



Public Health
England

NatCen
Social Research

MRC | Epidemiology Unit

 UNIVERSITY OF
CAMBRIDGE

<title> <forename> <surname>
«Address_Line1»
«Address_Line2»
«Address_Line3»
«Address_Line4»
«Address_Line5»
«postcode»

«PNurm» «Serial» «CKL»
«Date»

Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

Dear {Parentguardianof} <title> <surname>,

We are writing to invite {Nameyou} to take part in an important study which will help us understand the impact of the Covid-19 pandemic on the diet, nutrition and physical activity of the UK population. By taking part, you will provide vital information {onbehalf} to help Government to improve our health.

{NameYou} {hashave} been invited to take part because {theyyou} took part in the National Diet and Nutrition Survey (NDNS) in {NDNSYear} and agreed to be contacted again about future research.

The study is being carried out by NatCen Social Research and the Medical Research Council Epidemiology Unit at the University of Cambridge on behalf of Public Health England and has been approved by the Cambridge South Research Ethics Committee (Ref: 13/EE/0016).



What does taking part involve?

Taking part involves completing a short online questionnaire about impacts of the Covid-19 outbreak on your diet, nutrition and physical activity. We will then ask you to complete an online food record called Intake24 to tell us everything you had to eat and drink on the previous day and then on three more occasions in the next two weeks. If you are aged 16 years or older, we will then finally ask you to complete a short physical activity online questionnaire. {preg}



What happens next?

If {Nameyou} would like to take part {Nameyou} can access {theyyour} questionnaire by typing this link into your internet browser: survey.natcen.ac.uk/DNAC19 and then input this access code that is unique to {Nameyou}: {code}

{CalledEmailText}



Thank you

When you have completed all 4 recalls {Nameyou} will be able to access **personalised dietary feedback** and a **£15 gift card** will be sent to you. {rpaq} This is to thank you for your participation in the study.



What will happen to any information I give?

The information we collect from you will be used for research and statistical purposes only. With your consent, we will compare your answers with those you provided during your NDNS participation in **{NDNSYear}**.

We will handle your data (including identifiable information) in accordance with the UK General Data Protection Regulation (GDPR). Everyone involved in the study will keep your data safe and secure.

All identifiable information will be stored securely. No identifiable data, such as your name or contact details, will be stored in any archived data or publications nor will they be transferred outside the European Economic Area. You can request that your identifiable data is deleted at any time. To do this, please get in touch with NatCen using the contact details provided at the end of this letter.

Your answers and other information collected from you will be combined with the information collected from other people who take part in the study. We will make sure that your information is anonymised which means that your identifiable information is removed, and no-one can work out who you are from the information in any published datasets or in the reports we write.

If you have any queries about the information you give us, or want to request that we change or delete your information, contact NatCen at:

You can find all of the above information along with further details about the study, including GDPR, here:

www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey



Any questions?

You can also visit **natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey/DNAC-19** or call **XXX** for more information or if you need help.

We hope **{Nameyou}** will be willing to take part – with **{theiryour}** help we can gain a better understanding of the impact of Covid-19 on diet, nutrition and physical activity in the UK.

Gillian Swan
Health Improvement Directorate
Public Health England

Beverley Bates
Research Director
NatCen Social Research

Item1_P15324_Advance_Letter_DNAC-19_v1_20200713

Textfills

Same for all ages

Textfill	Y9-11 participants	Y12 participants
NDNSYear	<NDNSY>	<NDNSY>
CalledEmailText	IF <Phonenumber>= RESPONSE Alternatively, {Name/you} will be called by a NatCen interviewer within the next 7 days who will tell {Name/you} how to take part in the study. IF <Phonenumber> = EMPTY /leave blank/	Alternatively, {Name/you} will be sent a text and/or email within the next 7 days where {they/you} can click on {their/your} unique link.
Code	<AccessCode>	<AccessCode>

Same for all NDNS years

Textfill	If AgeNow <16	If AgeNow >=16
Parentguardianof	Parent/Guardian of	/leave blank/
Nameyou	<firstname>	you
theyour	their	your
theyyou	they	you
theyyou	them	you
onbehalf	on behalf of <firstname>	/leave blank/
rpaq	/leave blank/	You will also receive an additional £5 to your gift card if you complete the recent physical activity questionnaire (PAQ). Please note that the PAQ can only be completed on a computer or a tablet (large screen) and you will need to provide your email address to be sent the PAQ link.
Hashave	has	have
preg	/leave bank/	IF Sex = Female Please note that you will not be eligible to take part if you're pregnant or breastfeeding.



Public Health
England

NatCen

Social Research that works for society



<NAME>
<ADDRESS1>
<ADDRESS2>
<ADDRESS3>
<ADDRESS4>
<ADDRESS5>
<POSTCODE>

Ref: <PNumber>/<Serial>/<Chkl>

<Date>

Thank you

Dear <NAME>,

Thank you for participating in the **Diet, Nutrition and Activity during Covid-19 study (DNAC-19)**. Your involvement has been extremely valuable in helping us understand the impact of Covid-19 on the diet, nutrition and physical activity of the UK population.

As a token of appreciation for completing all four recalls, please find enclosed in this letter a £15 Love2Shop gift card.

Beverley Bates
Research Director
NatCen Social Research

Emails and texts templates Survey re- invitation

Email Subject: Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: Invitation for {CustomField_2}

Ref: P15324/<serialNo><CKL> <Person number>

Dear {CustomField_2},

We would like to invite you to take part in the Diet, Nutrition and Activity during Covid-19 study (DNAC-19). Your contribution will help to better understand the impact of Covid-19 on the diet and nutrition of the UK population.

The first stage of the study is a short web questionnaire, you can access it using the URL below. {CustomField_8}

This is the questionnaire invitation for **{CustomField_2}**.

Please complete the questionnaire now.

Please complete the questionnaire now. (button)
{CustomField_12}

To complete the questionnaire, you can click the button above or visit survey.natcen.ac.uk/DNAC19 and then input this access code that is unique to {CustomField_2}: {CustomField_6}.

Thank you in advance for your help.



Beverley Bates

If you are having problems with or would like to do not wish to take part in the study please call us on XXX.

Dear {CustomField_2},

We would like to invite you to take part in the Diet, Nutrition and Activity during Covid-19 study (DNAC-19). To sign up and complete the questionnaire for {CustomField_2} please visit survey.natcen.ac.uk/DNAC19 and input the code: {CustomField_6}. Call XXX if you are having problems with or do not wish to take part in the study. Thank you.

Recall invitations and reminders

Email Subject: Your next recall – Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: RECALL FOR {CustomField_2}

Ref: P15324/<serialno><CKL><Person number>

This is the recall for {CustomField_2}

Thank you for taking part in the Diet, Nutrition and Activity during Covid-19 study (DNAC-19) and completing your {CustomField_7} recall. Now we would now like you to complete the {CustomField_1}.

Take part now (link to recall)

To complete the recall visit {CustomField_3} or simply click the button above. All answers are confidential, and the information provided will help to better understand impacts of Covid-19 on diet and nutrition. You'll receive feedback on the diet of {CustomField_2} and receive a £15 electronic voucher as a thank you after completing four recalls.

Thank you in advance for your help.



Beverley Bates

If you are having problems with or would like to withdraw from the study please call us on **XXX**.

RECALL FOR {CustomField_2}

Please complete the {CustomField_1} at {CustomField_3}. You'll receive feedback on your diet and receive a £15 voucher as a thank you after completing four recalls. From the DNAC-19 team. Call XXX if you are having any problems with or would like to withdraw from the study. Thank you.

Email Subject: A reminder about your recall - Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: RECALL FOR {CustomField_2}

Ref: P15324/<serialno><CKL><Person number>

This is the {CustomField_1} for {CustomField_2}

We have contacted you to ask you to complete the {CustomField_1} for the Diet, Nutrition and Activity during Covid-19 study (DNAC-19). If you haven't already completed the recall today, we would greatly value your participation.

Take part now {CustomField_3}

To take part, visit {CustomField_3} or simply click the button above. All answers are confidential and the information provided will help to better understand impacts of Covid-19 on diet and nutrition in the UK.

If you think you have already completed a recall today, please ignore this message.

Thank you in advance for your help and contribution.



Beverley Bates
Research Director

If you are having problems with or would like to withdraw from the study please call us on **XXX**.

RECALL FOR {CustomField_2}

Please complete the {CustomField_1} at {CustomField_3}. If you have already completed this today, please ignore this text. From the DNAC-19 team. Call XXX if you are having any problems with or would like to withdraw from the study. Thank you.

Thank you emails (including RPAQ invite if applicable)

Email Subject: Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: Thank you to {CustomField_2}

Ref: P15324/<serialno><CKL><Person number>

Thank you **{CustomField_2}** for completing all four recalls. We very much appreciate the time you have taken and the contribution you have made to this study. You can access your dietary feedback at any time via the link you used to complete your dietary recalls. You will also receive your £15 electronic voucher via email in within the next 14 days.

We would be grateful if you could also complete a short Physical Activity Questionnaire (PAQ). This information will help us to estimate how much energy study participants expend in relation to their energy intake. You will also receive an additional **£5** electronic voucher as a thank you if you complete the PAQ within 5 days.

Please complete your PAQ on a computer or a tablet, **the questionnaire doesn't work on mobile phones.**

Complete **PAQ** now (link)

To complete your **PAQ**, visit {CustomField_5} or simply click the button above.



Beverley Bates
Research Director

If you have any questions please call us on **XXX**.

Email Subject: Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: Thank you to {CustomField_2}

Ref: P15324/<serialno><CKL><Person number>

Thank you **{CustomField_2}** for completing all four recalls. We very much appreciate the time you have taken and the contribution you have made to this study. You can access your dietary feedback at any time via the link you used to complete your dietary recalls. You will also receive your £15 electronic voucher via email in within the next 14 days.



Beverley Bates
Research Director

If you have any questions please call us on **XXX**.

Thank you {CustomField_2} for completing all 4 recalls. We appreciate the time and contribution you have given to this study. You can access your dietary feedback at any time via the link you used to complete your dietary recalls. If you provided us with your email address, you will receive your £15 electronic voucher in 14 days. Otherwise, you'll receive your £15 gift card in the post within 4 weeks. Call XXX if you have any questions.

PAQ reminders and thank you

Email Subject: A reminder about your Physical Activity Questionnaire - DNAC-19

RE: PAQ FOR {CustomField_2}

Ref: P15324/<serialno><CKL><Person number>

This is the PAQ for {CustomField_2}

We contacted you recently to ask you to complete your Physical Activity Questionnaire (PAQ) for the Diet, Nutrition and Activity during Covid-19 study (DNAC-19). If you haven't already completed it today, we would greatly value your participation.

Please complete your PAQ on a computer or a tablet, **the questionnaire doesn't work on mobile phones.**

Take part now (link to PAQ)

To take part, visit {CustomField_5} or simply click the button above. All answers are confidential and the information provided will help to better understand impacts of Covid-19 on diet, nutrition and physical activity in the UK.

If you think you have already completed the PAQ today, please ignore this message.

Thank you in advance for your help and contribution.



Beverley Bates
Research Director

If you are having problems with or would like to withdraw from the study please call us on **XXX**.

Email Subject: Diet, Nutrition and Activity during Covid-19 study (DNAC-19) – Thank you

RE: Thank you to {CustomField_2}

Ref: P15324/<serialno><CKL><Person number>

Thank you {CustomField_2} for completing your Physical Activity Questionnaire. We very much appreciate the time you have taken and the contribution you have made to this study.

You have now completed all the elements of the DNAC-19 study and you will receive your £5 electronic voucher within 14 days.

Kind regards,



Beverley Bates
Research Director

If you have any questions please call us on XXX.

Incentive emails

Email Subject: Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: E-code for {CustomField_2}

Ref: P15324/<serialno><CKL> <Person number>

Dear {CustomField_2},

Thank you for participating in the **Diet, Nutrition and Activity during Covid-19 study (DNAC-19)**. Your involvement has been extremely valuable in helping us understand the impact of Covid-19 on the diet, nutrition and physical activity of the UK population.

As a token of appreciation for completing all four recalls, please find enclosed in this email a £15 electronic voucher.

Electronic voucher code: {vouchercode}

Electronic voucher expiry: {expiry}

To redeem your voucher please go to www.love2shoprewards.co.uk. To log in use your voucher code, you can then select how you want to spend your voucher. Simply click on the brand you would like and choose whether you want to receive a gift card delivered to your home or a retailer digital code which can be sent to you by email or text message.

Thank you in advance for your help.



Beverley Bates

If you are having problems with or would like to do not wish to take part in the **study** please call us on 0XXX.

Email Subject: Diet, Nutrition and Activity during Covid-19 study (DNAC-19)

RE: E-code for {CustomField_2}

Ref: P15324/<serialNo><CKL> <Person number>

Dear {CustomField_2},

Thank you for participating in the **Diet, Nutrition and Activity during Covid-19 study (DNAC-19)**. Your involvement has been extremely valuable in helping us understand the impact of Covid-19 on the diet, nutrition and physical activity of the UK population.

As a token of appreciation for completing your Recent Physical Activity Questionnaire, please find enclosed in this email a £5 electronic voucher.

Electronic voucher code: {vouchercode}

Electronic voucher expiry: {expiry}

To redeem your voucher please go to www.love2shoprewards.co.uk. To log in use your voucher code, you can then select how you want to spend your voucher. Simply click on the brand you would like and choose whether you want to receive a gift card delivered to your home or a retailer digital code which can be sent to you by email or text message.

Thank you in advance for your help.



Beverley Bates

If you are having problems with or would like to do not wish to take part in the study please call us on XXX.

Textfills for invites & reminders

Field name	Rules/content
{CustomField_1}	If first recall THEN 'first recall' If second or third recall THEN 'next recall' If fourth recall THEN 'final recall'
{CustomField_2}	Participant name
{CustomField_3}	Long URL (Intake24)
{CustomField_5}	PAQ URL
{CustomField_7}	Previous recall number (first/second/third)


<serialno>	Household serial number
<CKL>	Check letter
<Person number>	Person number

Summary of your diet


Sedentary or light activity lifestyle

Weight: 40kg Weight target:
 Height: 170cm Know weight:
[Change my info](#) [Find out more about you](#)

All days



Your Calorie intake is 1357.1kcal [Tell me more](#)



Your Fibre intake is 24.7g [Tell me more](#)



Your Sugar intake is 22.2% [Tell me more](#)




Your Calcium intake is 455.4mg [Tell me more](#)




Your Saturated fat intake is 7.9% [Tell me more](#)




Your Total fat intake is 35.6% [Tell me more](#)




Your Vitamin C intake is 9.8mg [Tell me more](#)



Your Iron intake is 7.8mg [Tell me more](#)




Your Fatets intake is 357.5ug [Tell me more](#)



Your sugar intake is 22.8% [Tell me more](#)



Your fibre intake is 20.3g [Tell me more](#)

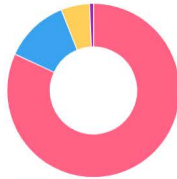


Your fruit and vegetable intake is 2 portions [Tell me more](#)



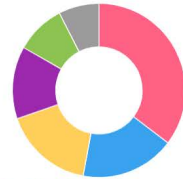
Highest in calories

- 1 Fruit gums / jelly shapes (e.g. winegums)
- 2 Bean burger (no bun)
- 3 Toast, granary bread
- 4 Wrap/tortilla, wholemeal (brown)
- 5 Peanut butter, no added sugar
- 6 Other food



Highest in free sugar

- 1 Fruit gums / jelly shapes (e.g. winegums)
- 2 Mango chutney
- 3 Chocolate digestive, biscuit
- 4 Peanut butter, no added sugar



Highest in saturated fat

- 1 Butter, unsalted
- 2 Bean burger (no bun)
- 3 Chocolate digestive, biscuit
- 4 Peanut butter, no added sugar
- 5 Wrap/tortilla, wholemeal (brown)
- 6 Other food

Your Total fat intake is

Estimated intake: 28.6% Optimal intake: 0-100%

It is recommended that the energy (or calories) you get from all the fat in your diet is no more than 30% of your total energy intake for the day

Fats and your health

It's important to remember that some fat in our diets is essential for our health, but we tend to have too much. Fats help us to absorb vitamins like vitamins A, D and E but too much leads to weight gain and obesity and can increase the risk of health problems in adulthood including type 2 diabetes and heart disease.

The amount of fat we have in our diets is important but the type of fat we have is important too. We should have only a small amount of saturated fats with most of our fat coming from unsaturated fats, including omega 3 fats found in oily fish.

Where do I get Fats from?

It's best to use small amounts of unsaturated oils in cooking (for example vegetable and olive oil). Nuts, seeds and avocados are also good sources of unsaturated fats. Oily fish (such as mackerel, salmon, sardines or fresh tuna) is a great source of unsaturated fats, you should try to have oily fish at least once a week. Try to choose grilled or baked foods rather than Fried foods, and try to eat down on foods like pastries, cakes, biscuits and chocolate which tend to be high in saturated fats and calories.

To find out more information about fats you can see the NHS website [here](#)

[Get it](#)