

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 about what you had to eat and drink. 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 NatCen 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
Diet, Obesity and Healthy Behaviours Directorate
The Office for Health Improvement and Disparities

Frequently asked questions



What does taking part involve?

With your permission we would like to take a few measurements and, if you/your child consent, a small blood sample. We also want to ask you a few questions about your health/your child's 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/your child 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. 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 data in accordance with data protection legislation. The survey findings are anonymised and nothing we publish will identify anyone. 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**.

Continue to help us understand the nation's eating habits

Dear Sir or Madam,

Some time ago you/your child completed the first part of the **National Diet and Nutrition Survey (NDNS)**. Thank you for the time and effort you/your child have so far put into this important study, your help is very much appreciated.

You have agreed for us to contact you about the vital second (and final) stage of the study. The information you/your child have already given us is very useful, but with the extra information obtained from the second stage nurse visit, it will be even more valuable.



What's next?

The second stage of the study will include a short visit by a registered nurse from NatCen Social Research. A nurse will ask your permission to take a few health related measurements and a small blood sample. The blood sample is very important as it allows us to see how nutrients and minerals are absorbed in in your/your child's body. When we put this information together with other people's blood sample results it helps us to know important information about the health of the UK population, and gives us very important information about the ways in which our body benefits from the food we eat.

The nurse will contact you shortly to explain what the short visit entails and arrange a time to carry out these measurements.



Thank you

We will offer each person who provides a blood sample a **£15 gift card** as a thank you.



Any questions?

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

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

Yours sincerely,



Gillian Swan
Diet, Obesity and
Healthy Behaviours Directorate
The Office for Health Improvement
and Disparities



Beverley Bates
Research Director
NatCen Social Research

Frequently asked questions



What does taking part involve?

With your permission we would like to take a few measurements and, if you/your child consent, a small blood sample. We also want to ask you a few questions about your health/your child's 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/your child have already provided. It helps us to understand how diet can affect the health and nutritional status of the population.



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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.

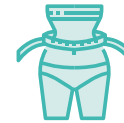
We would like you and/or your child to provide a fasting blood sample. A fasting sample gives the best quality of blood to test. However, there are some reasons why we wouldn't ask some people to fast for the blood test and if your child is under 4 years, they will not need to fast for a blood sample.

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?



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.

**The
nurse visit**
Information for
children

For more info have a look at 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.



Will I get anything for taking part?

We can send you the results of some of the measurements you do. There are also more stickers and certificates for helping science.

There is also a **£15 gift card** for people that give some blood.



Any questions?

If you have any other questions, please get in touch

Great Britain participants:

Beverley Bates

NDNS Research Director
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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](http://www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey)



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 information 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 what you told us you had to eat and drink. 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. You may wish to wear a face covering/mask during the blood sample.

The blood samples you take will be processed at local hospitals or research labs and subsequently stored and looked after according to ethically approved conditions.

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. Our nurses will also maintain Covid-19 secure protocols in line with Government guidance to minimise the risk of Covid-19 transmission.



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.

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 two 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.

Thank you for your interest and time.

Your contribution is very valuable to the NDNS study.



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:

Great Britain participants:

Beverley Bates

NDNS Research Director
National Centre for Social Research,
Kings House, 101-135 Kings Road,
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NatCen
Social Research

National Diet and Nutrition Survey (NDNS)



Cryogenic Spray

Information leaflet for ages 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 need 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.



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.

If you have any questions about Cryogesic 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.

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

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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



Measurement Record Card

WAIST AND HIP MEASUREMENT (age 11 and over)

First measurement

Waist	<input type="text"/>	<input type="text"/>	<input type="text"/>	cm	<input type="text"/>	<input type="text"/>	<input type="text"/>	inches
Hip	<input type="text"/>	<input type="text"/>	<input type="text"/>	cm	<input type="text"/>	<input type="text"/>	<input type="text"/>	inches

Second measurement

Waist	<input type="text"/>	<input type="text"/>	<input type="text"/>	cm	<input type="text"/>	<input type="text"/>	<input type="text"/>	inches
Hip	<input type="text"/>	<input type="text"/>	<input type="text"/>	cm	<input type="text"/>	<input type="text"/>	<input type="text"/>	inches

DEMISPAN MEASUREMENT

First measurement

<input type="text"/>	<input type="text"/>	<input type="text"/>	cm
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Second measurement

<input type="text"/>	<input type="text"/>	<input type="text"/>	cm
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INFANT LENGTH (under age 2)

<input type="text"/>	<input type="text"/>	<input type="text"/>	cm
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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 NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex, CM14 4LX Freephone: **0800 652 4572**