



Office for Health
Improvement
& Disparities



MRC
Epidemiology
Unit



UNIVERSITY OF
CAMBRIDGE

NatCen
Social Research

Help us understand the nation's eating habits

Dear Sir or Madam,

The **Office for Health Improvement and Disparities (OHID)** and the **Food Standards Agency** would like to invite up to two adults 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 NatCen Social Research will visit you and ask for up to three people to take part: two people 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. The interview will take place either face-to-face or remotely, depending on current government guidance.



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 takes part up to **£35 in gift cards** for their participation in the study as well as personalised dietary feedback.



Any questions?

For more information please read the FAQs on the back of this letter, and the enclosed leaflet. You can also visit 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
Diet, Obesity and Healthy
Behaviours Directorate
OHID

Beverley Bates
Research Director
NatCen Social Research

Frequently asked questions



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 results will not identify anyone who took part in the survey and are put into the UK Data Service for health and other researchers to use.

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. Your interviewer can give you a privacy notice leaflet which provides further details on what we do with the information you give us.



Who is carrying out the survey?

The Office for Health Improvement and Disparities (OHID), part of the Department of Health and Social Care (DHSC) and the Food Standards Agency (FSA) have asked NatCen Social Research and the Medical Research Council Epidemiology Unit at the University of Cambridge to carry out this research. OHID's focus is to improve the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

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

NatCen 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 who 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 invite you to record what you eat and drink for four separate days. The information leaflet with this letter tells you more about the interviewer 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 natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey or call the study's **Freephone 0800 652 4572**.

Help us understand the nation's eating habits

Dear Sir or Madam,

The **Office for Health Improvement and Disparities (OHID)** and the **Food Standards Agency** would like to invite up to two young people 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 NatCen Social Research will visit you and ask up to two people aged **18 months to 18 years** to take part. The interviewer will show you their photo ID so you know who they are. The interview will take place either face-to-face or remotely, depending on current government guidance.



Thank you

As a thank you for taking part, we will offer each person who takes part up to **£35 in gift cards** for their participation in the study as well as **personalised dietary feedback**.



Any questions?

For more information please read the FAQs on the back of this letter, and the enclosed leaflet. You can also visit 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
Diet, Obesity and Healthy
Behaviours Directorate
OHID



Beverley Bates
Research Director
NatCen Social Research

Frequently asked questions



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 results will not identify anyone who took part in the survey and are put into the UK Data Service for health and other researchers to use.

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. Your interviewer can give you a privacy notice leaflet which provides further details on what we do with the information you give us.



Who is carrying out the survey?

The Office for Health Improvements and Disparities (OHID), part of the Department of Health and Social Care (DHSC) and the Food Standards Agency (FSA) have asked NatCen Social Research and the Medical Research Council Epidemiology Unit at the University of Cambridge to carry out this research. OHID's focus is to improve the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

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

NatCen 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 who 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 invite you to record what you eat and drink for four separate days. The information leaflet with this letter tells you more about the interviewer 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 natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey or call the study's **Freephone 0800 652 4572**.

Item 111_NDNS_ Advance letter_YP addresses_v5.0_01.12.2021_NMM. For use from 01.01.2022.



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. Your interviewer can give you a privacy notice detailing how your data will be handled.



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

Northern Ireland participants:
Jennifer Myers
Survey Manager
NISRA - Central Survey Unit
2nd Floor, Colby House
Stranmillis Court, Belfast
BT9 5RR

Freephone: **0800 652 4572**
Email: **ndns@natcen.ac.uk**

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



NatCen
Social Research

National Diet and Nutrition Survey (NDNS)



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

NatCen
Social Research

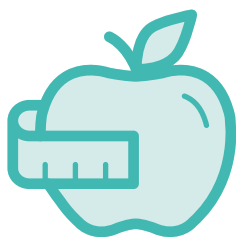


**Be part of the UK's only national
diet and nutrition study**



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
- Recording what you eat and drink over four separate days
- Recording your recent physical activity
- Physical measurements including height and weight
- A urine sample

One of our specially trained interviewers will carry out these elements of the survey, either in your own home or remotely, and at a time convenient to you. You will then be asked to record what you eat and drink.

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?

Once you have recorded the food and drink you consume for four separate days, you can choose to receive feedback on your diet, including how your intake compares to dietary recommendations.

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

For taking part you can also receive a **gift card worth up to £30** for recording what you eat, drink and your physical activity and **another £5 gift card** for providing a urine sample.



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

National Diet and Nutrition Survey (NDNS)



Information for young children

**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)**

What is the survey about?



We want to find out what different people are eating and drinking in England, Scotland, Wales and Northern Ireland.

Why do you want me to take part?



We ask lots of adults and children to take part - more than 1000 people each year!

Everyone is different and we want as many people as possible to take part so we can learn about everybody.

Do I have to take part?



No. It is your choice to take part. If you do decide to take part, you don't have to do everything if you don't want to, and you can change your mind if you want to.

What if I have any questions?



If you have any questions, just ask the interviewer or your parent or the person who looks after you.

We will help you as much as we can and will answer any questions you have.

Do I get anything if I take part?



If you take part we will give you certificates for helping science. We will also give your parents/guardians a gift card.

If you and your parent/guardian would like, you can receive feedback about what you told us you ate and drank.

Thank you for taking part!

National Diet and Nutrition Survey (NDNS)

MEASUREMENT RECORD CARD

SN: _____

Name _____

Height _____ cm
_____ ft/ins

Weight _____ kg

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

National Diet and Nutrition Survey (NDNS)

MEASUREMENT RECORD CARD

SN: _____

Name _____

Height _____ cm
_____ ft/ins

Weight _____ kg

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

National Diet and Nutrition Survey (NDNS)

What happens next?



**The
nurse
visit**

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



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 gave us about what you had to eat and drink 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.

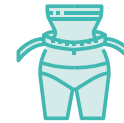
We would like you and/or your child to provide a fasting blood sample. A fasting sample gives the best quality of blood to test. However, there are some reasons why we wouldn't ask some people to fast for the blood test and if your child is under 4 years, they will not need to fast for a blood sample.

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 people aged 11 or older. 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 people aged 65 years or older, or those 16 or older 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.



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 they may use them in medical reports about you. For example, if you apply for a new life insurance policy, or for a new job. When people apply for new policies, insurance companies may ask if they can obtain a medical report from your GP. But they cannot do this 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.

Your results will be put together with the results collected from the other people who take part in this survey. The survey findings will be published in reports on the GOV.UK website. The results are also put on the UK Data Service for health and other researchers to use. We will make sure no-one can work out who you are from the information on the UK Data Service or in the reports we write.



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 they visit. 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?

Great Britain participants:

Beverley Bates

NDNS Research Director
National Centre for Social Research,
Kings House, 101-135 Kings Road,
Brentwood, Essex, CM14 4LX
Freephone: **0800 652 4572**

Northern Ireland participants:

Jennifer Myers

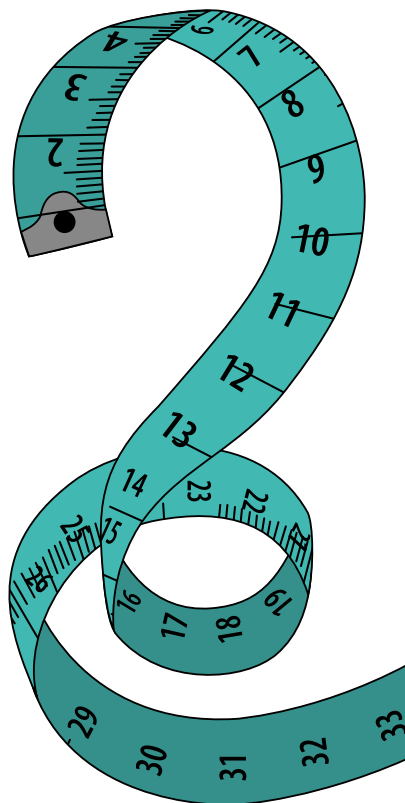
Survey Manager
NISRA – Central Survey Unit
2nd Floor, Colby House Stranmillis
Court, Belfast, BT9 5RR

Email: **ndns@natcen.ac.uk**

National Diet and Nutrition Survey (NDNS)

What happens next?

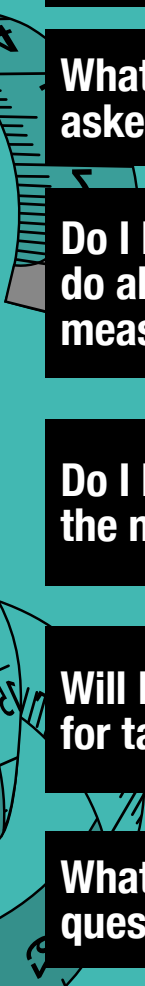
The nurse visit
Information for children



Thank you for taking part so far. You have helped us to learn a lot more about what people eat and drink.

We would now like to ask you to take part in the last piece of the study – a visit by a nurse.

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



What is the nurse visit?

The nurse visit is where a nurse will visit you in your house. This part is really important because we can find out about what happens to food and drink in our bodies, for example about levels of important vitamins and minerals.

What will I be asked to do?

We would also like to take a small bit of blood from your arm and, if you are aged 11 or older, measure your waist and hip size.

Do I have to do all the measurements?

No, you can choose to take part in some and not others – just tell the nurse. The nurse will tell you more about each measurement and won't do anything without asking you first.

Do I have to do the nurse visit?

No, you don't. It's your choice if you take part and your parent or the person who looks after you will need to agree too.

If you decide to take part, the nurse will visit you shortly.

Will I get anything for taking part?

We can send you the results of some of the measurements you do. There are also certificates for helping science. There is also a £15 gift card for people that give some blood.

What if I have any questions?

The nurse will answer any questions you have.

If you like you can ask a grown up to contact:

Great Britain participants:
Beverley Bates
NDNS Research Director
NatCen Social Research,
Kings House, 101-135 Kings Road,
Brentwood, Essex, CM14 4LX
Freephone: **0800 652 4572**

Northern Ireland participants:
Jennifer Myers
Survey Manager
NISRA - Central Survey Unit
2nd Floor, Colby House Stranmillis
Court, Belfast, BT9 5RR
Email: **ndns@natcen.ac.uk**

Or look online:

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

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

If any urine goes on the container, 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**.

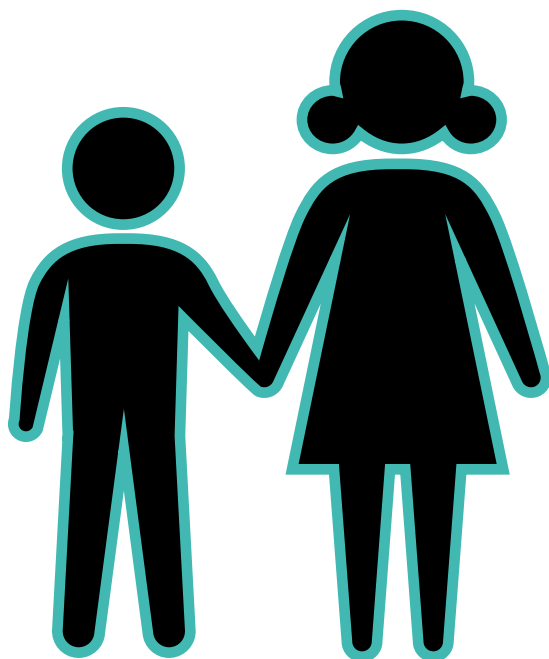
If you have any other questions, please get in touch:

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

Northern Ireland participants: Freephone: **0800 652 4572**
Jennifer Myers Email: **ndns@natcen.ac.uk**
Survey Manager
NISRA - Central Survey Unit
2nd Floor, Colby House
Stranmillis Court, Belfast,
BT9 5RR

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)



SPOT URINE COLLECTION FOR IODINE

Information for children about collecting a sample of their wee

You will get a certificate for helping science and a £5 gift card
for doing this part of the NDNS study

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)

Why are we asking for a sample of your wee?

We want to take a small sample of your wee to find out how much iodine people have in their bodies. Iodine is important for being healthy.

Do I have to give a sample?

No. It is up to you if you want to give us some of your wee.

What do I need to do?

We will ask you to catch some of your wee in a little pot. Your parent or guardian can help.

Important things to remember!

- We don't want your first wee of the day but any wee after that is fine.
- When you take the lid off the pot, 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 wee.
- Wee straight into the pot. You do not need to fill it all the way to the top. It can be a bit tricky, just try to catch what you can!
- Put the lid back on the pot tightly. Your parent or guardian can help if you need it.
- And, most importantly, don't forget to wash your hands afterwards!

Thank you for taking part!

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

NDNS: Physical Activity Monitor

Participant Information

Measuring your physical activity

We would like you to wear a wrist worn activity monitor, a small device that records body movements during normal daily activities such as standing up, walking or running. It also captures inactive periods such as time spent sitting or sleeping and measures temperature. We will use this information alongside other information you have given us to provide better estimates of how much energy you use up through everyday movement.

How is my activity monitored?

The activity monitor records information about the duration, frequency and intensity of all kinds of activity, from sleeping to vigorous physical activity. It does this by measuring movement in three directions (up/down, forwards/backwards and left/right).

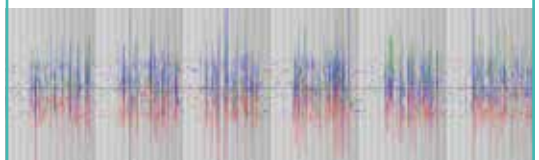
Can the monitor track my location?

No, the monitor does not have GPS and does not measure location (where you are). It is only measuring body movement i.e. whether it moves up/down, forward/back and side-to-side (see image below).

How secure is the data stored on the monitor?

The monitor does not store any personal identifiable data. A code number on each monitor is matched with your “participant ID number”, and the key to this code is known by the research team only. Your personal details are stored separately. Once the movement data is uploaded, only the research team will be able to match the movement data to your other information.

Monitor worn continuously



What do I do with the activity monitor?

We would like you to wear the monitor continuously for 7 days and nights on your non-dominant wrist (the hand that you do not write with). During this time, please carry on with all your activities as usual.

The monitor is a movement and temperature sensor. The monitor and the wrist strap are fully waterproof, so you can wear them all the time, including during showering, bathing and swimming. Extremes of temperature may damage the battery so it should be taken off while you have a sauna for example.

If for any reason you need to remove it, please replace it when you can and note down on the diary page on the back of this leaflet when it was taken off and put back on.

Placement on the Wrist

In addition to the instructions below, a video explaining how to wear the accelerometer can be viewed using this link: <https://player.vimeo.com/video/326546534>



The monitor should be positioned on the



wrist of the hand that you do not write with (non-dominant) so that the pulse wave on the band is on the left-hand side (as pictured below for left (a) and right (b) hand positions).

The monitor should be worn just above the wrist joint so that when the joint is flexed, the monitor neither stops you from moving your wrist joint, nor is uncomfortable. The monitor should remain in the position in which it was placed by the interviewer and should retain a snug fit therefore not allowing it to slide around your wrist.

I have changed my mind and do not want to wear the monitor

If you decide you do not want to wear the monitor, please post it back to us in the pre-paid envelope provided as soon as you can.

Will the activity monitor harm me in any way?

No, the activity monitor cannot harm you. It doesn't give out radiation, electrical current, vibration, or heat.

In some instances, individuals may experience minor skin irritation or develop a localised rash from wearing the wrist strap. Leaving the monitor off for one night should alleviate this. If the strap is damp, drying both the skin and strap can also reduce irritations. However, if the irritation persists, please remove the monitor and return it to us in the prepaid padded envelope provided. If the irritation does not resolve on its own a small amount of proprietary HC45 cream (E45 moisturiser plus 1% hydrocortisone cream) may be applied to the affected area. This can be obtained without prescription from a pharmacist.

Please note, we take care to thoroughly disinfect the wrist monitors before and after use and are taking further precautions for safe handling and packaging. The monitors and wrist straps will not be damaged if disinfectant wipes are used.

What if the activity monitor breaks or is lost?

In the event of any problem or damage to the monitor or strap, please continue to wear if possible and then return it. Your data may be able to be retrieved and the monitor can usually

be repaired. If there is anything you are unsure about please contact: 0800 652 4572

If you lose the monitor then please let us know by telephoning 0800 652 4574. The activity monitor does not contain any information that could identify you directly.

If you have any other questions, please call 0800 652 4574.

Returning the monitor

Once your 7 days and nights are over, please place the monitor back into the plastic box the monitor came in. Please then place the boxes and this leaflet into the pre-paid envelope and seal it. Post it into a normal post box outside. You do not need to go into a post office to post it.

If you lose the return envelope and need another one, please contact 0800 652 4574.

Please return the monitor as soon as possible after you have worn it so the data can be downloaded. You may receive some email and/or text messages reminding you that the monitor can be taken off and returned.

Once we receive the returned monitor from you, we will send you a £5 voucher as a token of appreciation.

Physical Activity Monitor Diary Page

The monitor should be worn continuously for 7 days and nights, however if you do remove the monitor please record the day, the time it was removed and put back on and the reason.

Day/Date	Time Off/On	Reason/Comments

Additional Comments – Please let us know if you experienced any issues with the monitor e.g. skin irritation or broken monitor:

--

NDNS: Physical Activity Monitor Child Participant Information

Measuring your physical activity

We would like you to wear an activity monitor on your wrist for 7 days and nights. Wearing the monitor is just like having a watch on. The activity monitor records information about normal daily activities such as standing up, walking or running as well as sitting and sleeping. It does this by measuring movement in three directions. It also measures temperature. The monitor does not measure where you are (your location).

My information

We will use this information alongside other information you have given to look at how much energy you use up through everyday movement. The monitor does not store any personal identifiable information like your name.

What do I do with the activity monitor?

We would like you to wear the monitor all the time for 7 days and nights on the hand that you do not write with. During this time, please carry on with all your activities as usual.

The monitor and the wrist strap are fully waterproof, so you can wear them all the time, including during showering, bathing and swimming.

Placement on the Wrist

In addition to the instructions below, a video explaining how to wear the accelerometer can be viewed using this link: <https://player.vimeo.com/video/326546534>

The monitor should be positioned on the wrist of the hand that you do not write with (non-dominant) so that the pulse wave on the band is on the left-hand side (as pictured below for left (a) and right (b) hand positions).

The monitor should be worn just above the wrist joint so that when the joint is flexed, the monitor neither stops you from moving your wrist joint, nor is uncomfortable. The monitor should remain in the position in which it was placed by the



interviewer and should retain a snug fit therefore not allowing it to slide around your wrist.

If you have any problems or if the monitor is damaged, please talk do with your parent/guardian.

Returning the monitor

Once your 7 days and nights are over, please let your parent/guardian know. They have information about sending the monitor back. Once we receive the returned monitor from you, we will send you a £5 voucher to say thank you.



Instructions for parent/guardian

Please see the *NDNS: Physical Activity Monitor Participant Information* leaflet you have been provided with for more information on what to do if your child experiences any problems with the monitor and how to return the monitor. Please return this leaflet with the monitor.

Physical Activity Monitor Diary Page

The monitor should be worn continuously for 7 days and nights, however if you do remove the monitor please record the day, the time it was removed and put back on and the reason.

Day/Date	Time Off/On	Reason/Comments

Additional Comments – Please let us know if you experienced any issues with the monitor e.g. skin irritation or broken monitor: