to answer these questions**

- Please read each question carefully
- Most of the questions can be answered by putting a tick in the box next to the answer that applies to you, like this

Yes 🗸 1

No 2

• Sometimes you have to write a number in the box, for example

I was 8 years old

write in

Next to some of the boxes are arrows and instructions
 They show or tell you which question to answer next.
 If there are no special instructions, just answer the next question.

No Go to question 4

Yes 1

I was

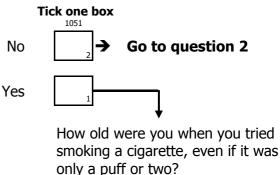
write in

10

years old

## **Cigarette Smoking**

**Q1** Have you ever tried smoking a cigarette, even if it was only a puff or two?



I was write in

**Q2** Now read all the following sentences very carefully and tick the box next to the one which best describes you.

I have never smoked

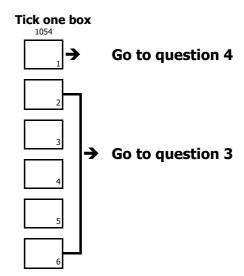
I have only smoked once or twice

I used to smoke sometimes, but I never smoke a cigarette now

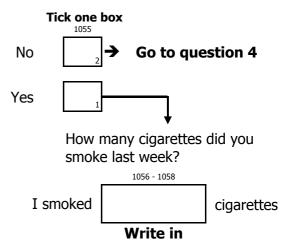
I sometimes smoke, but I don't smoke every week

I smoke between one and six cigarettes a week

I smoke more than six cigarettes a week



**Q3** Did you smoke any cigarettes last week?



Spare 1059 - 1074

# **Drinking**

Q4 Have you ever had a proper alcoholic drink – a whole drink, not just a sip? Please don't count drinks labelled low alcohol. Tick one box Yes Go to question 6 No Go to question 5 Q5 Have you ever drunk alcopops (such as Bacardi Breezer, Smirnoff Ice, WKD, Reef etc)? Tick one box 1076 Go to question 6 Yes **END** No Q6 How old were you the first time you had a proper alcoholic drink or alcopop? 1077 - 1078 years old I was write in Q7 How often do you usually have an alcoholic drink or alcopop? Tick one box 1079 Almost every day About twice a week About once a week About once a fortnight Go to question 8 About once a month Only a few times a year I never drink alcohol now

When did you last have an alcoholic drink or alcopop?

Q8

	Tick one box
Today	1
Yesterday	2
Some other time during the last week	3
1 week, but less than 2 weeks ago	4
2 weeks, but less than 4 weeks ago	5
1 month, but less than 6 months ago	6
6 months ago or more	7 Spare 1081 - 1099

Thank you for answering these questions.

Please give the booklet back to the interviewer.







#### **NDNS**

# National Diet and Nutrition Survey Booklet for 13-15 year olds

### In Confidence

Poin 1001 1005			Address  1006 - 1007	CKL 1008	Person no	First name:	1012 - 1026	
	Card 0 1	Type 2	Batch 1027 - 1031			Interviewer no.	1032 - 1037	Spare 1039 - 1050

- Here are some questions for you to answer on your own.
- We are interested in your honest answers.
- We will not tell anyone what your answers are.
- Look at the instructions on the next page and read what to do.
- Ask the interviewer for help if you do not understand a question or are not sure what to do.

Thank you for taking part in this survey



## **How to answer these questions**

- Please read each question carefully
- Most of the questions can be answered by putting a tick in the box next to the answer that applies to you like this

Yes ✓₁

No

• Sometimes you have to write a number in the box, for example

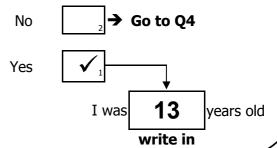
I was | **13** |

years old

write in

Next to some of the boxes are arrows and instructions
 They show or tell you which question to answer next.

 If there are no special instructions, just answer the next question.



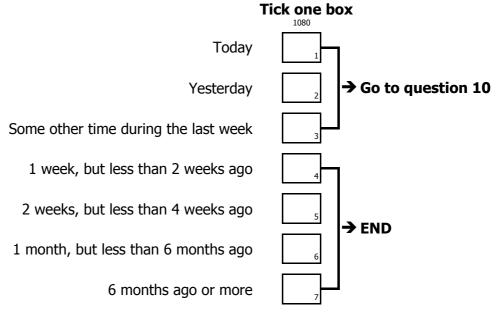
## **Cigarette Smoking**

Q1 Have you ever tried smoking a cigarette, even if it was only a puff or two? Tick one box Yes → Go to question 2 No Q2 Now read all the following sentences very carefully and tick the box next to the one which best describes you. Tick one box I have never smoked Go to question 5 I have only smoked once or twice I used to smoke sometimes, but I never smoke a cigarette now → Go to question 3 I sometimes smoke, but I don't smoke every week I smoke between one and six cigarettes a week I smoke more than six cigarettes a week How old were you when you tried smoking a cigarette, Q3 even if it was only a puff or two? 1053 - 1054 years old → Go to question 4 I was write in Q4 Did you smoke any cigarettes last week? Tick one box No Go to question 5 Yes How many cigarettes did you smoke last week? 1056 - 1058 I smoked cigarettes Spare 1059 - 1074 Write in

# **Drinking**

Q5	Have you ever had a proper alcoholic drink – a whole drink, not just a sip? <b>Please don't count drinks labelled low alcohol.</b>	Tick one box	
		Yes ☐ 1 → Go to ques	tion 7
		No 2 → Go to ques	tion 6
Q6	Have you ever drunk alcopops (such as Bacardi Breez Smirnoff Ice, WKD, Reef etc)?	er, Tick one box	
		Yes ☐ 1 → Go to ques	tion 7
		No 2 → END	
Q7	How old were you the first time you had a proper alcoholic drink or an alcopop?	1078	
	I was	years old <b>Go to ques</b>	tion 8
	wri	te in	
Q8	How often do you usually have an alcoholic drink or alcopop?	Tick one box	
	Almost every		
	About twice a v	eek 2	
	About once a v	eek 3	
	About once a fortr	ight	stion 9
	About once a me	onth 5	
	Only a few times a	vear 6	
	I never drink alcohol	now 7	

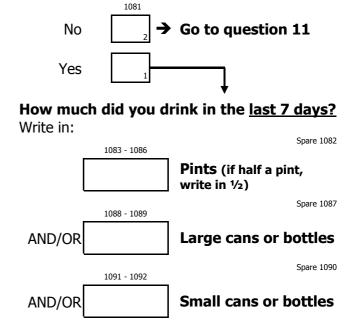
**Q9** When did you **last** have an alcoholic drink or alcopop?



Q10 Which, if any, of the drinks shown below, have you drunk in the last 7 days?Please (✓) either yes or no for each kind of drink.For each kind of drink, write in the box how much you drank in the last 7 days.

# Beer, lager cider or shandy (exclude bottles or cans of shandy)

Have you drunk this in the last 7 days?



**Tick one box** 

# Q11 Spirits or liqueurs, such as gin, vodka, whisky, rum, brandy or cocktails

Q12

Q13

Have you drunk this in the last 7 days? **Tick one box** 1093 No → Go to question 12 Yes How much did you drink in the <u>last 7 days?</u> Write in: Spare 1094 1095 - 1096 Glasses (count doubles as two glasses) Sherry or martini (including port, vermouth, cinzano, dubonnet) Have you drunk this in the last 7 days? **Tick one box** → Go to question 13 No Yes How much did you drink in the <u>last 7 days?</u> Write in: Spare 1098 1099 - 1100 Glasses (count doubles as two glasses) Wine (including babycham and champagne) Have you drunk this in the last 7 days? Tick one box → Go to question 14 No Yes How much did you drink in the <u>last 7 days?</u>

Write in:

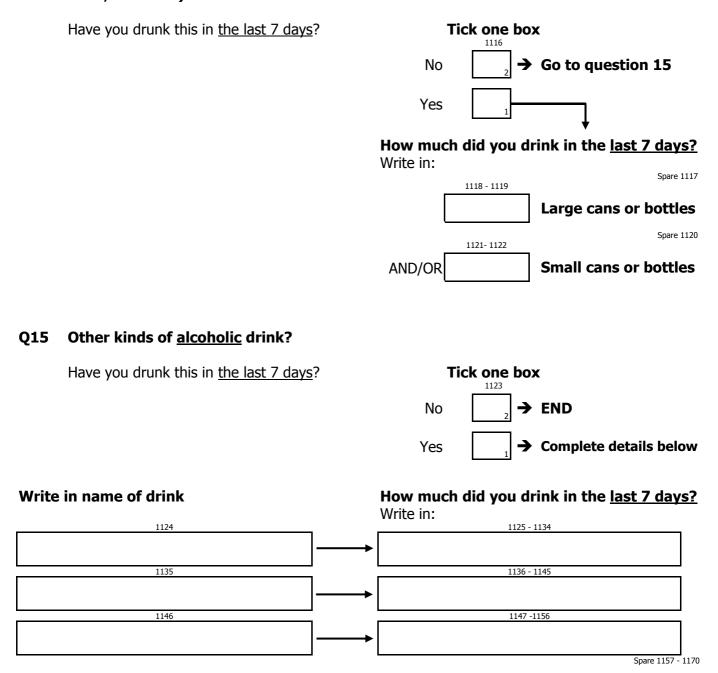
1103 - 1104

Glasses

Spare 1102

Spare 1105-1115

# Q14 Alcopop (such as Bacardi Breezer, Smirnoff Ice, WKD, Reef etc.)



Thank you for answering these questions.

Please give the booklet back to the interviewer.







**NDNS** 

# National Diet and Nutrition Survey Booklet for Young Adults (16-24 years)

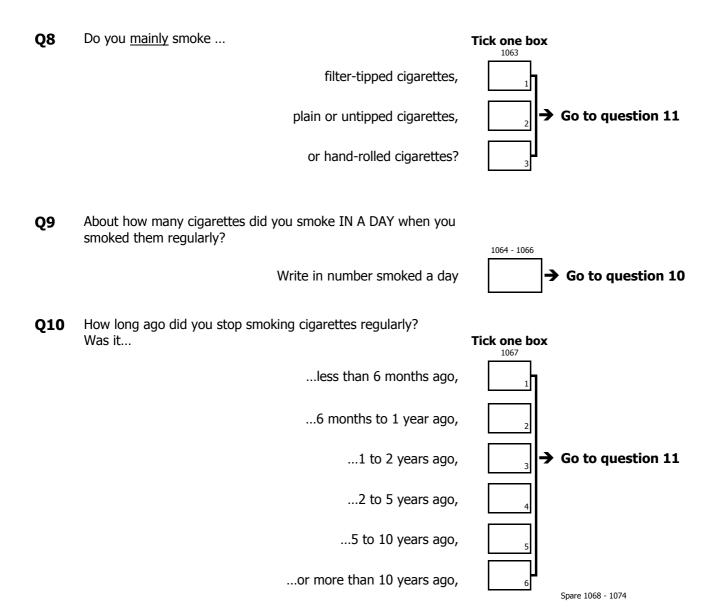
## In Confidence

1007	
Card Type Batch  0 1 1 1009 - 1010 1010	Interviewer
Example Questions:	: How to fill in this questionnaire
Most of the questions on the following poelow or alongside the answer that appl	pages can be answered simply by ticking the box lies to you.  Tick one box
	Very Fairly Not very An
	healthy life healthy life healthy life unheal
Example 1: Do you feel that you lead a	
Sometimes you are asked to write in a no numbers as figures rather than words.	number or the answer in your own words. Please enter
	Write in no.
numbers as figures rather than words.  Example 2:	Write in no. 6  uestions but sometimes you will find the box you have ticked to another question.
numbers as figures rather than words.  Example 2:  On most pages you should answer ALL the qu	Write in no.  Write in no.  Guestions but sometimes you will find the box you have ticked to another question.  Tick one box



# **SMOKING**

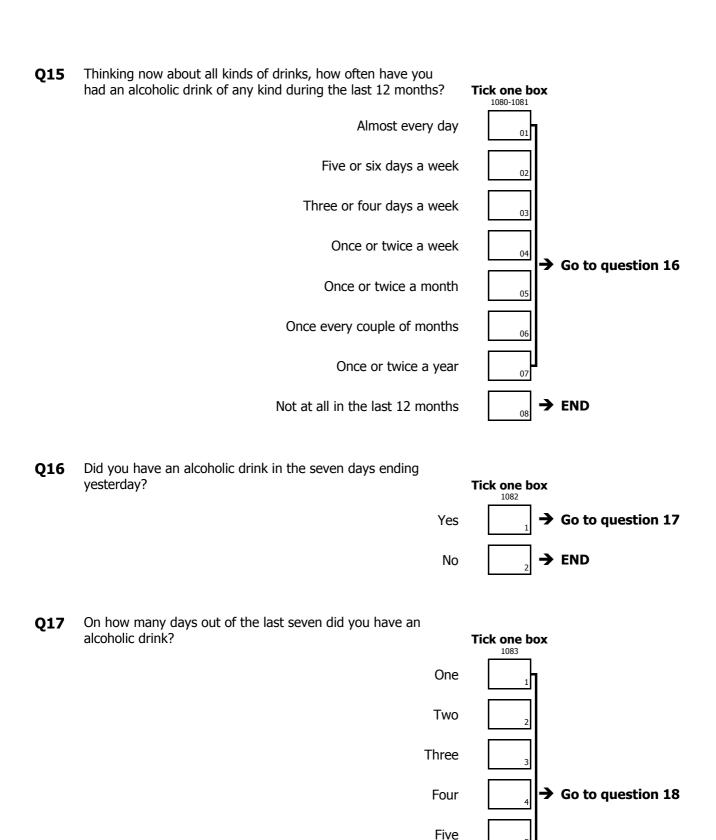
Q1	Have you ever smoked a cigarette, a cigar or a pipe, or anything with tobacco in it?	Tick one box
	Yes	→ Go to question 2
	No	Go to question 11 on page 3
Q2	Have you ever smoked a cigarette?	Tick one box
	Yes	→ Go to question 3
	No	Go to question 11 on page 3
Q3	How old were you when you first tried smoking a cigarette, even if it was only a puff or two?	1053 - 1054
	Write in how old you were then	→ Go to question 4
Q4	Do you smoke cigarettes at all nowadays?	Tick one box
	Yes	→ Go to question 6
	No	<b>→</b> Go to question 5
Q5	Did you smoke cigarettes regularly or occasionally?	Tick one box
	Regularly, that is at least one cigarette a day	Go to question 9 on page 2
	Occasionally	Go to question 11 on
	I never really smoked cigarettes, just tried them once or twice	page 3
CURRE	ENT SMOKERS	
Q6	About how many cigarettes a day do you usually smoke on weekdays?	1057 - 1059
	Write in number smoked a day	→ Go to question 7
Q7	And about how many cigarettes a day do you usually smoke at weekends?	1060 - 1062
	Write in number smoked a day	→ Go to question 8 on page 2



### **DRINKING**

#### **EVERYONE PLEASE ANSWER**

Q11	Do you ever drink alcohol nowadays, including drinks you brew or make at home?	Tick one box
	Yes	→ Go to question 14
	No	→ Go to question 12
Q12	Just to check, does that mean you never have an alcoholic drink nowadays, or do you have an alcoholic drink very occasionally, perhaps for medicinal purposes or on special occasions like Christmas and New Year?	Tick one box
	Very occasionally	→ Go to question 14
	Never	→ Go to question 13
Q13	Have you always been a non-drinker or did you stop drinking for some reason?	Tick one box
	Always a non-drinker	1
	Used to drink but stopped	→ END
Q14	How old were you the first time you ever had a proper alcoholic drink?	1078 - 1079
	Write in how old you were then	→ Go to question 15



Six

Seven

Please think about the day in the last week on which you drank the most. (If you drank the same amount on more than one day, please answer about the most recent of those days.)

From this list, please tick all the types of alcoholic drink which you drank on that day. For the ones you drank, write in how much you drank on that day. EXCLUDE NON-ALCOHOLIC OR LOW-ALCOHOL DRINKS, EXCEPT SHANDY.

	WRITE IN HOW MUCH DRUNK ON THAT DAY						
TICK <u>ALL</u> DRINKS DRUNK ON THAT DAY		Glasses (count doubles as 2 singles)	Pints	Large cans or bottles	Small cans or bottles	-	
Normal strength beer, lager, stout, cider or shandy (less than 6% alcohol)-exclude bottles/cans of shandy.	1084-1099					1100- 1107	
Strong beer, lager, stout or cider (6% alcohol or more, such as Tennants Super, Special Brew, Diamond White)	02					1108- 1115	
Spirits or liqueurs, such as gin, whisky, rum, brandy, vodka, or cocktails	03					1116- 1117	
Sherry or martini (including port, vermouth, cinzano, dubonnet)	04					1118- 1119	
Wine (including babycham and champagne). You can write in parts of a bottle e.g. half a bottle	05	Large glasses (250ml)	Standard glasses (175ml)	Small glasses (125ml)	Bottles (750ml)	1120- 1128	
Alcoholic soft drink ('alcopop') such as Hooch, or a pre-mixed alcoholic drink such as Bacardi Breezer, WKD or Smirnoff Ice	06				Small cans or bottles	1129- 1130	
Other kinds of alcoholic drink WRITE IN NAME OF DRINK		Glasses (count doubles as 2 singles)	Pints	Large cans or bottles	Small cans or bottles	1	
1.	07					1131- 1140	
2.	08					1141- 1150	

Spare 1151 - 1170

Thank you for answering these questions.

Please give the booklet back to the interviewer.