

## Appendix D Interviewer (stage 1) overview of elements and documents

### D1 Overview of information collected during the interview stage

Table D.1 summarises the information collected during the interviewer stage of Year 2 fieldwork. Some of the information collected by interviewers was limited to a particular age group, as described.

<b>Table D.1: Information collected during interviewer stage</b>	
<b>CAPI questionnaire</b>	<b>Participant</b>
Household information	Main Food Provider (MFP)/aged 19 years and over
Information on the circumstances, habits that could affect dietary intake	All ages
Employment status, educational background, household income	Aged 16 years and over
<b>Wearing of an ActiGraph (physical activity monitor)</b>	
ActiGraph	Aged 4-15 years
<b>Physical measurements</b>	
Height	Aged 2 years and over
Weight	All ages
<b>Collection of dietary data</b>	
Four day food and drink diary	All ages
<b>Self completion</b>	
Smoking and drinking	Aged 8-17 years <sup>1</sup>
Recent Physical Activity	Aged 16 years and over

Interviewer stage documents are provided later in this Appendix.

### D2 Overview of Computer Assisted Personal Interview (CAPI) questionnaires

The CAPI questionnaire had three main elements: household composition/structure interview, MFP interview and individual interview.

The MFP questionnaire was divided into the following sections:

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- Cooking facilities (e.g. access to a working freezer, oven, microwave).
- Shopping for food (e.g. main type of shop used, distance from home).
- Food preparation (e.g. boil, steam, roast, fry, grill).

The individual questionnaire had two parts: Part I, which was asked at the first main interviewer visit; and Part II, which was asked at the third main visit after the interviewer collected the diary. Parts I and II were both divided into a number of sections. These sections are shown in order in Table D.2, and the intended participants are indicated.

<b>Table D.2: Content of Part I and II of the individual questionnaires</b>	
<b>Part I sections</b>	<b>Participant</b>
Access to food at school	Aged under 1.5-15 years (or aged 16/17 years and in full-time education)
Eating habits	All ages
General health	All ages
Dental health	All ages
Drinking	Aged 8 years and over (those aged 8-17 years given a self-completion booklet)
Smoking	Aged 8 years and over (those aged 8-17 years given a self-completion booklet) <sup>1</sup>
Education	Aged 16 years and over
Job and income	Asked of MFP or selected participant about the 'Household Reference Person' (HRP)
ActiGraph introduction	Aged 4-10 years
<b>Part II sections</b>	<b>Participant</b>
Dietary supplements	All ages
ActiGraph collection	Aged 4-10 years
Sun exposure	All ages
Nurse introduction	All ages

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<sup>1</sup> Participants aged 18 to 24 years were given the option of using a self-completion booklet for the questions on smoking and drinking in order to provide more privacy and to avoid disclosing their answers to other household members.

## Appendix D: Interviewer CAPI program

# National Diet and Nutrition Survey (NDNS)

## P2751 Year 2

### Program Documentation

### Interviewer Schedule

This 'paper version of the program' has been created to indicate the wording and content of the interviewer questionnaire.

#### PART 1: Interviewer Schedule

- Instructions for the interviewer are given in capital letters, and questions the interviewer is to ask the respondent are given as normal text.
- Items which appear in the actual program but which have been excluded here for clarity include: Repetition of respondent's name on each question; Checks on the accuracy of answer codes in relation to each other; Prompts for back-coding during the edit process.

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## HOUSEHOLD GRID

### Name

RECORD THE NAME (OR A UNIQUE IDENTIFIER) FOR EACH MEMBER OF THE HOUSEHOLD (I.E. CATERING UNIT).

WHEN ALL HOUSEHOLD MEMBERS HAVE BEEN ENTERED, PRESS 'Page Down'.

### SHGInt

I'd like to know a little about the members of your household **who shop and cook as a group**. Can you tell me the names of everyone in your household (who shop and cook as a group).

INTERVIEWER: Press '1' to continue and record (adult respondent / child's parent and/or MFP) as first person in household

PRESS <ENTER> TO CONTINUE

1 continue

### DVHSize

Number in household, computed

*(The following questions are asked about each household member. "You / X" is substituted with the appropriate name for X).*

### Sex

INTERVIEWER: Ask or record sex of X

1 Male

2 Female

### DoB

What is your / X's date of birth?

INTERVIEWER: If day not given...enter 15 for day.

If month not given...enter 6 for month.

### IF (DOB = Don't know / Refusal) THEN

#### Agelf

What was your / X's age last birthday?

ENTER 0 FOR A CHILD UNDER 12 MONTHS.

98 or more = CODE 97

INTERVIEWER: If year of birth not given: 'What was your / X's age last birthday?'

INTERVIEWER: If respondents refuse to give their age, or cannot, then give your best estimate.

:0..97

### DVAge

Age, computed

### DvAgeM

Age in months, computed

### **MarStat**

ASK OR RECORD MARITAL STATUS  
CODE FIRST THAT APPLIES.

Is X / Are you...

INTERVIEWER: The aim is to obtain legal marital status, irrespective of any de facto arrangement. The only qualification to this aim is that you should not probe the answer 'separated'.

INTERVIEWER: Should a respondent query the term, explain that it covers any person whose spouse is living elsewhere because of estrangement (whether the separation is legal or not). Ignore temporary absences, e.g. on oil rig.

INTERVIEWER: A person whose spouse has been working away from home for over 6 months, e.g. on a contract overseas or in the armed forces, should still be coded as married and living with husband/wife if the separation is not permanent."

- |   |           |  |
|---|-----------|--|
| 1 | NevMarr   | "single, that is, never married"               |
| 2 | MarrLiv   | "married and living with your husband/wife"    |
| 3 | Separated | "married and separated from your husband/wife" |
| 4 | Divorced  | "divorced"                                     |
| 5 | Widowed   | "or widowed?"                                  |

### **LiveWith**

May I just check, are you / is X living with someone in the household as a couple?

ASK OR RECORD...

INTERVIEWER: Only respondents who are living with their partner in this household should be coded as living together as a couple.

INTERVIEWER: You may code No without asking the question ONLY if all members of the household are too closely related for any to be living together in a de facto marital relationship.

- |   |         |                                     |
|---|---------|-------------------------------------|
| 1 | Yes     |                                     |
| 2 | No      |                                     |
| 3 | SameSex | "Spontaneous only: Same sex couple" |

### **DVMarDF**

De facto marital status, computed

- |   |          |                   |
|---|----------|-------------------|
| 1 | Married  | "Married"         |
| 2 | Cohab    | "Cohabiting"      |
| 3 | DFSingle | "Single"          |
| 4 | DFWidow  | "Widowed"         |
| 5 | DFDivor  | "Divorced"        |
| 6 | DFSepar  | "Separated"       |
| 7 | SamSex   | "Same sex couple" |

### **WrkStat**

Is X / are you ...READ OUT...

INTERVIEWER: CODE FIRST TO APPLY

- |   |         |   |
|---|---------|---|
| 1 | FTEduc  | "...going to school or college full-time (including on vacation)" |
| 2 | Working | "...in full or part-time employment, or"                          |
| 3 | NWork   | "...not working at present?"                                      |

**IF (WrkStat = FTEduc) THEN**

#### **PTWork**

Does X / Do you do any paid or voluntary work as well as studying?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (WrkStat = FTEduc OR NWork) AND (PTWork = No) THEN**

#### **EverWk**

Has X / Have you ever had a paid job, apart from casual or holiday work?

- 1 Yes
- 2 No

**NatID**

SHOW CARD A

What do you consider your / X's **national identity** to be? Please choose your answer from this card.

- 1 English,
- 2 Scottish,
- 3 Welsh,
- 4 Irish,
- 5 British,
- 6 Other "Other answer"

**IF (NatID = Other) THEN**

**NatOth**

How would you describe your / X's national identity?

INTERVIEWER: IF SOMEONE DESCRIBES THEMSELVES AS HALF ENGLISH AND HALF IRISH OR ANY OTHER COMBINATION OF WELSH / SCOTTISH / IRISH / ENGLISH CODE THEM AS 'Mixed British'.

- 1 Mixed "Mixed British - SPECIFY AT NEXT QUESTION"
- 2 Describe "Other - SPECIFY AT NEXT QUESTION"

**IF (NatOth = Describe) THEN**

XNatOth

INTERVIEWER: ENTER DESCRIPTION OF NATIONAL IDENTITY.

: STRING [100]

**EthGrp**

SHOW CARD B

To which of these ethnic groups do you consider you / X belong(s)?

INTERVIEWER: THIS IS A QUESTION OF RESPONDENT'S (OR PROXY'S) OPINION.

- 1 WhtBrit "White - British"
- 2 WhtOth "Any other white background (please describe)"
- 3 MixedWBC "Mixed - White and Black Caribbean"
- 4 MixedWBA "Mixed - White and Black African"
- 5 MixedWAs "Mixed - White and Asian"
- 6 MixedOth "Any other mixed background (please describe)"
- 7 Indian "Asian or Asian British - Indian"
- 8 Pakistan "Asian or Asian British - Pakistani"
- 9 Bngldesh "Asian or Asian British - Bangladeshi"
- 10 AsianOth "Any other Asian/Asian British background (please describe)"
- 11 BlackCrb "Black or Black British - Caribbean"
- 12 BlackAfr "Black or Black British - African"
- 13 BlackOth "Any other Black/Black British background (please describe)"
- 14 Chinese
- 15 Other "Any other (please describe)"

**IF (EthGrp = WhtOth OR MixedOth OR AsianOth OR BlackOth OR Other) THEN**

**EthOth**

Please can you describe your / X's ethnic group?

INTERVIEWER: ENTER DESCRIPTION OF ETHNIC GROUP.

:STRING [100]

**R**

SHOW CARD C

INTERVIEWER: CODE RELATIONSHIP OF EACH HOUSEHOLD MEMBER TO THE OTHERS - X is Y'S...

INTERVIEWER: YOU MAY WISH TO INTRODUCE THIS SECTION. ONE POSSIBLE INTRODUCTION IS: 'There are a lot of changes taking place in the make-up of households/families and this section is to help find out what those changes are. I'd like you to tell me the relationship of each member of the household to every other member'.

INTERVIEWER: This section must be asked for all households consisting of more than one person. Please ask in every case. You should not make assumptions about any relationship. Treat relatives of cohabiting members of the household as though the cohabiting couple were married, unless the couple are a same sex couple.

Half-brothers/sisters should be coded with step-brothers/sisters.

Ask respondent to give code number rather than the relationship.

See interviewer instructions for further details.

1	Spouse	"Husband / Wife"
2	Cohabitee	"Partner / Cohabitee"
3	Child	"Natural son / daughter"
4	AChild	"Adopted son / daughter"
5	FChild	"Foster child"
6	StChild	"Stepson / stepdaughter"
7	ILChild	"Son-in-law/daughter-in-law"
8	Parent2	"Natural Parent"
9	AdParent	"Adoptive parent"
10	FParent	"Foster parent"
11	StParent	"Step-parent"
12	ILParent	"Parent-in-law"
13	Sib	"Natural brother / sister"
14	HSib	"Half-brother / sister"
15	StSib	"Step-brother / sister"
16	ASib	"Adopted brother / sister"
17	FSib	"Foster brother / sister"
18	ILSib	"Brother / sister-in-law"
19	GChild	"Grand-child"
20	GParent	"Grand-parent"
21	OthRel	"Other relative"
22	NonRel	"Other non-relative"

**HRP SELECTION**

**HHldr**

In whose name is the accommodation owned or rented?

INTERVIEWER: IF THE RENT OR MORTGAGE FOR THIS ACCOMMODATION IS PAID FOR BY SOMEONE OUTSIDE THE HOUSEHOLD, CODE THE PERSON IN THE HOUSEHOLD WHO IS RESPONSIBLE FOR THE ACCOMMODATION.

ANYONE ELSE? CODE ALL THAT APPLY.

**IF (more than one person coded as being the householder at HHldr) THEN HiHNum**

You have told me that X and X jointly own or rent the accommodation. Who has the highest income (from earnings, benefits, pensions and any other sources)?

INTERVIEWER: THESE ARE THE JOINT HOUSEHOLDERS:

*(Names of joint householders.)*

ENTER PERSON NUMBER. IF TWO OR MORE HAVE SAME INCOME, ENTER 11.

IF RESPONDENT ASKS FOR PERIOD TO AVERAGE OVER - ONE YEAR.

PROMPT AS NECESSARY FOR JOINT HOUSEHOLDERS: IS ONE OF THEM THE SOLE PERSON WITH PAID WORK OR OCCUPATIONAL PENSION.

: 1..11

**IF (HiHNum=11) THEN**

**JntEldA**

ENTER PERSON NUMBER OF THE **ELDEST** JOINT HOUSEHOLDER FROM THOSE WITH THE SAME HIGHEST INCOME.

ASK OR RECORD.

**IF (HiHNum=DONTKNOW, REFUSAL) THEN**

**JntEldB**

ENTER PERSON NUMBER OF THE ELDEST JOINT HOUSEHOLDER.

ASK OR RECORD.

**HRPNum** {Computed from responses above}

Person number of household reference person:

**AdNum1**

ENTER PERSON NUMBER OF ADULT RESPONDENT (NAME RECORDED ON FIRST PAGE OF THE ARF)

: 1..11

**IF (Female adult aged ≤ 49) THEN**

**AdChk**

INTERVIEWER: When doing the selection you should have checked to ensure that (**Name of selected adult respondent**) is not currently pregnant or breastfeeding. Please type '1' to confirm that this is the case

1 NotP "X not pregnant or breastfeeding"

2 Preg "X is pregnant or breastfeeding"

**ChNum**

ENTER THE PERSON NUMBER OF 'RESPONDENT 2' AGED 18 MONTHS TO 18 YEARS. (NAME RECORDED ON FIRST PAGE OF THE ARF)

: 1..11

**Par1**

Which of the people in this household are (**Name of selected child respondent**)'s parents or have legal parental responsibility for him/her on a permanent basis?

INTERVIEWER: Code first person at this question.

11 = "Not a household member/dead"

: 1..11

**Par2**

Which other person in this household is (**Name of selected child respondent**)'s parent or has legal parental responsibility for him/her on a permanent basis?

INTERVIEWER: Code second person at this question.

11 = "Not a household member/dead"

: 1..11

**IF (Female child and aged 13-18) THEN**

**ChChk**

INTERVIEWER: When doing the selection you should have checked to ensure that (**Name of selected child respondent**) is not currently pregnant or breastfeeding. Please type '1' to confirm that this is the case

1 NotP "X not pregnant or breastfeeding"



2 Preg "X is pregnant or breastfeeding"

### **ChResp**

SOME OF THE QUESTIONS ABOUT (*Name of selected child respondent*) WILL NEED TO BE ASKED OF AN ADULT.

Enter person number of adult who will answer questions on behalf of (*Name of selected child respondent*)

INTERVIEWER: Only an adult household member can act as a proxy when collecting information about children.

: 1..10

### **MFPNum**

Enter the person number of the **MAIN FOOD PROVIDER** (NAME RECORDED ON ARF).

: 1..10

### **RInfo**

INTERVIEWER: Summary of respondent info....

MFP: **MFP Name**

Adult Respondent: **NAME**

Child Respondent: **NAME**

Proxy Resp for Child: **NAME**

PRESS <ENTER> TO CONTINUE

1 continue

### **TENURE**

#### **Ten1**

SHOW CARD D

In which of these ways do you/does your household occupy this accommodation?

INTERVIEWER: CODE FIRST THAT APPLIES.

NOTE: QUESTIONS ABOUT TENURE ARE ASKED ABOUT THE HOUSEHOLD REFERENCE PERSON.

- |   |       |  |
|---|-------|--|
| 1 | Own   | "Own outright"   |
| 2 | Morg  | "Buying it with the help of a mortgage or loan"  |
| 3 | Share | "Pay part rent and part mortgage (shared ownership)"   |
| 4 | Rent  | "Rent it"  |
| 5 | RentF | "Live here rent-free (including rent-free in relative's/friend's property; excluding squatting)" |
| 6 | Squat | "Squatting"  |

**IF (Ten1 = Rent OR RentF) THEN**

#### **LLord**

Who is your landlord?

INTERVIEWER: IF PROPERTY IS LET THROUGH AN AGENT, THE QUESTION REFERS TO THE OWNER NOT THE AGENT.

CODE 1 (LOCAL AUTHORITY) INCLUDES PEOPLE RENTING FROM HOUSING ACTION TRUSTS.

CODE 2 (HOUSING ASSOCIATION) INCLUDES REGISTERED SOCIAL LANDLORDS AND LOCAL HOUSING COMPANIES.

USE CODE 5 ONLY IF THE RESPONDENT AND LANDLORD WERE FRIENDS BEFORE THEY WERE TENANT AND LANDLORD, NOT IF THEY HAVE ONLY BECOME FRIENDLY SINCE THEN.

- |   |      |  |
|---|------|--|
| 1 | LA   | "The local authority/council/New Town Development/ Scottish Homes"                   |
| 2 | HA   | "A housing association or co-operative or charitable trust or Local Housing company" |
| 3 | Comp | "Employer (organisation) of a household member"                                      |

- |   |           |   |
|---|-----------|---|
| 4 | OthOrg    | "Another organisation"  |
| 5 | RelFrnd   | "relative/friend (before you lived here) of a household member" |
| 6 | EmplIndiv | "Employer (individual) of a household member"                   |
| 7 | OthIndiv  | "Another individual private landlord"                           |

**IF (Ten1 = Rent OR RentF) THEN**

**Furn**

Is the accommodation provided

...RUNNING PROMPT...

- |   |        |  |
|---|--------|--|
| 1 | Furnd  | "...furnished"                                       |
| 2 | PFurn  | "...partly furnished (eg carpets and curtains only)" |
| 3 | UnFurn | "...or, unfurnished?"                                |

## MAIN FOOD PROVIDER QUESTIONNAIRE

**THIS IS A HOUSEHOLD LEVEL QUESTIONNAIRE ASKED ONCE AT ALL ELIGIBLE HOUSEHOLDS. EITHER THE MAIN FOOD PROVIDER / MFP (AGED 16 YEARS OR OVER), IDENTIFIED IN THE HOUSEHOLD COMPOSITION QUESTIONNAIRE, ANSWERS THE FOLLOWING QUESTIONS OR A PROXY MFP INTERVIEW IS CONDUCTED WITH RESPONDENT 1 (AGED 19 YEARS OR OVER).**

### MFPProx

IS THIS A PERSONAL OR A PROXY INTERVIEW WITH THE MAIN FOOD PROVIDER?

- 1 WithMFP "PERSONAL INTERVIEW WITH MFP"
- 2 WithProx "PROXY INTERVIEW"

**IF (MFPProx = WithProx) THEN**

### MProxWho

ENTER THE PERSON NUMBER OF PROXY RESPONDENT.

*list of household members*

ENTER CODE 11 IF NON-HOUSEHOLD MEMBER.

:1..11

## COOKING AND STORAGE FACILITIES

### KitchInt

Firstly, I'd like to ask you some questions about the place where you live.

PRESS <ENTER> TO CONTINUE

- 1 continue

### Kitch

Do you (Does your household) have a kitchen or a dedicated food preparation or cooking area?

- 1 Yes
- 2 No

**IF (Kitch = Yes) THEN**

### HotMeal

Are you able to cook a hot meal in this accommodation?

INTERVIEWER: 'YOU' REFERS TO THE CATERING UNIT.

- 1 Yes
- 2 No

**IF (Kitch = Yes OR No) THEN**

### Equip

Which, if any, of these items do you have regular access to?

INTERVIEWER: INDIVIDUAL PROMPT. Do you have (access to) ...

CODE ALL THAT APPLY

'YOU' REFERS TO THE CATERING UNIT.

- 1 Fridge "...a refrigerator?"
- 2 Freeze "a freezer excluding freezer compartment at top of fridge?"
- 3 Moven "a microwave oven?"
- 4 Hob "a gas or electric hob (ring)?"
- 5 Oven "an oven?"

6 None " SPONTANEOUS ONLY – None of these"

**IF (Kitch = Yes) THEN**

**ShareKit**

Do you share the kitchen/food preparation or cooking area with any other household or any other members of your household who shop and cook separately from you?

INTERVIEWER: ASK OR RECORD. DO NOT INCLUDE MEMBERS OF THE CATERING UNIT.

'YOU' REFERS TO THE CATERING UNIT.

- 1 YesHH "Yes, shares with other household members (OUTSIDE OF CATERING UNIT)"
- 2 YesNonHH "Yes, shares with others OUTSIDE OF HOUSEHOLD"
- 3 NoShare "No, doesn't share"

**IF (ShareKit = YesHH) THEN**

**SharWhoH**

Who do you share the kitchen with?

INTERVIEWER: RECORD RELATIONSHIP TO MFP OF OTHER HOUSEHOLD MEMBER(S).

DO NOT INCLUDE MEMBERS OF THIS CATERING UNIT.

- 1 Family "Family/relatives"
- 2 Friend
- 3 Flatmate "Flat mate/House mate"
- 4 Lodger
- 5 Other

**ASK ALL**

**DinTab**

Do you (Does your household) have a table at which you (your household) can sit and eat a meal?

- 1 Yes
- 2 No

**StoreOK**

Thinking now about food storage...

Do you feel that your food storage facilities are adequate?

'YOUR' REFERS TO THE CATERING UNIT."

- 1 Yes
- 2 No

**IF (StoreOK = No) THEN**

**StoreOK2**

SHOW CARD E

In what way are they not adequate?

INTERVIEWER: CODE ALL THAT APPLY

- 1 Cupboard "Not enough cupboard space"
- 2 Fridge "Fridge is too small (or no fridge available)"
- 3 Freezer "Freezer is too small (or no freezer available)"
- 4 Damp "Damp/mouldy"
- 5 Infest "Infested with rodents or insects"
- 6 NSecure "Not secure"
- 7 Other

**IF (StoreOK = No) THEN**

**StoreOK3**

Does the fact that your storage facilities are inadequate influence your food shopping?

- 1 Yes
- 2 No

**IF (StoreOK3 = Yes) THEN**

**StoreOK4**

How does this influence your food shopping?

INTERVIEWER: CODE ALL THAT APPLY

'YOUR' REFERS TO SHOPPING FOR THE CATERING UNIT."

- 1 NoBulk "Cannot buy in bulk"
- 2 ShopOf "Have to shop more often"
- 3 StorFres "Inadequate storage space for FRESH food"
- 4 StorFroz "Inadequate storage space for FROZEN food"
- 5 Other

**ASK ALL**

**StoreShr**

Do you share your **food storage** facilities with anyone who does not cook or eat with you?

INTERVIEWER: DO NOT INCLUDE MEMBERS OF THE CATERING UNIT.

'YOU' REFERS TO THE CATERING UNIT."

- 1 Yes
- 2 No

**IF (StoreShr = Yes) THEN**

**SShrInf**

Does the fact that you share storage facilities with someone outside your household/catering unit influence your food shopping?"

- 1 Yes
- 2 No

## **SHOPPING HABITS**

**ASK ALL**

**ShopIntr**

Now I would like to ask you about shopping.

INTERVIEWER: PROMPT WHENEVER NECESSARY.

IF RESPONDENT DOESN'T KNOW ANSWERS, TRY TO SPEAK TO PERSON WHO DOES SHOPPING.

PRESS <ENTER> TO CONTINUE

- 1 continue

**Shop**

SHOW CARD F

Where do you (does your household) shop for food? Please include all shopping, including your main shopping, top-up shopping in between your main shopping trips, meat and fish, fruit and vegetables, and any other food shopping.

INTERVIEWER: CODE ALL THAT APPLY.

INTERVIEWER: IF SHOPPING ORDERED FROM LARGE SUPERMARKET OVER INTERNET AND DELIVERED CODE AS LARGE SUPERMARKET.

- 1 LSuper "Large supermarket, including home delivery from supermarket "
- 2 SSuper "Mini supermarket e.g. Tesco Metro"
- 3 CornerS "Local/corner shop (including newsagents)"
- 4 Garage "Garage forecourt"

5	GreenG	"Independent greengrocer"
6	Butcher	"Independent butcher"
7	Baker	"Independent baker"
8	FishM	"Independent fishmonger"
9	Market	"Market (including stalls or farmer's markets)"
10	Farm	"Farm"
11	HomeDel	"Home delivery (including vegetable boxes – not from a supermarket)"
12	Other	"Other shop"

### NumShop

Number of different types of shop used  
: 1..12

### MainShp

Which of these is used for your 'main' shopping trip?

INTERVIEWER: ENCOURAGE RESPONDENT TO SELECT ONE TRIP EVEN IF SEVERAL ARE CONSIDERED 'MAIN'.

INTERVIEWER: IF MAIN SHOPPING ORDERED FROM SUPERMARKET OVER INTERNET AND DELIVERED CODE AS SUPERMARKET.

1	LSuper	"Large supermarket"
2	SSuper	"Mini supermarket"
3	CornerS	"Local/corner shop (including newsagents)"
4	Garage	"Garage forecourt"
5	Greeng	"Independent Greengrocer"
6	Butcher	"Independent Butcher"
7	Baker	"Independent Baker"
8	FishM	"Independent Fishmonger"
9	Market	"Market (including stalls)"
10	Farm	
11	HomeDel	"Home delivery (including vegetable boxes) – not from a supermarket)"
12	Other	"Other"
13	Several	"Use more than one of these for main shop (SPONTANEOUS ONLY)"

### IF (MainShp = LSuper..Farm OR Other) OR (Shop = ONLY LSuper OR SSuper) THEN ShopOf

SHOW CARD G

How often do you (does your household) go there to do a main shop?

INTERVIEWER: CODE FIRST THAT APPLIES. IF HAS SUPERMARKET DELIVERY CODE HOW OFTEN DELIVERED FROM SUPERMARKET.

1	MOnceD	"More than once a day"
2	OnceD	"Once a day"
3	TThWk	"2 or 3 times a week"
4	Weekly	
5	TThMth	"2 or 3 times a month"
6	Monthly	
7	TwoMths	"Every 2 months"
8	LTwoMths	"Less often than every 2 months"

### ASK ALL

#### ShopFV

Where do you (does your household) mainly buy fresh fruit and vegetables from?

INTERVIEWER: CODE ONE ONLY. IF MORE THAN ONE, CODE WHERE MOST FRUIT AND VEG BOUGHT FROM.

DO NOT INCLUDE FRUIT AND VEGETABLES THAT ARE GROWN BY THE RESPONDENT. SUCH FOOD SHOULD BE INCLUDED UNDER THE FOLLOWING QUESTIONS ABOUT FREE FOOD

- |    |         |  |
|----|---------|--|
| 1  | LSuper  | "Large supermarket"  |
| 2  | SSuper  | "Mini supermarket"   |
| 3  | CornerS | "Local/corner shop (including newsagents)"                           |
| 4  | Garage  | "Garage forecourt"   |
| 5  | GreenG  | "Independent Greengrocer"  |
| 6  | Butcher | "Independent Butcher"  |
| 7  | Baker   | "Independent Baker"  |
| 8  | FishM   | "Independent Fishmonger"   |
| 9  | Market  | "Market (including stalls)"  |
| 10 | Farm    |  |
| 11 | HomeDel | "Home delivery (including vegetable boxes – not from a supermarket)" |
| 12 | Other   | "Other"  |
| 13 | Sever   | "More than one of these (SPONTANEOUS ONLY)"                          |

### **FVOf**

SHOW CARD G

How often do you buy fresh fruit and vegetables?

INTERVIEWER: CODE FIRST THAT APPLIES.

- |   |          |                                  |
|---|----------|----------------------------------|
| 1 | MOnceD   | "More than once a day"           |
| 2 | OnceD    | "Once a day"                     |
| 3 | TThWk    | "2 or 3 times a week"            |
| 4 | Weekly   |                                  |
| 5 | TThMth   | "2 or 3 times a month"           |
| 6 | Monthly  |                                  |
| 7 | TwoMths  | "Every 2 months"                 |
| 8 | LTwoMths | "Less often than every 2 months" |

### **FruitAv**

How often do you usually have FRESH FRUIT available in your home?

Would you say...

- |   |       |                    |
|---|-------|--------------------|
| 1 | MTime | "Most of the time" |
| 2 | SomeT | "Sometimes"        |
| 3 | Never | "Or never?"        |

### **OrgBuy**

Do you ever buy any organic foods for your household or does anyone ever buy them for your household?

INTERVIEWER: IF ASKED FOR A DEFINITION OF ORGANIC, SAY : 'When we say organic we mean anything labelled organic, or anything that you know is grown without pesticides and without artificial (or chemical) fertilisers'.

IN OTHER EU COUNTRIES ORGANIC PRODUCTS ARE KNOWN AS BIOLOGIC PRODUCTS.

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

### **IF (OrgBuy = Yes) THEN**

#### **OrgWhat**

SHOW CARD H

I'd like you to look at the foods listed on this card. Which of them do you buy or do you have bought for you as organic products?

INTERVIEWER: CODE ALL THAT APPLY - NOTE THERE ARE FURTHER CODES ACCESSED VIA THE SCROLL BAR.

IN OTHER EU COUNTRIES ORGANIC PRODUCTS ARE KNOWN AS BIOLOGIC PRODUCTS.  
CODE ORGANIC SMOOTHIES OR WINE AS CODE 16 - OTHER ORGANIC PRODUCTS.

- |    |         |  |
|----|---------|--|
| 1  | FreFru  | "Fresh fruit or fruit juice"                                     |
| 2  | DriFru  | "Dried fruit"  |
| 3  | Nuts    |  |
| 4  | Pots    | "Potatoes"   |
| 5  | Veget   | "Vegetables or salad (including celery), dried beans or lentils" |
| 6  | Cereal  | "Breakfast cereals"  |
| 7  | OthCer  | "Other cereal products, eg bread, rice and pasta"                |
| 8  | Meat    | "Meat (including chicken)"                                       |
| 9  | Eggs    | "Free range eggs"  |
| 10 | Milk    |  |
| 11 | Dairy   | "Other dairy products"   |
| 12 | Crisps  | "Crisps or savoury snacks"                                       |
| 13 | Biscuit | "Biscuits and cakes (including organic cereal bars)"             |
| 14 | Confect | "Confectionery"  |
| 15 | BabyW   | "Baby/weaning foods"   |
| 16 | Other   | "Other organic products"   |
| 17 | None    | "None of these"  |

**ASK ALL**

**MoreOrg**

Would you like to eat (more) organic foods?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (MoreOrg = Yes) THEN**

**WhyMOrg**

Can you tell me why you don't currently eat as much organic foods as you'd like?

INTERVIEWER: CODE ALL THAT APPLY.

- |   |         |  |
|---|---------|--|
| 1 | NAfford | "Can't afford it/it's too expensive"                                     |
| 2 | NAccess | "Don't know where to buy it/the shops I go to don't sell (enough of) it" |
| 3 | Other   | "Other"  |
| 4 | NoReas  | "No particular reason"   |

**FOOD PREPARATION**

**ASK ALL**

**PrepIntr**

I am now going to ask you about how you usually prepare some food items.

PRESS <ENTER> TO CONTINUE

- |   |          |
|---|----------|
| 1 | continue |
|---|----------|

**MincF1**

When you buy mince, do you choose mince with fat or mince without much fat?

INTERVIEWER: PROMPT IF NECESSARY, 'MINCE' MEANS ANY GROUND ANIMAL PRODUCT (BEEF, CHICKEN, PORK ETC.)

- |   |          |                                |
|---|----------|--------------------------------|
| 1 | MinFat   | "Mince with fat"               |
| 2 | MinNoFat | "Mince without much fat"       |
| 3 | NoEat    | "Do not prepare/eat this food" |

**IF (MincF1 = MinFat OR MinNoFat) THEN**



**MincF2**

When you are cooking mince, do you strain off the fat or do you not strain off the fat?

- |   |          |                             |
|---|----------|-----------------------------|
| 1 | Strain   | "Strain off the fat"        |
| 2 | NoStrain | "Do not strain off the fat" |

**ASK ALL****ChipHow**

SHOW CARD I

(Please describe how you usually prepare) **chips** (, that is if you (or anyone in your household) eat(s) it)?

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN. DO NOT INCLUDE CHIPS PURCHASED FROM TAKEAWAY OUTLET.

- |   |        |  |
|---|--------|--|
| 1 | FrOld  | "Freshly made from old potatoes"         |
| 2 | FrNew  | "Freshly made from new potatoes"         |
| 3 | Frozen | "Frozen, fried"                          |
| 4 | OvenC  | "Oven ready chips"                       |
| 5 | MicroC | "Microwave chips (eg McCain Microchips)" |
| 6 | Other  | "Make chips another way"                 |
| 7 | NoEat  | "Do not prepare/eat this food"           |

**SaltChk**

Do you add salt or salt substitute to your food during cooking, such as salt in water for cooking potatoes?

INTERVIEWER: IF USE BOTH SALT AND SALT SUBSTITUTE, CODE WHICH USED MOST OFTEN.

- |   |         |                   |
|---|---------|-------------------|
| 1 | Salt    | "Salt"            |
| 2 | Subst   | "Salt substitute" |
| 3 | Neither | "Neither"         |

**IF (SaltChk = Salt) THEN****SalHowC**

Is that always, usually or sometimes (that you add salt to your food during cooking)?

- |   |         |             |
|---|---------|-------------|
| 1 | Always  |             |
| 2 | Usually |             |
| 3 | Somet   | "Sometimes" |

**IF (SaltChk = Subst) THEN****SltSHow**

Is that always, usually or sometimes (that you add salt substitute to your food during cooking)?

- |   |         |             |
|---|---------|-------------|
| 1 | Always  |             |
| 2 | Usually |             |
| 3 | Somet   | "Sometimes" |

**ASK ALL****Ingred**

SHOW CARD J

Which of the following do you usually have available in your food store?

- |   |        |  |
|---|--------|--|
| 1 | Flour  | "Flour, (self-raising, and/or plain and/or bread)" |
| 2 | Sugar  | "Sugar (caster, granulated, brown)"                |
| 3 | CFlour | "Cornflour"  |
| 4 | Pasta  | "Dried pasta (spaghetti, noodles)"                 |
| 5 | Rice   | "Rice (long grain, basmati)"                       |
| 6 | TomTin | "Tomatoes in tins or cartons"                      |
| 7 | TomPur | "Tomato paste/puree"                               |

8	Oil	"Olive oil or other vegetable oil"
9	Vin	"Vinegar (wine, balsamic)"
10	Pulse	"Dried or tinned pulses (canellini or borlotti beans, chickpeas etc)"
11	Bean	"Baked beans"
12	Herb	"Dried herbs, spices or curry powder"
13	Stock	"Stock cubes"
14	Soy	"Soy sauce"
15	TinFish	"Tinned fish (sardines, anchovies)"
16	None	"None of these"
17	All	"SPONTANEOUS ONLY: All of these"

## **EMPLOYMENT OF HOUSEHOLD REFERENCE PERSON**

**IF (HRP = respondent) THEN questions asked in person, ELSE questions asked of MFP about HRP:**

### **JHRPIintr**

INTERVIEWER: Now I would like to ask you some questions about the job that you do / HRP does.

IF ASKED SAY 'because the accommodation is in your name / HRP's name'.

INTERVIEWER: PRESS <ENTER> TO CONTINUE.

1 continue

### **IndD**

CURRENT/MOST RECENT JOB OF HRP.

What does/did the firm or organisation you/HRP work(s)/worked for mainly make or do (at the place where you/HRP work(s)/worked)?

INTERVIEWER: DESCRIBE FULLY - PROBE MANUFACTURING or PROCESSING or DISTRIBUTING ETC. AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE or RETAIL ETC.

: STRING [80]

### **OccT**

JOB TITLE OF CURRENT/MOST RECENT JOB OF HRP

What is/was your/HRP's main job?

: STRING [30]

### **OccD**

CURRENT/MOST RECENT JOB OF HRP.

What do/did you/HRP mainly do in this job?

INTERVIEWER: CHECK SPECIAL QUALIFICATIONS/TRAINING NEEDED TO DO THE JOB.

: STRING [80]

### **Stat**

Are/Is/Was/Were you/HRP working as an employee or self-employed?

1 Employee

2 SelfEmp "Self-employed"

### **Manage**

In this job, do you / did HRP have any formal responsibility for supervising the work of other employees?

INTERVIEWER: CODE 1 ('YES') INCLUDES PEOPLE WHO SAY THEY ARE MANAGERS

DO NOT INCLUDE IN CODE 1 (I.E. CODE AS 'NO'):

- SUPERVISORS OF CHILDREN (E.G. TEACHERS, NANNIES, CHILDMINDERS)
- SUPERVISORS OF ANIMALS
- PEOPLE WHO SUPERVISE SECURITY OR BUILDINGS ONLY (E.G. CARETAKERS, SECURITY GUARDS)

- 1 Yes
- 2 No

### **EmpNo**

How many people work/worked for your/HRP's employer at that place?

Are/Were there ... (RUNNING PROMPT)...

- 1 n1\_24 "1-24"
- 2 n25\_499 "25 to 499, or"
- 3 n500plus "500 or more employees?"

### **Solo**

Are/Were you/HRP working alone or do/did you/HRP have employees?

- 1 OnOwn "on own/with partner(s) but no employees",
- 2 WithEmp "with employees"

### **SENo**

How many people do/did you/HRP employ at the place where you/HRP work/worked? Were there ... (RUNNING PROMPT)...

- 1 n1\_24 "1-24"
- 2 n25\_499 "25 to 499, or"
- 3 n500plus "500 or more employees?"

## **INCOME**

### **Income**

SHOW CARD K

Thank you for answering the questions so far. Before we move on, please could you take a look at this card and tell me the letter of the group which represents your household's total income in the last 12 months, before any deductions for tax etc. Please include income from earnings, self-employment, benefits, pensions, and interest from savings.

INTERVIEWER: CARD SHOWS ANNUAL AMOUNTS.

THIS MEANS CATERING UNIT INCOME (NOT HOUSEHOLD INCOME).

HOUSING BENEFITS AND CHILD ALLOWANCE SHOULD BE INCLUDED. PROBE TO MAKE SURE RESPONDENT HAS INCLUDED THIS: 'Can I just check, do you receive any housing benefits and/or child allowance?'

- 1 IncA "A - £15,000 - £19,999"
- 2 IncB "B - £30,000 - £34,999"
- 3 IncC "C - Under £5,000"
- 4 IncD "D - £45,000 - £49,999"
- 5 IncE "E - £25,000 - £29,999"
- 6 IncF "F - £5,000 - £9,999"
- 7 IncG "G - £20,000 - £24,999"
- 8 IncH "H - £10,000 - £14,999"
- 9 Incl "I - £75,000 - £99,999"
- 10 IncJ "J - £35,000 - £39,999"
- 11 IncK "K - £50,000 - £74,999"
- 12 Incl "L - £100,000 or more"
- 13 IncM "M - £40,000 - £44,999"

**MFPEnd**

INTERVIEWER: End of Main Food Provider interview with (name of MFP) / on behalf of (name of MFP).

PRESS <ENTER> TO CONTINUE

1       continue

## DEMOGRAPHICS

### EDUCATION

#### Educ

I'd now like to ask you a couple of questions about education and work-related training.

1 Continue

#### EducFin

At what age did you / did X finish your/his/her continuous full-time education at school or college?

INTERVIEWER: PLEASE NOTE THIS IS '**CONTINUOUS**' FULL-TIME EDUCATION. I.E. MATURE STUDENTS MAY CURRENTLY BE IN FULL-TIME EDUCATION BUT MAY HAVE FINISHED THEIR **CONTINUOUS EDUCATION** SEVERAL YEARS AGO.

- |   |        |                        |
|---|--------|------------------------|
| 1 | Notyet | "Not yet finished"     |
| 2 | Never  | "Never went to school" |
| 3 | und14  | "14 or under"          |
| 4 | at15   | "15"                   |
| 5 | at16   | "16"                   |
| 6 | at17   | "17"                   |
| 7 | at18   | "18"                   |
| 8 | ov19   | "19 or over"           |

#### IF (EducFin IN [Never..ov19]) THEN

#### QualCh

Do you have any qualifications from school, college or university, connected with work or from government schemes?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

#### IF (QualCh = Yes) THEN

#### Qual

SHOW CARD Y - 2 PAGES

Please look at this card and tell me whether you have any of the qualifications listed. Start at the top of the list and tell me the first one you come to that you have passed.

- |    |         |   |
|----|---------|---|
| 1  | HiDeg   | "Higher degree, e.g. MSc, MA, MBA, PGCE, PhD"               |
| 2  | L5NVQ   | "Level 5 NVQ / SVQ"   |
| 3  | BTECAPr | "BTEC Advanced Professional Diploma/Certificate"            |
| 4  | Deg     | "First degree, e.g. BSc, BA, BEd, MA at first degree level" |
| 5  | L4NVQ   | "Level 4 NVQ / SVQ"   |
| 6  | HNC     | "HNC / HND"   |
| 7  | BTEChi  | "BTEC Higher National or Professional Diploma/Certificate"  |
| 8  | RSAHi   | "RSA or OCR Higher"   |
| 9  | Alevel  | "GCE 'A'-level"   |
| 10 | A2      | "A2"  |
| 11 | AVCE    | "AVCE"  |
| 12 | SCEAdv  | "SCE Advanced Higher Grades"                                |
| 13 | SCEHi   | "SCE Higher Grades (A-C)"                                   |
| 14 | CSYS    | "CSYS"  |
| 15 | KSkL3   | "Key Skills Level 3"  |
| 16 | L3NVQ   | "Level 3 NVQ / SVQ"   |
| 17 | ONC     | "ONC / OND"   |

18	BTECA	"BTEC Advanced or National Diploma/Certificate"
19	RSAAAdv	"RSA or OCR Advanced Diploma"
20	CityG3	"City & Guilds Advanced Craft / Part 3"
21	AdvGNVQ	"Advanced GNVQ; Vocational A Level"
22	AdvMAp	"Advanced Modern Apprenticeship"
23	GCSEAC	"GCSE grade A*-C"
24	Olevel	"GCE 'O'-level passes"
25	CSE1	"CSE grade 1"
26	SCEAC	"SCE O Grades (A-C)"
27	SCEStd13	"SCE Standard Grades (1-3)"
28	SchCert	"School Certificate / Matriculation"
29	KSkL2	"Key Skills Level 2"
30	L2NVQ	"Level 2 NVQ / SVQ"
31	BTECInt	"BTEC Intermediate or First Diploma/Certificate"
32	RSADip	"RSA Diploma"
33	CityG2	"City & Guilds Craft / Part 2"
34	IntGNVQ	"Intermediate GNVQ"
35	FounMAp	"Foundation Modern Apprenticeship"
36	GCSEdG	"GCSE grade D-G"
37	CSE25	"CSE grade 2-5"
38	SCEDE	"SCE O Grades (D-E)"
39	SCEStd47	"SCE Standard Grades (4-7)"
40	SCOTVEC	"SCOTVEC National Certificate Modules"
41	KSkL1	"Key Skills Level 1"
42	L1NVQ	"Level 1 NVQ / SVQ"
43	BTECFoun	"BTEC Foundation or Introductory Diploma/Certificate"
44	RSA13	"RSA Stage 1-3"
45	CityG1	"City & Guilds Part 1"
46	FounGNVQ	"Foundation GNVQ; Foundation VCE"
47	Other	"Other qualifications"

## **EMPLOYMENT**

### **IF (respondent is in employment) THEN**

#### **JobInt**

You've told me that you are in work. I would like to ask you some questions about your work.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

#### **RegCas**

Can I just check, are you in a regular job or an occasional job?

- 1 RegJob "Regular job"
- 2 OccasJob "Occasional job"
- 3 Both "Both regular job AND occasional job"

### **IF (RegCas = RegJob OR Both) THEN**

#### **RegHrs**

How many hours do you work per week in your regular job?

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS.

IF 97 HOURS OR MORE THEN ENTER 97.

: 0..97

### **IF (RegCas = RegJob OR Both) THEN**

**WTypHrs**

Is this the typical number of hours you work?

- 1 Yes
- 2 No

**IF (WTypHrs = No) THEN****NTypHrs**

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK.

INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.

: 1..97

**IF (RegCas = OccasJob OR Both) THEN****Cashrs**

How many hours did you work in this occasional job in the seven days ending last Sunday?

INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.

: 1..97

**IF (RegCas = OccasJob OR Both) THEN****TypCas**

Is this the typical number of hours you work in your occasional job?

- 1 Yes
- 2 No

**IF (TypCas = No) THEN****NCashrs**

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK IN OCCASIONAL JOB(S).

INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.

: 1..97

## ACCESS TO FOOD AT SCHOOL

FOR 18 MONTHS-15 YEARS & 16-18 YEARS IN FULL-TIME EDUCATION

WHERE RESPONDENT 10 OR YOUNGER - ASK THROUGH GUARDIAN; WHERE RESPONDENT 11-18, ASK DIRECTLY.

**IF (respondent is aged 18 months – 15 years and 16-18 in FT education) THEN**

### SchType

SHOW CARD BB

Please look at this card and tell me which of these best describes the school you/ (child's name) attend(s).

INTERVIEWER: IF SPECIFIC TYPE OF COLLEGE (E.G. MUSIC COLLEGE), CODE AS '5, A SIXTH FORM COLLEGE/HIGHER EDUCATION COLLEGE'.

- |   |        |   |
|---|--------|---|
| 1 | Nurs   | "A nursery school"  |
| 2 | Prim   | "A primary school (including infant school, junior school)"         |
| 3 | Sec    | "A secondary school (including sixth form in a school)/High school" |
| 4 | Mid    | "A middle school"   |
| 5 | SixthF | "A sixth form college/Higher Education college"                     |
| 6 | Other  | "Other"   |
| 7 | HomeEd | "Home-educated"   |
| 8 | NoSch  | "SPONTANEOUS ONLY: Hasn't started school yet"                       |

**IF (SchType = Nurs....Other) THEN**

### SchIntr

Now I would like to ask some questions about food and meals you / (child's name) may have whilst at school/college.

PRESS <ENTER> TO CONTINUE

- 1 continue

### SchProv

Does your (child's name)'s school/college provide food?

INTERVIEWER: **INCLUDE SANDWICHES AND SALADS.**

**DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.**

- 1 Yes  
2 No

**IF (SchProv = Yes) THEN**

### SchName

Please could you tell me the name and address of your / (child's name)'s school/college. We only need this information in case we need to ask them questions about how the school/college prepares food.

Please tell me the name of the school first.

INTERVIEWER: PLEASE ENTER NAME OF SCHOOL IN FULL.

: STRING [40]

### SchAdd1

And what is the first line of the address?

: STRING [30]

### SchAdd2

INTERVIEWER: Enter next line of address or press the <Enter> key if no more. Do not enter postcode here.

: STRING [30]



**SchAdd3**

INTERVIEWER: Enter next line of address or press the <Enter> key if no more to enter. Do not enter postcode here.

: STRING [30]

**SchAdd4**

INTERVIEWER: Enter next line of address or press the <Enter> key if no more to enter. Do not enter postcode here.

: STRING [30]

**SchPCode**

INTERVIEWER: Enter postcode here if known. Use <CTRL K> if not known.

: STRING [8]

**IF (SchProv = Yes) THEN****SchMeal**

Does the food provided include a cooked meal?

- 1 Yes
- 2 No

**IF (SchMeal = Yes) THEN****SchProv2**

Do you / Does (child's name) ever have this cooked meal?

- 1 Yes
- 2 No

**IF (SchType = Prim..Other) THEN****SchLun**

SHOW CARD CC

On a school/college day, what do you (does your child) usually have for lunch?

INTERVIEWER: CODE ONE ONLY.

INCLUDE SANDWICHES AND SALADS.

DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.

WE ARE INTERESTED IN THE **MEAL** EATEN RATHER THAN THE TIME AT WHICH IT WAS EATEN.

- 1 HSMeal "Cooked school meal"
- 2 CSMeal "Cold school meal (including sandwiches, salads)"
- 3 PackedL "Packed lunch (from home)"
- 4 BuyL "Buy lunch from shop/café"
- 5 Home "Go home"
- 6 NoLunch "Do not eat lunch"

**IF (SchType = Prim..Other) THEN****SchSn**

Is there an outlet in your (child's name)'s school where pupils can buy snacks or drinks?

INTERVIEWER: 'SNACKS' INCLUDE CONFECTIONERY, CRISPS, FRUIT.

DO NOT INCLUDE SANDWICHES, SALADS AS 'SNACKS'.

- 1 Yes
- 2 No

**IF (SchSn = Yes) THEN****SchSn2**

Do you (Does (child's name)) ever buy snacks or drinks from this outlet?

- 1 Yes

2 No

**IF (SchTyp = Prim...Other or NoSch) THEN**

**SchSub**

SHOW CARD DD

Do you / Does (child's name) receive any of the following?

INTERVIEWER: CODE ALL THAT APPLY.

INTERVIEWER: THE HEALTHY START PROGRAM ENTITLES ELIGIBLE HOUSEHOLDS WITH CHILDREN AGED 0-3 YEARS TO VOUCHERS THAT CAN BE EXCHANGED FOR MILK, FRESH FRUIT, FRESH VEGETABLES AND INFANT FORMULA. IN ADDITION, CHILDREN ARE ENTITLED TO FREE VITAMIN DROPS FROM 6 MONTHS OF AGE UNTIL THEIR 4th BIRTHDAY.

- |    |          |  |
|----|----------|--|
| 1  | FreeMeal | "Free school meal (at lunchtime)"                        |
| 2  | RedMeal  | "Reduced price or subsidised school meal (at lunchtime)" |
| 3  | FreeMilk | "Free school milk"                                       |
| 4  | RedMilk  | "Subsidised school milk"                                 |
| 5  | FreFruit | "Free fruit"   |
| 6  | HSVit    | "Healthy Start children's vitamin drops (3 and under)"   |
| 7  | HSVou    | "Healthy Start vouchers (3 and under)"                   |
| 8  | PreSch   | "Free food BEFORE school"                                |
| 9  | PostSch  | "Free food AFTER school"                                 |
| 10 | Other    | "Other"  |
| 11 | None     | "None of these - SPONTANEOUSLY ONLY"                     |

**IF (SchSub NOT = FreeMeal) THEN**

**School2**

Are you (Is (child name)) entitled to free school meals at lunchtime?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (School2 = Yes) THEN**

**School2i**

Why do you (does (child name)) not take up your (his)(her) free school meals?

- |   |          |                              |
|---|----------|------------------------------|
| 1 | PrefHome | "Prefers to come home"       |
| 2 | NLike    | "Doesn't like school meals"  |
| 3 | PackedL  | "Prefers packed lunch"       |
| 4 | Diet     | "Dietary reasons"            |
| 5 | Cultural | "Cultural/religious reasons" |
| 6 | PeerP    | "Peer pressure/stigma"       |
| 7 | Other    |                              |

**IF (School = FreeMeal) THEN**

**SchOft**

On average, how many times per week do you (does (child's name)) have free school meals at lunchtime?

:1..5

**IF (SchOft < 5) THEN**

**SchOft2**

Why do you (does (child's name)) not take up all your (his)(her) free school meals at lunchtime?

INTERVIEWER: CODE MAIN REASON.

- |   |          |                              |
|---|----------|------------------------------|
| 1 | PrefHome | "Prefers to come home",      |
| 2 | NLike    | "Doesn't like school meals", |
| 3 | PackedL  | "Prefers packed lunch",      |

- 4 Diet "Dietary reasons",
- 5 Cultural "Cultural/religious reasons" ,
- 6 PeerP "Peer pressure/stigma",
- 7 Other

**IF (SchSub = PreSch) THEN**

**PrScOf**

On average, how many times per week do you (does (child's name)) have free school meals before school?

:1..5

**IF (SchSub = PostSch) THEN**

**PoScOf**

On average, how many times per week do you (does (child's name)) have free school meals after school?

:1..5

## EATING OUT AND OTHER PROVISION

**IF (respondent is aged 65+) THEN**

**HeClub**

Have you ever used the following services...

INTERVIEWER: READ OUT AND CODE ALL THAT APPLY...

- |   |       |                    |
|---|-------|--------------------|
| 1 | LClub | "Lunch club?"      |
| 2 | DCare | "Day care centre?" |
| 3 | MoW   | "Meals on wheels?" |
| 4 | None  | "None of these"    |

**IF (Age 65+ and HeClub = LClub) THEN**

**HeLC**

SHOW CARD L

How often do you attend a lunch club?

- |   |       |  |
|---|-------|--|
| 1 | Every | "Every day or nearly every day"                |
| 2 | TwoW  | "Two or three times a week"                    |
| 3 | OnceW | "Once a week"                                  |
| 4 | TwoM  | "Two or three times a month"                   |
| 5 | OnceM | "Once a month or less"                         |
| 6 | Never | "Do not currently use – SPONTANEOUS CODE ONLY" |

**IF (Age 65+ and HeClub = DCare) THEN**

**HeDCC**

SHOW CARD L

How often do you attend a day care centre?

- |   |       |  |
|---|-------|--|
| 1 | Every | "Every day or nearly every day"                |
| 2 | TwoW  | "Two or three times a week"                    |
| 3 | OnceW | "Once a week"                                  |
| 4 | TwoM  | "Two or three times a month"                   |
| 5 | OnceM | "Once a month or less"                         |
| 6 | Never | "Do not currently use – SPONTANEOUS CODE ONLY" |

**IF (Age 65+ and HeClub = MoW) THEN**

**HeMW**

SHOW CARD L

How often do you eat a meal provided by Meals on Wheels?

- |   |       |  |
|---|-------|--|
| 1 | Every | "Every day or nearly every day"                |
| 2 | TwoW  | "Two or three times a week"                    |
| 3 | OnceW | "Once a week"                                  |
| 4 | TwoM  | "Two or three times a month"                   |
| 5 | OnceM | "Once a month or less"                         |
| 6 | Never | "Do not currently use – SPONTANEOUS CODE ONLY" |

**IF (HeMW = Every) THEN**

**MWHow**

How do you receive your meals on wheels?

- |   |        |  |
|---|--------|--|
| 1 | Hot    | "As a hot meal delivered on the day"           |
| 2 | Frozen | "As frozen meals delivered weekly/fortnightly" |

**ASK ALL**

**MealOut**

**SHOW CARD M**

On average, how often do you / does (child's name) eat meals out in a restaurant or cafe?

INTERVIEWER: 'MEALS' MEANS MORE THAN A BEVERAGE OR BAG OF CHIPS

- |   |         |                            |
|---|---------|----------------------------|
| 1 | Five    | "5 or more times per week" |
| 2 | ThrFour | "3-4 times per week"       |
| 3 | OneTwoW | "1-2 times per week"       |
| 4 | OneTwoM | "1-2 times per month"      |
| 5 | Rarely  | "Rarely or never"          |

**TAMeal**

**SHOW CARD M**

On average, how often do you / does (child's name) eat takeaway meals at home?

INTERVIEWER: 'MEALS' MEANS MORE THAN A BEVERAGE OR BAG OF CHIPS.

INCLUDE PIZZA, FISH AND CHIPS, INDIAN, CHINESE, BURGERS, KEBAB ETC.

INTERVIEWER: THIS QUESTION IS ABOUT TAKE AWAY MEALS IN THE RESPONDENT'S HOME ONLY.

- |   |         |                            |
|---|---------|----------------------------|
| 1 | Five    | "5 or more times per week" |
| 2 | ThrFour | "3-4 times per week"       |
| 3 | OneTwoW | "1-2 times per week"       |
| 1 | OneTwoM | "1-2 times per month"      |
| 2 | Rarely  | "Rarely or never"          |

**IF (respondent is aged 16+ and (WrkStat = Working) OR (PTWork = Yes) THEN Canteen**

Does your place of work have a staff canteen?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (Canteen = Yes) THEN**

**CantSub**

Do you know if the canteen food is subsidised in any way? By subsidised I mean that your employer meets some of the cost of providing the food.

- |   |        |                          |
|---|--------|--------------------------|
| 1 | Sub    | "Yes it is subsidised"   |
| 2 | NotSub | "No it isn't subsidised" |
| 3 | DontNo | "Don't know"             |

**IF (respondent is working) THEN**

**LunchWk**

What do you usually do about meals (e.g. lunch) when you are at work?

INTERVIEWER: INCLUDE HOT MEALS, SANDWICHES AND SALADS. DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.

INTERVIEWER: THIS QUESTION IS STILL RELEVANT EVEN IF RESPONDENT WORKS NIGHT SHIFTS. WE WANT TO KNOW ABOUT ANYTHING THEY EAT, REGARDLESS OF WHETHER IT IS BREAKFAST, LUNCH OR DINNER.

- |   |          |                                   |
|---|----------|-----------------------------------|
| 1 | Canteen  | "Eat at the staff canteen"        |
| 2 | PackedL  | "Take a packed lunch (from home)" |
| 3 | ShopCafe | "Buy lunch from a shop/café"      |
| 4 | Other    |                                   |
| 5 | NoLunch  | "Do not have lunch"               |

## EATING HABITS

**ASK ALL (WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT / GUARDIAN)**

**YrIntr**

The next few questions are about your (child's name)'s eating habits over the last year.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**OilFish**

SHOW CARD N

Other than tinned tuna, in the last 12 months how often have you (has (child name)) eaten **tinned oily fish**, such as salmon, sardines, mackerel, kippers, herrings, pilchards, anchovies? Please **do not** include tinned tuna.

INTERVIEWER: TINNED TUNA DOES NOT COUNT AS OILY FISH BECAUSE THE CANNING PROCESS REDUCES THE OMEGA-3 FATTY ACID CONTENT.

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "Never"                       |
| 2 | OneMth | "Less than once per month"    |
| 3 | OneDM  | "On 1-3 days per month"       |
| 4 | OneDW  | "On 1-2 days per week"        |
| 5 | ThrDW  | "On 3-4 days per week"        |
| 6 | FivDW  | "On 5-6 days per week"        |
| 7 | Daily  | "Every day in the last month" |

**ASK ALL**

**FrOFsh**

In the last 12 months how often have you (has (child's name)) eaten **fresh or frozen Oily fish** (e.g. salmon, sardines, mackerel, kippers, anchovies, pilchards, trout or tuna)?

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "Never"                       |
| 2 | OneMth | "Less than once per month"    |
| 3 | OneDM  | "On 1-3 days per month"       |
| 4 | OneDW  | "On 1-2 days per week"        |
| 5 | ThrDW  | "On 3-4 days per week"        |
| 6 | FivDW  | "On 5-6 days per week"        |
| 7 | Daily  | "Every day in the last month" |

**ASK ALL**

**ShFish**

SHOW CARD N

In the last 12 months how often have you (has (child's name)) eaten **Shellfish** (e.g. prawns, shrimps, crab)?

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "Never"                       |
| 2 | OneMth | "Less than once per month"    |
| 3 | OneDM  | "On 1-3 days per month"       |
| 4 | OneDW  | "On 1-2 day per week"         |
| 5 | ThrDW  | "On 3-4 days per week"        |
| 6 | FivDW  | "On 5-6 days per week"        |
| 7 | Daily  | "Every day in the last month" |

**ASK ALL**

**Offal**

SHOW CARD N

In the last 12 months how often have you (has (child's name)) eaten **Offal (e.g. liver, kidney)**?

INTERVIEWER: INCLUDE FAGGOTS, STEAK AND KIDNEY PIE AND OTHER DISHES CONTAINING OFFAL.

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "Never"                       |
| 2 | OneMth | "Less than once per month"    |
| 3 | OneDM  | "On 1-3 days per month"       |
| 4 | OneDW  | "On 1-2 day per week"         |
| 5 | ThrDW  | "On 3-4 days per week"        |
| 6 | FivDW  | "On 5-6 days per week"        |
| 7 | Daily  | "Every day in the last month" |

**ASK ALL**

**RarEatX**

SHOW CARD O

In the last 12 months have you (has (child's name)) eaten any of the foods on this card?

INTERVIEWER: DO NOT INCLUDE NUTS IN CODE 2 (SEEDS)

- |    |          |   |
|----|----------|---|
| 0  | None     | "None of these"   |
| 1  | Sprats   | "Sprats"  |
| 2  | Seeds    | "Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))" |
| 3  | Cassava  | "Cassava chips/crisps"  |
| 4  | Seaweed  | "Seaweed (includes hijiki, wakame)"   |
| 5  | Sushi    | "Sushi (including purchased sushi)"   |
| 6  | Kabanos  | "Kabanos (smoked sausage)"  |
| 7  | FrPap    | "Papaya (include fresh and canned)"   |
| 8  | DrPap    | "Dried papaya"  |
| 9  | FrMango  | "Mango (include fresh and canned)"  |
| 10 | DrMango  | "Dried mango"   |
| 11 | Kiwi     | "Kiwi Fruit"  |
| 12 | Game     | "Game (includes venison, rabbit, pheasant, partridge, wood pigeon, hare or wild boar"                     |
| 13 | NCowMilk | "Non cow's milk (includes rice milk, soya milk, sheep's milk or goat's milk)"                             |
| 16 | FishEggs | "Fish eggs, for example caviar, cod's roe"  |

*(Ask for each response at RareEat)*

**RarOfit**

SHOW CARD P

How often have you (has (child's name)) eaten (food from RarEat)?

- |   |        |                              |
|---|--------|------------------------------|
| 1 | OneMth | "Less than once per month"   |
| 2 | OneDM  | "On 1-3 days per month"      |
| 3 | OneDW  | "On 1-2 days per week"       |
| 4 | ThrDW  | "On 3 or more days per week" |

**FOOD ALLERGIES/AVOIDANCE**

**AvIntr**

INTERVIEWER: QUESTIONS ABOUT **FOOD ALLERGIES/AVOIDANCES**

PRESS <ENTER> TO CONTINUE

- |   |          |
|---|----------|
| 1 | continue |
|---|----------|

**ASK ALL (WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT / GUARDIAN)**

**Appet**

How would you describe your / (child's name)'s appetite? Do you/does he/she have...

INTERVIEWER: RUNNING PROMPT...

- |   |         |  |
|---|---------|--|
| 1 | Good    | "...a good appetite"                               |
| 2 | Average | "an average appetite or"                           |
| 3 | Poor    | "a poor appetite for someone of your/his/her age?" |

**AvoidYN**

Are there any types of foods that you (child's name) never eat(s)?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (AvoidYN = Yes) THEN****Avoid**

SHOW CARD Q

Can you tell me what types of foods you (child's name) never eat(s)?

INTERVIEWER: CODE ALL THAT APPLY.

- |    |         |   |
|----|---------|---|
| 1  | Meat    | "Meat or meat products (not including poultry)"                   |
| 2  | Poultry | "Chicken or other poultry and dishes containing them"             |
| 3  | Fish    | "Fish or seafood and fish and seafood dishes"                     |
| 4  | Eggs    | "Eggs"  |
| 5  | Milk    | "Milk (including yoghurt)"  |
| 6  | Cheese  | "Cheese"  |
| 7  | Salad   | "Salad vegetables (e.g. lettuce, cucumber, tomato)"               |
| 8  | Green   | "Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)" |
| 9  | RootV   | "Root vegetables (e.g. carrots, parsnips)"                        |
| 10 | Fruit   | "Fresh fruit"   |
| 11 | Nuts    | "Nuts"  |
| 12 | Offal   | "Offal"   |
| 13 | Other   | "Other"   |

**ASK ALL****Diet**

Are you (is (child's name)) on any special diet at the moment?

INTERVIEWER: A 'SPECIAL' DIET IS WHATEVER THE RESPONDENT CONSIDERS A SPECIAL DIET TO BE.

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (Diet = Yes) THEN****DietT**

What type of diet are you (is (child's name)) on?

INTERVIEWER: DO NOT PROMPT.

CODE ALL THAT APPLY.

- |   |         |                                   |
|---|---------|-----------------------------------|
| 1 | Diab    | "Diabetic diet"                   |
| 2 | Loss    | "Weight reducing diet"            |
| 3 | Gain    | "Weight gaining diet"             |
| 4 | LowFt   | "Low fat diet"                    |
| 5 | CholLow | "Cholesterol lowering diet"       |
| 6 | LowAll  | "Low allergy diet, Additive free" |
| 7 | OthMed  | "Other medical diet"              |
| 8 | Kosher  | "Kosher or halal diet"            |
| 9 | Other   | "Other"                           |

**IF (Diet = Yes) THEN****DrDiet**



Was this diet recommended or prescribed to you (child's name) by a doctor, nurse, dietician or other medical practitioner?

INTERVIEWER: IF ANY PART OF DIET PRESCRIBED, CODE YES.

- 1 Yes
- 2 No

**IF (Diet = Yes) THEN**

**DietEase**

Do you (Does (child's name)) find this diet easy to follow?

INTERVIEWER: MEANS THE WHOLE REGIMEN, EVEN IF YOU HAVE CODED MORE THAN ONE TYPE OF DIET.

- 1 Yes
- 2 No

**IF (DietEase = No) THEN**

**DietHow**

Why do you (does (child's name)) not find the diet easy to follow?

: STRING [30]

**ASK ALL**

**Veg**

Can I just check, would you describe yourself (child's name) as vegetarian or vegan?

- 1 Veggie "Vegetarian"
- 2 Vegan "Vegan"
- 3 Neither "Neither"

**IF (Veg = Veggie) THEN**

**VegeChk**

Can I just check, do you (does (child's name)) eat any meat, fish, poultry or dishes that contain these?

- 1 Yes
- 2 No

**IF (Veg = Vegan) THEN**

**VeganChk**

Can I just check, do you (does (child's name)) eat any foods of animal origin. That is meat, fish, poultry, milk, milk products, eggs or any dishes that contain these?

- 1 Yes
- 2 No

**IF (respondent is aged < 16) THEN**

**Fuss**

How would you describe the variety of foods that you (child's name) generally eat(s)?

Do you /Does he/she ...RUNNING PROMPT...

- 1 Most "...eat most things,"
- 2 Reason "...eat a reasonable variety of things"
- 3 Limit "...or do you (does (child's name)) only eat a limited number of different foods?"

**ASK ALL**

**WashIntr**

The next few questions are about fruit and vegetables. We are interested in whether you (child's name) eat(s) them with the skins left on.

PRESS <ENTER> TO CONTINUE

- 1 continue

### WshNPot

Firstly, do you (does (child's name)) eat **new potatoes** with the skins on?

INTERVIEWER: IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES.

- 1 Always "Yes, ALWAYS eat the skin/peel"
- 2 Usual "Yes, USUALLY eat the skin/peel"
- 3 STimes "Yes, SOMETIMES eat the skin/peel"
- 4 Never "No, NEVER eat the skin/peel"
- 5 NoEat "Don't eat this type of fruit/veg at all"

### WshPot

(And do you (does (child's name)) eat)

...**other potatoes** (cooked in any way, with the skins on?)

INTERVIEWER: IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES.

- 1 Always "Yes, ALWAYS eat the skin/peel"
- 2 Usual "Yes, USUALLY eat the skin/peel"
- 3 STimes "Yes, SOMETIMES eat the skin/peel"
- 4 Never "No, NEVER eat the skin/peel"
- 5 NoEat "Don't eat this type of fruit/veg at all"

### ASK ALL

#### Peel

SHOW CARD R

Do you (Does (child's name)) ever eat the peel or skin (outer layer) of the following fruits?

INTERVIEWER: **INCLUDES** EATING THE WHOLE FRUIT INCLUDING THE PEEL OR BLENDING THE PEEL/SKIN TO MAKE A SMOOTHIE.

**EXCLUDES** EATING PEEL/SKIN IN FRUIT CAKES, MARMALADE, CHUTNEYS ETC.

- 0 None "None of these"
- 1 Orange "Orange"
- 2 Lemon "Lemon"
- 3 Kiwi "Kiwi fruit"
- 4 Grapef "Grapefruit"
- 5 Mango "Mango"
- 6 Banana "Banana"
- 7 Lime "Lime"
- 8 Papple "Pineapple"
- 9 SoftCit "Soft citrus fruit (satsumas/ mandarins/ clementines)"
- 10 Melon "Melon"

*(Ask for each response at Peel)*

#### PeelOff

SHOW CARD S

How often do you (does (child's name)) eat the peel or skin of (fruit from Peel)?"

- 1 Daily "Every day/most days"
- 2 Week1 "Once or twice a week"
- 3 Month1 "Once or twice a month"
- 4 Less "Less than once a month"

*(Ask for each response at Peel)*

#### PeelAmt

SHOW CARD T

When you (child's name) eat(s) the peel or skin of (fruit from Peel), how much of it do you (does (child's name)) usually eat?

- 1 All "All of the peel or skin"
- 2 Most "Most of the peel or skin"
- 3 Half "Around half of the peel or skin"
- 4 Quart "Around a quarter of the peel or skin"

5 Less "Less than a quarter of the peel or skin"

### **EatPeel**

SHOW CARD R

Do you (Does (child's name)) eat the peel or skin of any of the fruits listed on this card in...

INTERVIEWER: CODE ALL THAT APPLY

- |   |       |  |
|---|-------|--|
| 1 | Marm  | "... marmalade, jams or chutneys?"                                 |
| 2 | Cake  | "... cakes, biscuits etc?"   |
| 3 | HMade | "... home made food/drink e.g. purees, soups, blended drinks etc?" |
| 4 | None  | "SPONTANEOUS ONLY - None of these"                                 |

### **WashFru**

If you (child's name) eat(s) your/his/her fruit with the skin or peel on do/does you/child's name wash it before eating/cooking?

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Always | "Yes, ALWAYS wash"            |
| 2 | Usual  | "Yes, USUALLY wash"           |
| 3 | STimes | "Yes, SOMETIMES wash"         |
| 4 | Never  | "No, NEVER wash"              |
| 5 | NoEat  | "Do not eat with peel on/raw" |

### **WashVeg**

If you (child's name) eat(s) raw vegetables, (e.g. tomatoes, carrots, cucumbers) do/does you/he/she wash them before eating?

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Always | "Yes, ALWAYS wash"            |
| 2 | Usual  | "Yes, USUALLY wash"           |
| 3 | STimes | "Yes, SOMETIMES wash"         |
| 4 | Never  | "No, NEVER wash"              |
| 5 | NoEat  | "Do not eat with peel on/raw" |

## GENERAL HEALTH

### HealIntr

I'd now like to ask you some questions about your (child's) general health.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 Continue

### GenHelf

How is your (child's) health in general?

Would you say it was...READ OUT...

1 Vergood "...very good"

2 Good "good"

3 Fair "fair"

4 Bad "bad, or"

5 Verbad "very bad?"

### Heal

Do you (Does your child) have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you (him/her) over a period of time, or that is likely to affect you (him/her) over a period of time?

1 Yes

2 No

### IF (Heal = Yes) THEN

#### HealT

What is the matter with you (child's name)?

: STRING [80]

### IF (Heal = Yes) THEN

#### Limit

Does this illness or disability (Do these illnesses or disabilities) limit your (child's name) activities in any way?

1 Yes

2 No

### IF (Limit = Yes) AND (Age >= 16) THEN

#### LimitShp

Does this illness or disability (Do these illnesses or disabilities) limit you or prevent you from shopping?

1 Limits "Limits"

2 Prevents "Prevents"

3 Neither "Illness does not limit/prevent from shopping"

### IF (LimitShp = Limits OR Prevents) AND (Age >= 16) THEN

#### LShpHow

Can you tell me how you are limited/prevented from shopping?

INTERVIEWER: CODE ALL THAT APPLY

1 DiffWalk "Difficulties with walking"

2 Sight "Problems with sight"

3 NCarry "Cannot carry (heavy) shopping"

4 Tire "Gets tired easily"

5 Other "Other difficulties"

**IF (Limit = Yes) AND (Age >= 16) THEN**

**LimiPrep**

Does this illness or disability (Do these illnesses or disabilities) limit you or prevent you from preparing food?

- 1 Limits "Limits"
- 2 Prevents "Prevents"
- 3 Neither "Illness does not limit/prevent from preparing food"

**IF (LimiPrep = Limits OR Prevents) AND (Age >= 16) THEN**

**LPrepHow**

Can you tell me how you are limited/prevented from preparing food?

INTERVIEWER: CODE ALL THAT APPLY

- 1 DiffHand "Difficulties with hands (eg. chopping, peeling, lifting)"
- 2 DiffWalk "Difficulties with walking"
- 3 DifStand "Difficulties with standing"
- 4 Sight "Problems with sight"
- 5 IllHlth "Chronic ill-health (e.g. MS, depression)"
- 6 Tire "Gets tired easily"
- 7 Other "Other difficulties"

**ASK ALL**

**CutDown**

Now I'd like you to think about the two weeks ending yesterday. During those two weeks, did you (child's name) have to cut down on any of the things you usually do (he/she usually does) about the house, (or at work/college) or in your (his/her) free time because of (a condition you have just told me about or any other) illness or injury?

- 1 Yes
- 2 No

**IF (CutDown = Yes) THEN**

**NDayCutD**

How many days was this in all during these last two weeks, including Saturdays and Sundays?

: 1..14

**CutMatt**

What was the matter with you (child's name)?

: STRING [80]

# ORAL HEALTH

## FOR RESPONDENTS AGED 16 AND OVER

### OralIntr

INTERVIEWER: YOU ARE ABOUT TO ENTER THE ORAL/DENTAL HEALTH SECTION.  
The next questions are about your oral and dental health.  
INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 Continue

### ASK ALL

#### AnyOwn

INTERVIEWER: ASK OR RECORD

Do you have any of your own, natural, teeth?

- 1 Yes
- 2 No

### ASK ALL

#### DentUse

Do you use a denture at all?

- 1 Yes
- 2 No

### Chew

SHOW CARD U

In general, how well are you able to CHEW food that you eat nowadays? Please take your answer from the card.

- 1 NoDiff "No difficulty"
- 2 LitDiff "A little difficulty"
- 3 FairDiff "A fair amount of difficulty"
- 4 GreDiff "A great amount of difficulty"

### IF (Respondent is aged 45 or over OR wears dentures) THEN

#### CardL

SHOW CARD V

Now I will read out a list of food items. Please tell me how well you could eat each one, taking your answer from the card.

It doesn't matter whether or not you like the types of food or ever choose to eat it nowadays.

We are interested in how well you could eat it if you wanted to.

INTERVIEWER: 'EAT' MEANS BITE, CHEW AND SWALLOW.

THIS IS **NOT** ASKING HOW WELL PEOPLE CAN DIGEST THESE FOODS.

PRESS <ENTER> TO CONTINUE

1 Continue

### SliceB

SHOW CARD V

How well could you eat **sliced bread**?

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### CrustyB

SHOW CARD V

(And how well could you eat)... **crusty bread?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Cheese**

SHOW CARD V

(And how well could you eat)...**cheese?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Tomat**

SHOW CARD V

(And how well could you eat)...**tomatoes?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Carrot**

SHOW CARD V

(And how well could you eat)...**raw carrots?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Greens**

SHOW CARD V

(And how well could you eat)...**cooked green vegetables?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Lettuce**

SHOW CARD V

(And how well could you eat)...**lettuce?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Meats**

SHOW CARD V

(And how well could you eat)... **sliced cooked meats?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Steak**

SHOW CARD V

(And how well could you eat)...**well-done steaks?**

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

### **Apples**

SHOW CARD V

(And how well could you eat)...**apples**?

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

**Orange**

SHOW CARD V

(And how well could you eat)...**oranges**?

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

**Nuts**

SHOW CARD V

(And how well could you eat)...**nuts**?

- 1 EatEas "Could eat easily"
- 2 EatDif "Could eat with some difficulty"
- 3 NotEat "Could not eat at all"

**IF (Respondent is aged 45 or over OR wears dentures) AND (Any of (SliceB..Nuts = NotEat) THEN**

**Eatfod**

Can you only eat soft or mashed foods or can you eat other foods as well?

- 1 Soft "Only soft or mashed foods"
- 2 Other "Other foods as well"
- 3 Liquid "Can only take liquids/cannot eat even soft or mashed foods"



## **SELF-COMPLETIONS**

### **FOR RESPONDENTS AGED 8-24**

#### **IF (Age = 18-24) THEN**

##### **DrinIntr**

INTERVIEWER: SMOKING AND DRINKING SELF-COMPLETION BOOKLET.

The next set of questions are about smoking cigarettes and drinking alcohol. We can either continue using the laptop to answer the questions, or you can fill in your answers in this booklet. Which would you prefer to do?

IS THE YOUNG PERSON TO CONTINUE WITH QUESTIONS IN CAPI OR ARE THEY TO BE GIVEN A BOOKLET (PEACH COVER)?

- 1        Asked            "Continue with questions in CAPI"
- 2        Given    "Given self completion booklet"

#### **IF (Age = 11-24) THEN**

##### **SCIntro**

INTERVIEWER: Prepare self completion booklet for ages (8-12: GREEN cover) / (13-15: PALE BLUE cover) / (16-24: PEACH cover) by entering serial numbers.

Check that you have the correct person number.

Name.....Point..Address..Check letter..Person number

- 1        Continue

#### **IF (Age = 8-10) THEN**

##### **SCIntCh**

Here is a little booklet which I would like to ask (child's name) to complete for him/herself. It asks children if they have ever tried cigarettes or alcohol. May I explain it to you/him/her?

INTERVIEWER: If asked, show GREEN booklet to (child's name).

If agrees, prepare GREEN booklet.

Name.....Point..Address..Check letter..Person number

INTERVIEWER: Explain to child how to complete and show example in booklet.

- 1        Continue

##### **SComp2**

I would now like you to answer some questions by completing this booklet on your own. The questions cover smoking and drinking.

INTERVIEWER: Explain how to complete booklet and show example in booklet.

- 1        Continue

##### **IntDemog**

INTERVIEWER: Wait until (respondent's name) has completed the self-completion booklet, then thank them for completing it and ask them to return it to you.

- 1        Continue

## SMOKING

### FOR RESPONDENTS AGED 18 AND OVER

**IF (no self completion AND Age = 16-24) OR (Age = 25+) THEN**

**SmokIntr**

INTERVIEWER: YOU ARE ENTERING THE SMOKING SECTION

This next section is about smoking.

1 Continue

**SmokEver**

Have you ever smoked a cigarette, cigar, pipe or anything with tobacco in it?

1 Yes

2 No

**IF (SmokEver = Yes) THEN**

**CigEver**

Have you ever smoked a cigarette?

1 Yes

2 No

**IF (CigEver = Yes) THEN**

**CigAge**

How old were you when you first tried smoking a cigarette, even if it was only a puff or two?

: 3..97

**IF (CigEver = Yes) THEN**

**SmokNow**

Do you smoke cigarettes at all nowadays?

1 Yes

2 No

**IF (SmokNow = Yes) THEN**

**CigWDay**

About how many cigarettes **a day** do you usually smoke on a weekday, that is Monday to Friday?

INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0.

IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT.

IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97.

: 0..97

**IF (SmokNow = Yes) THEN**

**CigWEnd**

About how many cigarettes **a day** do you usually smoke at the weekend, that is Saturday and Sunday?

INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0.

IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT.

IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97.

: 0..97

**IF (SmokNow = Yes) THEN**

**CigType**

Do you mainly smoke filter-tipped cigarettes, plain or untipped cigarettes, or hand-rolled cigarettes?

- |   |        |                                |
|---|--------|--------------------------------|
| 1 | Tipped | "Filter-tipped cigarettes"     |
| 2 | Plain  | "Plain or untipped cigarettes" |
| 3 | Rolled | "Hand-rolled cigarettes"       |

**IF (SmokNow = No) THEN****CigReg**

Have you ever smoked cigarettes regularly?

INTERVIEWER: ...READ OUT...

- |   |       |  |
|---|-------|--|
| 1 | Reg   | "Yes, regularly, that is at least one cigarette a day"                 |
| 2 | Occ   | "No, only occasionally"  |
| 3 | Never | "Or no, never really smoked cigarettes, just tried them once or twice" |

**IF (CigReg = Reg) THEN****CigUsed**

About how many cigarettes did you smoke IN A DAY when you smoked them regularly?

INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0.

IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT.

IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97.

: 0..97

**IF (CigReg = Reg) THEN****CigStop**

How long ago did you stop smoking cigarettes regularly?

- |   |         |                          |
|---|---------|--------------------------|
| 1 | LessSix | "Less than 6 months ago" |
| 2 | SixMth  | "6 months to 1 year ago" |
| 3 | OneTwo  | "1 to 2 years ago"       |
| 4 | TwoFve  | "2 to 5 years ago"       |
| 5 | FivTen  | "5 to 10 years ago"      |
| 6 | MoreTen | "More than 10 years ago" |

## DRINKING

### FOR RESPONDENTS AGED 18 AND OVER

**IF (no self completion AND Age = 16-24) OR (AgeP = 25+) THEN**

**Drink**

I am now going to ask you a few questions about what you drink - that is if you drink.

Do you ever drink alcohol nowadays, including drinks you brew or make at home?

- 1 Yes
- 2 No

**IF (Drink = No) THEN**

**DrinkAny**

Could I just 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?

- 1 Occ "Very occasionally"
- 2 Never "Never"

**IF (DrinkAny = Never) THEN**

**AlwaysTT**

Have you always been a non-drinker or did you stop drinking for some reason?

- 1 Always "Always a non-drinker"
- 2 Stopped "Used to drink but stopped"

**IF (Drink = Yes) OR (DrinkAny = Occ) THEN**

**DrinAge**

How old were you the first time you ever had a proper alcoholic drink?

: 3..97

**DrinkOft**

SHOW CARD W

Thinking now about all kinds of drinks, how often have you had an alcoholic drink of any kind during the last 12 months?

- 1 AED "Almost every day"
- 2 Five "Five or six days a week"
- 3 Three "Three or four days a week"
- 4 OneWk "Once or twice a week"
- 5 OneMth "Once or twice a month"
- 6 CupMth "Once every couple of months"
- 7 OneYr "Once or twice a year"
- 8 NotYr "Not at all in the last 12 months"

**IF (DrinkOft AED....OneYr) THEN**

**DrinkL7**

Did you have an alcoholic drink in the last seven days, that is since (date 7 days ago) until yesterday?

- 1 Yes
- 2 No

**IF (DrinkL7 = Yes) THEN**

**DrnkDay**

On how many days out of the last seven did you have an alcoholic drink?  
: 1..7

**IF (DrnkDay = 2...7) THEN**

**DrnkSame**

Did you drink more on one of the days/some days than others, or did you drink about the same on both/each of those?

- 1 Varied "Drank more on one/some day(s) than other(s)"
- 2 Same "Same each day"

**IF (DrinkL7 = Yes) THEN**

**WhichDay**

Which day (last week) did you last have an alcoholic drink (have the **most** to drink)?

- 1 Sunday "Sunday"
- 2 Monday "Monday"
- 3 Tuesday "Tuesday"
- 4 Wednesday "Wednesday"
- 5 Thursday "Thursday"
- 6 Friday "Friday"
- 7 Saturday "Saturday"

**IF (DrinkL7 = Yes) THEN**

**DrnkType**

SHOW CARD X

Thinking about last (day from WhichDay), what types of drink did you have that day?

CODE ALL THAT APPLY.

- 1 NBeer "Normal strength beer/lager/cider/shandy"
- 2 SBeer "Strong beer/lager/cider"
- 3 Spirits "Spirits or liqueurs"
- 4 Sherry "Sherry or martini"
- 5 Wine "Wine"
- 6 Pops "Alcopops/pre-mixed alcoholic drink"
- 7 Other "Other alcoholic drinks"
- 8 Low "Low alcohol drinks only"

**IF (DrnkType = NBeer) THEN**

**NBrL7**

Still thinking about last (day from WhichDay), how much **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?

INTERVIEWER: Code measures that you are going to use.

- 1 HPints "Half pints"
- 2 SmCans "Small cans"
- 3 LgCans "Large cans"
- 4 Bottles "Bottles"

**IF (DrnkType = NBeer) THEN**

**NBrL7Q**

ASK OR CODE: How many (answer from NBrL7) of **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?

: ARRAY [1..4] OF 1..97

**IF (DrnkType = NBeer) THEN**

**NBotL7**

ASK OR CODE: What make of **normal strength beer, lager, stout or cider** did you drink from bottles on that day?

INTERVIEWER: If respondent drank different makes code which they drank most.  
: STRING [21]

**IF (DrnkType = SBeer) THEN**

**SBrL7**

Still thinking about last (day from WhichDay), how much **strong beer, lager, stout or cider** did you drink that day?

INTERVIEWER: Code measures that you are going to use.

- |   |         |              |
|---|---------|--------------|
| 1 | HPints  | "Half pints" |
| 2 | SmCans  | "Small cans" |
| 3 | LgCans  | "Large cans" |
| 4 | Bottles | "Bottles"    |

**IF (DrnkType = SBeer) THEN**

**SBotL7**

ASK OR CODE: What make of **strong beer, lager, stout or cider** did you drink from bottles on that day?

INTERVIEWER: If respondent drank different makes code which they drank most.

: STRING [21]

**IF (DrnkType = Spirits) THEN**

**SpirL7**

Still thinking about last (day from WhichDay), how much spirits or liqueurs (such as gin, whisky, brandy, rum, vodka, advocaat or cocktails) did you drink on that day?

INTERVIEWER: Code the number of singles - count doubles as two singles.

: 1..97

**IF (DrnkType = Sherry) THEN**

**ShryL7**

Still thinking about last (day from WhichDay), how much sherry or martini, including port, vermouth, Cinzano and Dubonnet did you drink on that day?

INTERVIEWER: Code the number of glasses.

: 1..97

**IF (DrnkType = Wine) THEN**

**WineL7**

Still thinking about last (day from WhichDay), how much wine, including Babycham and champagne, did you drink on that day?

INTERVIEWER Code the measure the respondent used.

Please note that respondent may give answer in bottles and glasses.

Please code the relevant option.

- |   |         |  |
|---|---------|--|
| 1 | Bottle  | "Bottle or parts of bottle"                    |
| 2 | Glasses | "Glasses"                                      |
| 3 | Both    | "Both bottles or parts of bottle, and glasses" |

**IF (DrnkType = Wine) THEN**

**WL7Bt**

INTERVIEWER: Code the number of 125ml glasses drunk **from the bottle** by the respondent.

E.g. If they drank half a bottle, code 3 glasses.

- |            |   |              |
|------------|---|--------------|
| 1 bottl    | = | 6 glasses.   |
| 1/2 bottle | = | 3 glasses.   |
| 1/3 bottle | = | 2 glasses.   |
| 1/4 bottle | = | 1.5 glasses. |
| 1 litre    | = | 8 glasses.   |

1/2 litre = 4 glasses.  
1/3 litre = 2.5 glasses.  
1/4 litre = 2 glasses.

If respondent has answered in bottles or litres, convert to glasses using the information provided on the screen.

For example, if a respondent said they shared a bottle with one other person and they shared it equally, code 3 glasses.

: 1.0..97.9

**IF (DrnkType = Wine) THEN**

**WL7GI**

INTERVIEWER: Code the number of glasses (**drunk as glasses**).

: 1.0..97.9

**IF (DrnkType = Wine) THEN**

**WL7Giz**

Were you drinking from a large, standard, or small glass?

INTERVIEWER: If respondent drank from two or three different size glasses, please code all that apply.

Please note that if respondent was drinking in a pub or wine bar and had a small glass, this would usually be 175ml.

1	Large	"Large glass (250ml)"
2	Standard	"Standard glass (175ml)"
3	Small	"Small glass (125ml)"

**IF (WL7Giz=1) THEN**

**MI250Giz**

How many large glasses (250ml) did you drink?

: 1.0..97.9

**IF (WL7Giz=2) THEN**

**MI175Giz**

How many standard glasses (175ml) did you drink?

: 1.0..97.9

**IF (WL7Giz=3) THEN**

**MI125Giz**

How many small glasses (125ml) did you drink?

: 1.0..97.9

**IF (DrnkType = Pops) THEN**

**PopsL7**

Still thinking about last (day from WhichDay), how much **alcoholic soft drink** ('alcopop') did you drink on that day?

INTERVIEWER: Code measures that you are going to use.

1	SmCans	"Small cans"
2	Bottles	"Bottles"

**IF (DrnkType = Pops) THEN**

**PopsL7Q**

ASK OR CODE: How many (answer from PopsL7) of **alcoholic soft drink** ('alcopop') did you drink on that day?

: ARRAY [1..2] OF 1..97

**IF (DrnkType = other) THEN**

**OthL7TA**

Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?

INTERVIEWER: Code first mentioned only.

: STRING [30]

**IF (DrnkType = other) THEN**

**OthL7QA**

How much (answer from OthL7TA) did you drink on that day?

INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.

: STRING [30]

**IF (DrnkType = other) THEN**

**OthL7B**

Did you drink any other type of alcoholic drink on that day?

1 Yes

2 No

**IF (DrnkType = other) THEN**

**OthL7TB**

Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?

INTERVIEWER: Code first mentioned only.

: STRING [30]

**IF (DrnkType = other) THEN**

**OthL7QB**

How much (answer from OthL7TB) did you drink on that day?

INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.

: STRING [30]

**IF (DrnkType = other) THEN**

**OthL7C**

Did you drink any other type of alcoholic drink on that day?

1 Yes

2 No

**IF (DrnkType = other) THEN**

**OthL7TC**

Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?

INTERVIEWER: Code first mentioned only.

: STRING [30]

**IF (DrnkType = other) THEN**

**OthL7QC**

How much (answer from OthL7TC) did you drink on that day?

INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.

: STRING [30]

**IF (current age is 5 or more years greater than age first had alcoholic drink) THEN  
DrAmount**



Compared to five years ago, would you say that on the whole you drink more, about the same or less nowadays?

- |   |      |                  |
|---|------|------------------|
| 1 | More | "More nowadays"  |
| 2 | Same | "About the same" |
| 3 | Less | "Less nowadays"  |

## **ACTIGRAPH PLACEMENT**

### **FOR RESPONDENTS AGED 4-15**

**IF (Age = 4-15) THEN**

**AGIntro**

As part of this study, we are asking children aged 4 to 15 to wear an activity monitor called an 'Actigraph'. The activity monitor is like a pedometer and records different types of movement.

Before I go into more detail about the Actigraph, I would first like to ask you a few background questions to check whether you / X would be able to take part.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**Abdom**

Has X / Have you recently had abdominal surgery, or does he/she / do you have any health problems which mean that you/he/she could not wear a belt round your/his/her waist?

INTERVIEWER: If necessary, explain that the activity monitor will need to be worn on an elastic belt around the waist.

1 Yes "Had abdominal surgery or health problems"

2 No

**IF (Abdom = No) THEN**

**Latex**

Do you / Does X have an allergy to latex?

1 Yes

2 No

**IF (Latex <> Yes) THEN**

**Bed**

Is X / Are you confined to bed or wheelchair?

1 Yes

2 No

**IF (Abdom = Yes) OR (Latex = Yes) OR (Bed = Yes) THEN**

**NoPart**

Thank the respondent and explain that they will not be able to participate in this part of the survey.

INTERVIEWER: If asked explain that the Actigraph would not be able to record physical activity accurately for this respondent.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**IF (Abdom = No) AND (Latex = No) AND (Bed = No) AND (PAge <= 10) THEN**

**LIntro2**

INTERVIEWER: Give X the Actigraph information leaflet and allow them time to read it and ask you any questions. Make sure you give the child an appropriate leaflet too.

**IF (Abdom = No) AND (Latex = No) AND (Bed = No) AND (PAge >= 11) THEN**

**LIntro2**

INTERVIEWER: Give X and parent/guardian the Actigraph information leaflet and allow them time to read it and ask you any questions.

## **Intro2**

We would like you / X to wear the actigraph for 7 days. As a thank you for participating, you will receive a £10 voucher.

Please read this leaflet, it explains more about what's involved.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

## **AGCons**

Are you willing (for X) to take part in the study?

1 Yes "Agreed to take part and consent given"

2 No "No, not willing to take part"

## **IF (AGCons = Yes) THEN**

### **Place**

I will now help fit the actigraph on you / X so that you/he/she can see how it feels.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

## **IF (AGCons = Yes) THEN**

### **Fit**

INTERVIEWER: Fit the actigraph and suggest to the respondent that it is worn for the remainder of the day to allow you / X to get used to it. Remember to note down the Actigraph serial number on the actigraph record card before you fit the actigraph.

Demonstrate and explain:

- The monitor is worn on the waist using the elastic belt provided.
- Attach the belt snugly around the waist so that the monitor rests on the right side of the body, above the right hip.
- You / X should wear the monitor over a thin layer of clothing.
- Keep the monitor fastened on the belt to reduce the risk of losing it.
- The monitor should be put on X when you/he/she wake(s) up and taken off before you/he/she go(es) to bed on each day.
- Please remove the monitor before you / X shower(s), bathe(s) or go(es) swimming, as if it is wet it may be damaged.
- (If you/he/she forget(s) to take the monitor off before bathing or swimming, you/he/she will not be harmed.)

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

## **IF (AGCons = Yes) THEN**

### **ActFit**

INTERVIEWER: How was the fit of the actigraph against the body?

1 Flat "Snug fit, flat against the body"

2 NFlat "Snug fit, not flat because of body shape"

3 Ref "Not snug fit (respondent refused to wear it tight around the waist)"

4 Other "Other"

## **IF (AGCons = Yes) THEN**

### **ActNo**

INTERVIEWER: Record the serial number of the actigraph, e.g. for ACT9999T, enter 9999T.

: STRING [5]

## **IF (AGCons = Yes) THEN**

### **ActSDate**

Suggested start of actigraph wear (day after interview).

: DATATYPE

**IF (AGCons = Yes) THEN**

**ActEDate**

Suggested end of actigraph wear (interview + 7 days).

: DATETYPE

**IF (AGCons = Yes) THEN**

**Act7D**

You / X should start wearing the actigraph when you/he/she get(s) up tomorrow morning and wear it every day until you/he/she go(es) to bed on (date in 7 days).

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**IF (AGCons = Yes) THEN**

**SlpWkC**

Over the last seven days, that is since last (date 7 days ago), how long did you / X **usually** sleep for on week nights. That is **Sunday to Thursday** nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'. Examples:

**7:30** - 7 hours and 30 minutes

**0:55** - 55 minutes

**6:5** - 6 hours and 5 minutes

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.

IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEKS ENTER AVERAGE TIME SLEPT DURING THE DAY.

: TIMETYPE

**IF (AGCons = Yes) THEN**

**SlpWkEC**

And over the last seven days, how long did you / X **usually** sleep for on weekend nights. That is Friday and Saturday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'. Examples:

**7:30** - 7 hours and 30 minutes

**0:55** - 55 minutes

**6:5** - 6 hours and 5 minutes

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.

IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEKS ENTER AVERAGE TIME SLEPT DURING THE DAY.

: TIMETYPE

**RecSht**

INTERVIEWER: Give X the violet actigraph record card.

Explain that the record card will remind the respondent when they should start and finish wearing the actigraph.

If X cannot begin wearing the actigraph the next day, then write in the **actual start and finish date** on the record card.

Remind the respondent that if they forget to start wearing the actigraph on the recorded date then they should make a note of this on the actigraph record card.

Serial number:^IndSer

Date of birth: ^PDOB[2]  
Actigraph serial number: ^ActNo  
Date from: ^LDateFrom  
Date to: ^LDateTo"  
INTERVIEWER: PRESS <ENTER> TO CONTINUE  
1 continue

**ActPlcd**

INTERVIEWER: Did you place the actigraph and actigraph record card with X  
1 Yes  
2 No

**IF (ActPlcd = No) THEN**

**WhyActNo**

INTERVIEWER: Please record why the actigraph and actigraph record card were not placed.  
: STRING [60]

**ActInt**

INTERVIEWER ASK X: 'Please start wearing the actigraph when you get up tomorrow morning and wear it every day until you go to bed on (interview + 7 days).  
PLEASE ASK ALL: 'Please could I arrange a convenient time to come back to collect the actigraph and actigraph record card?'  
INTERVIEWER: Ask the actigraph respondent(s) to keep the actigraph and actigraph record card in a safe place until you come to collect it.

**Make an appointment to collect the actigraph.**

INTERVIEWER: PRESS <ENTER> TO CONTINUE  
1 continue

## HEIGHT & WEIGHT MEASUREMENTS

### ALL RESPONDENTS

#### Intro

INTERVIEWER: CODE AS 'Later' IF YOU DO NOT WISH TO DO THE MEASUREMENTS FOR (Respondent's name) NOW.

PREAMBLE: I would now like to measure your / (child's name) height and weight. There is interest in how people's weight, given their height, is associated with their health.

INTERVIEWER: MAKE OUT MRC FOR (Respondent's name), IF MEASUREMENTS WILL BE TAKEN.

1 Continue

#### IF (Female adult aged 16 $\geq$ and $\leq$ 49) THEN

##### PregNowB

MEASUREMENTS FOR (Respondent's name).

May I check, are you pregnant or breastfeeding now?

1 Yes

2 No

#### IF (PregNowB $\leftrightarrow$ Yes) AND (Age $\geq$ 2) THEN

##### RespHts

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: MEASURE HEIGHT AND CODE.

INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO OUT' ETC. AT CODE 2: HEIGHT REFUSED.

1 Meas "Height measured"

2 Ref "Height refused"

3 Attmp "Height attempted, not obtained"

4 NotAt "Height not attempted"

#### IF (RespHts = Meas) THEN

##### Height1

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: ENTER HEIGHT, IN CENTIMETERS.

60.0..244.0

#### IF (RespHts = Meas) THEN

##### Height2

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETERS.

60.0..244.0

#### IF (Difference between Height1 and Height2 = > 0.5cm) THEN

##### Height3

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: THE PREVIOUS HEIGHTS DIFFER BY MORE THAN 0.5 cm. PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETERS.

60.0..244.0

#### IF (RespHts = Meas) THEN

##### Height

MEASUREMENTS FOR (Respondent's name).  
HEIGHT IN CENTIMETERS.  
60.0..244.0

**IF (RespHts = Meas) THEN**

**StadNo**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: PLEASE RECORD THE ASSET NUMBER OF THE **STADIOMETER** USED  
FOR THIS INTERVIEW.  
THE ASSET NUMBER IS USUALLY IN ONE OF THE FOLLOWING FORMS:

CST+digits	e.g. CST123
NS+digits+L	e.g. NS123L
NS+digits+NC	e.g. NS123NC
LST+digits	e.g. LST123
EST+digits	e.g. EST123

STRING[7]

**IF (RespHts = Meas) THEN**

**RelHite**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: CODE ONE ONLY.

1	NoProb	"No problems experienced, reliable height measurement obtained"
2	Rel	"Problems experienced, measurement likely to be: Reliable"
3	UnRel	"Problems experienced, measurement likely to be: Unreliable"

**IF (RelHite = UnRel) THEN**

**HiNRel**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: WHAT CAUSED THE HEIGHT MEASUREMENT TO BE UNRELIABLE?

1	Hair	"Hairstyle or wig"
2	Hat	"Turban or other religious headgear"
3	Stoop	"Respondent stooped"
4	Stretch	"Child respondent refused stretching"
5	Fidget	"Respondent would not stand still"
6	Shoes	"Respondent wore shoes"
7	Other	"Other, please specify"

**IF (HiNRel = Other) THEN**

**OHiNRel**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: PLEASE SPECIFY WHAT CAUSED UNRELIABLE HEIGHT  
MEASUREMENT.  
STRING [60]

**MBookHt**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: CHECK HEIGHT RECORDED ON MEASUREMENT RECORD CARD IF  
WANTED.  
HEIGHT: ^Height cm OR ^Foot feet ^Inch inches.  
1 Continue

**IF (RespHts = Ref) THEN**

**ResNHi**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: GIVE REASONS FOR REFUSAL.

1	NoPoint	"Cannot see point/Height already known/Doctor has measurement"
2	Busy	"Too busy/Taken too long already/No time"
3	TooIll	"Respondent too ill/frail/tired"
4	Intrusiv	"Considered intrusive information"
5	Anxious	"Respondent too anxious/nervous/shy/embarrassed"
6	Refused	"Refused (no other reason given)"
7	Other	

**IF (RespHts = Attmpt OR NotAt]) THEN**

**NoHtBC**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: CODE REASON FOR NOT OBTAINING HEIGHT.

CODE ALL THAT APPLY.

1	Away	"Child: away from home during fieldwork period (specify in a Note)"
2	Unsted	"Respondent is unsteady on feet"
3	CantStan	"Respondent cannot stand upright/too stooped"
4	Chair	"Respondent is chairbound"
5	Bed	"Confined to bed"
6	Shoes	"Respondent unable to remove shoes"
7	NotStl	"Child: subject would not stand still"
8	Ill	"Ill or in pain"
9	NotWrk	"Stadiometer faulty or not available"
10	ASleep	"Child asleep"
11	Other	"Other - specify"

**IF (NoHtBC = Other)THEN**

**NoHitCO**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: Please specify other reason.

STRING[60]

**ASK ALL**

**RespWts**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: MEASURE WEIGHT AND CODE.

INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO OUT' ETC. AT CODE 2: WEIGHT REFUSED.

1	Meas	"Weight obtained"
2	Ref	"Weight refused"
3	Attmpt	"Weight attempted, not obtained"
4	NotAt	"Weight not attempted"

**IF (RespWts = Meas) THEN**

**XWt1**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: RECORD WEIGHT IN KILOGRAMS.

5.0..130.0

**WtAd1**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: ENTER WEIGHT OF ADULT ON HIS/HER OWN AND ENTER WEIGHT IN KILOGRAMS."

: 30.0..130.0, NODK, NORF

**WtChA1**



MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: ENTER WEIGHT OF ADULT HOLDING CHILD AND ENTER WEIGHT IN  
KILOGRAMS.  
30.0..130.0

**Wght**

MEASUREMENTS FOR (Respondent's name).  
Weight in Kilograms. Computed  
0.0..130.0

**IF (RespWts = Meas) THEN**

**FloorC**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER CODE: SCALES PLACED ON?  
1 Uneven "Uneven floor"  
2 Carpet  
3 Neither

**IF (RespWts = Meas) THEN**

**RelWaitB**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: CODE ONE ONLY.  
1 NoProb "No problems experienced, reliable weight measurement obtained"  
2 Rel "Problems experienced, measurement likely to be: Reliable"  
3 UnRel "Problems experienced, measurement likely to be: Unreliable"

**BMI**

MEASUREMENTS FOR (Respondent's name).  
Measured Body Mass Index (BMI).  
5.0..50.0

**MBookWt**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: CHECK WEIGHT RECORDED ON MEASUREMENT RECORD CARD IF  
WANTED.  
Weight: ^Wght kg OR ^Stone stones ^Pound pounds.  
If weight looks wrong, go back to 'XWt1' or 'WtAd1' and reweigh.  
1 Continue

**SciNo**

MEASUREMENTS FOR (Respondent's name).  
INTERVIEWER: PLEASE RECORD THE ASSET NUMBER OF THE **SCALES** USED FOR  
THIS INTERVIEW.  
THE ASSET NUMBER IS USUALLY IN ONE OF THE FOLLOWING FORMS:  
CSC+digits e.g. CSC123  
SC+digits+TA e.g. SC123TA  
SC+digits+TL e.g. SC123TL  
SC+digits+NC e.g. SC123NC  
LSC+digits e.g. LSC123  
ESC+digits e.g. ESC123  
: STRING[7]

**IF (RespWts = Ref) THEN**

**ResNWt**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: GIVE REASONS FOR REFUSAL.

- |   |          |  |
|---|----------|--|
| 1 | NoPoint  | "Cannot see point/Weight already known/Doctor has measurement" |
| 2 | Busy     | "Too busy/Taken long enough already/No time"                   |
| 3 | TooIll   | "Respondent too ill/frail/tired"                               |
| 4 | Intrusiv | "Considered intrusive information"                             |
| 5 | Anxious  | "Respondent too anxious/nervous/shy/embarrassed"               |
| 6 | ChildRef | "Child refused to be held by parent"                           |
| 7 | ParRef   | "Parent refused to hold child"                                 |
| 8 | Refused  | "Refused (no other reason given)"                              |
| 9 | Other    |  |

**IF (RespWts = Attmpt OR NotAt) THEN**

**NoWtBC**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: CODE REASON FOR NOT OBTAINING WEIGHT.

CODE ALL THAT APPLY.

- |    |          |   |
|----|----------|---|
| 1  | Away     | "Child: away from home during fieldwork period (specify in a Note)" |
| 2  | Unsted   | "Respondent is unsteady on feet"                                    |
| 3  | CantStan | "Respondent cannot stand upright"                                   |
| 4  | Chair    | "Respondent is chairbound"  |
| 5  | Bed      | "Confined to bed"   |
| 6  | Shoes    | "Respondent unable to remove shoes"                                 |
| 7  | More130  | "Respondent weighs more than 130kg"                                 |
| 8  | Ill      | "Ill or in pain"  |
| 9  | NotWrk   | "Scales not working"  |
| 10 | NoHold   | "Parent unable to hold child"                                       |
| 11 | Asleep   | "Child asleep"  |
| 12 | Other    | "Other – specify"   |

**IF (NoWtBC = Other) THEN**

**NoWatCO**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: Please specify other reason.

: STRING[60]

**EndOfM**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: YOU HAVE NOW COMPLETED ALL THE MEASUREMENTS FOR (Respondent's name).

- |   |          |
|---|----------|
| 1 | Continue |
|---|----------|

## DIETARY SUPPLEMENTS

### ALL RESPONDENTS

#### Supplnt

I would now like to ask some questions about your/(child's name)'s use of dietary supplements over the last year. A dietary supplement is a product intended to provide additional nutrients or give health benefits and may be taken in liquid, capsule, tablet, pastille or powder forms. What I will ask you is in addition to the information you/(your child) provided for the 4 days already recorded when you completed the food diary.

1 Continue

#### SuppYr

SHOW CARD Z

Have you/(Has your child) taken any vitamins, minerals, fish oil, fibre or other dietary supplements of the type listed on this card in the past year, including prescription and non-prescription supplements?

INTERVIEWER: GIVE FURTHER EXAMPLES - VITAMIN C, IRON, FOLIC ACID, GLUCOSAMINE, EVENING PRIMROSE, GARLIC, GINSENG, OMEGA 3, COMPLAN ETC.

1 Yes

2 No

#### IF (SuppYr = Yes) THEN

##### SDet

Now I would like to collect some details about the vitamins, minerals and other dietary supplements that you have (your child has) taken in the past year.

It will be easiest if you show me the bottles or containers and I can copy down the information.

1 Continue

#### {Following questions asked as a loop:}

#### IF (SuppYr = Yes) THEN

##### SRec

INTERVIEWER: CODE WHETHER (*first/next*) BOTTLE/CONTAINER CHECKED BY YOURSELF, THE RESPONDENT OR NOT AT ALL.

1 Inte "Checked by myself"

2 Resp "Checked by respondent"

3 NoCon "Not checked"

##### SName

INTERVIEWER: RECORD FULL NAME, INCLUDING BRAND AND STRENGTH.

INTERVIEWER: IT IS VERY IMPORTANT TO RECORD THE **NAME, BRAND AND STRENGTH** ACCURATELY SO THAT WE KNOW WE HAVE INFORMATION ON EXACTLY THE RIGHT SUPPLEMENT.

: STRING [60]

##### SForm

INTERVIEWER: RECORD FORM.

1 Tablets

2 Capsules

3 Drops

4 Liqu "Liquid/Syrup"

5 Powder

**SDose**

INTERVIEWER: RECORD DOSE - NUMBER OF **TABLETS, DROPS, 5ml SPOONS**.  
CHECK WITH RESPONDENT THE DOSE ACTUALLY TAKEN AND RECORD THIS IF IT  
IS DIFFERENT TO THE ADVICE GIVEN ON CONTAINER.

: 1..20

**SFreq**

SHOW CARD AA

How often did you/(your child) take this supplement?

INTERVIEWER: Use <CTRL K> if does not know.

- |   |          |                          |
|---|----------|--------------------------|
| 1 | LessMth  | "Less than once a month" |
| 2 | OneThMth | "1-3 times a month"      |
| 3 | OnceWk   | "Once a week"            |
| 4 | TwoFrWk  | "2-4 times a week"       |
| 5 | OnceDay  | "Once a day"             |
| 6 | TwoThDay | "2-3 times a day"        |
| 7 | FrMrDay  | "4 or more times a day"  |

**SPres**

Was the supplement prescribed by your/(your child's) GP/other healthcare professional?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**SMore**

INTERVIEWER: RECORD WHETHER THERE ARE ANY MORE VITAMINS OR  
SUPPLEMENTS TO CODE.

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

## SUN EXPOSURE MODULE

### ALL RESPONDENTS

#### ASK ALL

##### SunInt

Now I'd like to ask you some more questions about some of the things you have done in the last seven days, that is since (*day / date*) up until yesterday, that involve exposure to sunlight.

Exposure to sunlight could mean working outdoors, doing some kind of physical activity outside or sunbathing.

Unless otherwise stated, please continue to think of the last seven days only when answering these questions.

1 Continue

**{Ask all children aged < 16}**

##### Sch7D

Can I just check, in the last seven days, that is since last (*day / date*), did you / X go to school?

- 1 Yes,
- 2 NoHol "No, I was on holiday"
- 3 NoSick "No, I was sick"
- 4 NoHome "No, I don't go to school (home-educated)"
- 5 NoOth "No, any other reason"

#### IF (Sch7D = Yes) THEN

##### SchDays

"In the last seven days, that is since (*day / date*), how many days have you / has X been to school?"

INTERVIEWER: ENTER NUMBER OF DAYS

: 1..6

##### WalkDay

In the last seven days, that is from last (*day / date*) to yesterday, **on how many days** did you/he/she walk to school?

: 0..6

##### WalkSch

In terms of walking to and from school in the last seven days, would you say that you/he/she...

...READ OUT AND CODE ONE ONLY...

- 1 Same "Walked the same number of days as usual"
- 2 Less "Walked less days than usual"
- 3 More "Walked more days than usual"
- 4 NoWalk "Or do you / does he/she never walk to school"

#### IF (WalkSch > 0) THEN

##### WearSch

SHOW CARD SS

When you go / he/she goes to school, what do you / does he/she usually wear this time of year while on the way there or back?

...READ OUT AND CODE ALL THAT APPLY...

- |   |        |  |
|---|--------|--|
| 1 | Trous  | "Trousers?"                                      |
| 2 | Shorts | "Shorts?"  |
| 3 | ShSISh | "Short sleeved shirt or long sleeves rolled up?" |
| 4 | LSISh  | "Long sleeved shirt / jumper / blazer?"          |

**{ASK GIRLS ONLY}:**

- |   |        |            |
|---|--------|------------|
| 5 | LSkirt | "^WearSkI" |
| 6 | SSkirt | "^WearSks" |
| 7 | Tights | "^WearTig" |

**IF (Sch7D = Yes) THEN**

**MBreakO**

On the days when you were / he/she was at school in the last seven days, did you/he/she usually spend the morning break outside?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**LBreakO**

On the days when you were / he/she was at school in the last seven days, for how much of your / X's lunch break were you / was he/she usually outside?

...READ OUT AND CODE ONE ONLY...

- |   |      |                                  |
|---|------|----------------------------------|
| 1 | All  | "all or most of it..."           |
| 2 | Half | "about half of it..."            |
| 3 | None | "Or, very little or none of it?" |

**IF (SchDays > 0) THEN**

**PEDay**

In the last seven days, that is from (*day / date*) to yesterday, **on how many days** did you / X go to P.E. classes?

: 0..6

**IF (PEDay > 0) THEN**

**PEOutS**

Thinking of the physical education classes you/he/she had in school in the last seven days. In how many of these classes were you / was he/she outdoors at all?

: 0..12

**IF (PEOutS > 0) THEN**

**PEOutST**

For how long were you / was he/she outdoors each time?

Would you say...

- |   |      |   |
|---|------|---|
| 1 | All  | "...all or most of the class except when changing clothes..." |
| 2 | Half | "...about half the class..."                                  |
| 3 | Less | "...OR less than half the class?"                             |

**PEOUnc**

When you were / he/she was outside during these classes, were the following parts of your / X's body usually uncovered?

...READ OUT AND CODE ALL THAT APPLY...

- |   |        |
|---|--------|
| 1 | Face?  |
| 2 | Head?  |
| 3 | Hands? |
| 4 | Arms?  |

- 5 Shoulders?
- 6 Legs?

**IF (PEDay > 0) THEN  
PEOTyp**

How typical were the last seven days in terms of the number of PE classes you/he/she had outside for this time of year? Would you say the number of classes outside was

...READ OUT...

- 1 Same "the same as usual..."
- 2 Less "less classes than usual..."
- 3 More "or more classes than usual?"

**{End of specific questions for children aged < 16}**

**ASK ALL**

**OutS**

In the last seven days, on how many days have you / has he/she spent time sitting, standing or lying outside (for example at a sports event)?

INTERVIEWER: IF NONE CODE ZERO

EXCLUDE ANY OUTDOOR PHYSICAL ACTIVITIES, SPORTS AND WALKING AND CYCLING

: 0..7

**IF (OutS > 0) THEN**

**TimeO**

Approximately how many hours did you/he/she usually spend on each one of those days sitting, standing or lying outside?

INTERVIEWER: Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23** - 1 hours and 23 minutes
- 0:7** - 7 minutes
- 0:23** - 23 minutes
- 1:5** - 1 hour and 5 minutes

: TIMETYPE

**TOUnc**

When you were / he/she was sitting, standing or lying outside, were the following parts of your / X's body uncovered?

READ OUT AND CODE ALL THAT APPLY

- 1 Face "Face?"
- 2 Head "Head?"
- 3 Hands "Hands?"
- 4 Arms "Arms?"
- 5 Should "Shoulders?"
- 6 Legs "Legs?"
- 7 UppBod "Most or all of upper body?"
- 8 None "DO NOT READ OUT - None of these"

**ASK ALL AGED 16+**

**TOTyp**

In terms of the amount of time you spent outside, either at work, while doing physical activities or sitting, standing or lying outside, were the last seven days typical for this time of year?

- 1 Yes
- 2 No

**IF (ToTyp = No) THEN**

**TOTypW**

Why not?

: STRING [50]

**ASK ALL**

**SunC**

In the last seven days, have you / has he/she used sun cream?

- 1 Yes
- 2 No

**IF (SunC = Yes) THEN**

**SPF**

What SPF factor was this sun cream?

INTERVIEWER: IF NECESSARY, READ OUT...

CODE ALL THAT APPLY

- 1 SPF17 "1-7"
- 2 SPF815 "8-15"
- 3 SPF1625 "16-25"
- 4 SPF2630 "26-30"
- 5 SPF31MO "31+"

**IF (SunC = Yes) THEN**

**SunCD**

On how many days in the last seven days did you/he/she apply sun cream?

: 1..7

**IF (SunCD > 0) THEN**

**SCAp**

And how many times each day did you/he/she apply it.

Was it...READ OUT...

INTERVIEWER: For young children, a parent/guardian may have applied the sun cream.

This should be included in the answer.

- 1 Morn "Morning only"
- 2 Once "Once at another time of day"
- 3 Sev "Or, twice or more times during the day?"

**IF (Sex = Female) THEN**

**Mois**

In the last seven days, have you / has she used moisturiser containing SPF factor?

- 1 Yes
- 2 No

**IF (Mois = Yes) THEN**

**MoSPF**

What SPF factor did this moisturiser contain?

INTERVIEWER: IF NECESSARY, READ OUT...

- 1 SPF17 "1-7"
- 2 SPF815 "8-15"
- 3 SPF1625 "16-25"
- 4 SPF2630 "26-30"
- 5 SPF31MO "31+"



6 DontK "Dont Know"

**IF (MoSPF = Don't know) THEN**

**MoName**

What is the name of the moisturiser?

: STRING [30]

**IF (Mois = Yes) THEN**

**MoDs**

On how many days in the last seven days did you/she use this moisturiser?

: 1..7

**IF (MoDs > 0) THEN**

**MoAp**

And how many times each day did you/he/she apply it. Was it...

...READ OUT...

- |   |      |   |
|---|------|---|
| 1 | Morn | "Morning only"                            |
| 2 | Once | "Once at another time of day"             |
| 3 | Sev  | "Or, twice or more times during the day?" |

**ASK ALL**

**CovSk**

Do you / Does he/she ever cover your/his/her skin for religious reasons?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (CovSk = Yes) THEN**

**HMCov**

To what extent do you / does he/she cover your/his/her body?

Do you / Does he/she cover your/his/her...

READ OUT AND CODE ALL THAT APPLY...

- |   |        |                              |
|---|--------|------------------------------|
| 1 | Face   | "Face?"                      |
| 2 | Head   | "Head?"                      |
| 3 | Hands  | "Hands?"                     |
| 4 | Arms   | "Arms?"                      |
| 5 | Should | "Shoulders?"                 |
| 6 | Legs   | "Legs?"                      |
| 7 | UppBod | "Most or all of upper body?" |

**ASK ALL**

**Hair**

What is your/his/her natural (undyed) hair colour?

INTERVIEWER: IF RESPONDENT ANSWERS 'GREY', ASK 'What was it before becoming grey?'

INTERVIEWER: IF RESPONDENT ANSWERS 'BALD', ASK 'What was it before becoming bald?'

INTERVIEWER: IF ASKED, WE ARE INTERESTED IN HAIR AND SKIN COLOUR BECAUSE WE GET MOST OF OUR VITAMIN D THROUGH EXPOSURE TO SUNLIGHT (ONLY SOME COMES FROM OUR DIET). BY KNOWING HAIR AND SKIN COLOUR, THE AMOUNT OF TIME SPENT OUTSIDE, AND ALSO DIETARY DETAILS, WE CAN WORK OUT HOW MUCH VITAMIN D IS FORMED IN THE SKIN.

- |   |        |                       |
|---|--------|-----------------------|
| 1 | Black  | "Black"               |
| 2 | Red    | "Red / Ginger"        |
| 3 | Blond  | "Blond / Fair"        |
| 4 | LBrown | "Light brown / Mouse" |

- |   |        |                 |
|---|--------|-----------------|
| 5 | DBrown | "Dark brown"    |
| 6 | Auburn | "Auburn"        |
| 7 | None   | "None of these" |

**Skin**

Which of the following best describes your/his/her natural skin colour. By natural colour I mean before exposure to the sun. Is it...

...READ OUT...

- |   |       |              |
|---|-------|--------------|
| 1 | White |              |
| 2 | Brown |              |
| 3 | Black |              |
| 4 | Olive | "Or, olive?" |
| 5 | Other |              |

**IF (Skin = White OR Olive) THEN**

**SkTyp**

Would you say your/his/her type of skin...

...READ OUT...

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | NeverT | "Never tans"                  |
| 2 | DiffT  | "Tans with difficulty"        |
| 3 | EasyT  | "Or, tans easily?"            |
| 4 | NotKno | "DO NOT READ OUT - Not known" |

**ASK ALL**

**HoIS**

In the most recent summer, that is from the **beginning of April to the end of September**, have you / has he/she been away from home on holiday or other trips of two days or more? Please include any holidays or trips in the UK or abroad?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**IF (HoIS = Yes) THEN**

**HoISN**

How many holidays or trips of two days or more did you/he/she take between the start of April and the end of September? Please include holidays in the UK and abroad of two days or more.

:1..10

**IF (Respondent 2 in 'Core Address') THEN**

**SameHoIS**

Were any of these holidays the same as the ones (*Respondent 1's name*) has already told me about? That is to the same place at the same time as (*Respondent 1's name*).

INTERVIEWER: IF YES: PROBE AND CODE ALL THAT APPLY FROM LIST BELOW.

**{ASK HoIM - HoIO FOR EACH TRIP - Summer}:**

**HoIM**

Thinking of the *{first/second/third/ fourth}* holiday you/he/she took between April and September 2008, in which month was this holiday?

INTERVIEWER: IF MORE THAN ONE HOLIDAY, ASK ABOUT EACH TRIP.

- |   |       |
|---|-------|
| 1 | April |
| 2 | May   |
| 3 | June  |

- 4 July
- 5 August
- 6 September

**HoIC**

What country did you/he/she visit on this trip?

INTERVIEWER: IF UK, CHECK IF ENGLAND, SCOTLAND, WALES OR NORTHERN IRELAND.

INTERVIEWER: RECORD NAME OF COUNTRY.

INTERVIEWER: IF MORE THAN ONE, CODE THE COUNTRY WHERE RESPONDENT SPENT THE MOST TIME.

INTERVIEWER: INCLUDE VISITS TO FRIENDS AND FAMILY.

:STRING [30]

**HoIR**

And could you give me the name of the city or region where you/he/she spent most of your/his/her time on this trip?

INTERVIEWER: RECORD NAME OF CITY/REGION.

:STRING [30]

**HoID**

How many days was this trip for?

:2..30

**HoIO**

While on this trip, on average, how many hours each day were / (was) you / (he/she) outside?

:0..15

**HoIW**

And have you / has he/she been on any holidays **abroad** between the start of October and now? Please include any holidays or other trips **abroad** of two days or more.

- 1 Yes
- 2 No

**IF (HoIW = Yes) THEN**

**HoIWN**

How many holidays **abroad** have you / has he/she been on between the start of October and now? Please include any holidays or other trips **abroad** of two days or more.

:1..10

**IF (Respondent 2 within 'Core Address') THEN**

**SameHoIW**

Were any of these holidays the same as the ones (*Respondent 1's name*) has already told me about? That is to the same place at the same time as (*Respondent 1's name*).

INTERVIEWER: IF YES: PROBE AND CODE ALL THAT APPLY FROM LIST BELOW.

**{ASK HoIM - HoIO FOR EACH TRIP – Winter}:**

**HoIM**

Thinking of the *{first/second/third/ fourth}* holiday you took between October and now, in which month was this holiday?

INTERVIEWER: IF MORE THAN ONE HOLIDAY, ASK ABOUT EACH TRIP.

- 1 October

- 2 November
- 3 December
- 4 January
- 5 February
- 6 March

**HoIC**

What country did you visit on this trip?

INTERVIEWER: IF UK, CHECK IF ENGLAND, SCOTLAND, WALES OR NORTHERN IRELAND.

INTERVIEWER: RECORD NAME OF COUNTRY.

:STRING [30]

**HoIR**

And could you give me the name of the city or region where you/he/she spent most of your time on this trip?

INTERVIEWER: RECORD NAME OF CITY/REGION.

:STRING [30]

**HoID**

How many days was this trip for?

INTERVIEWER: Enter 30 if more than 30 days holiday.

:2..30

**HoIO**

While on this trip, on average, how many hours each day were you / was he/she outside when on holiday in (HoIR)?

INTERVIEWER: AN AVERAGE NUMBER OF HOURS PER DAY IS BEING SOUGHT.

:0..15

## **DIARY COLLECTION & PHYSICAL ACTIVITY QUESTIONNAIRE PLACEMENT**

**DIARY COLLECTION: ALL RESPONDENTS  
RPAQ PLACEMENT: RESPONDENTS AGED 16 AND OVER**

**IF (Age = 16+) THEN**

**DiaryDA**

INTERVIEWER: BRIEFLY GO THROUGH THE DIARY AND CHECK HOW MANY DIARY DAYS (Respondent 1's name) COMPLETED.

RECORD NUMBER OF DIARY DAYS COMPLETED HERE.

ENTER '0' IF NO DIARY DAYS WERE COMPLETED.

: 0...4

**IF (DiaryDA < 3) THEN**

**NoCAPI2A**

INTERVIEWER: If (*Respondent 1's name*) has not completed at least 3 days of the food diary then the physical activity self-completion and introduction to the Nurse visit are not necessary for this respondent.

PRESS <ENTER> TO CONTINUE

1        continue

**IF (AgeP < 16) THEN**

**DiaryDC**

INTERVIEWER: BRIEFLY GO THROUGH THE DIARY AND CHECK HOW MANY DIARY DAYS (Respondent 2's name) COMPLETED.

RECORD NUMBER OF DIARY DAYS COMPLETED HERE.

ENTER '0' IF NO DIARY DAYS WERE COMPLETED.

**IF (DiaryDC < 3) THEN**

**NoCAPI2C**

INTERVIEWER: If (*Respondent 2's name*) has not completed at least 3 days of the food diary then (the physical activity self-completion) and the introduction to the Nurse visit are not necessary for this respondent.

PRESS <ENTER> TO CONTINUE

1        continue

**IF (AgeP = 16+) AND (Person number = 1) THEN**

**DiarChkA**

I would like you (*Respondent 1's name*) to complete this self-completion booklet, which asks questions about your physical activity in your everyday life in the last 4 weeks.

INTERVIEWER: Complete the front page of the booklet for (*Respondent 1's name*).

AName.....Point..Address..Check letter..Person number..FROM.....TO

INTERVIEWER:

-Give (*Respondent 1's name*) the Physical Activity self-completion booklet and explain how to fill it in.

- While the respondent completes the Physical Activity self-completion booklet, check their diary and decide what extra detail you will need to prompt for.

- When the respondent has completed the Physical Activity self-completion, go through the **diary** with the respondent and probe for any missing information.

PRESS <ENTER> TO CONTINUE

1 continue

**IF (AgeP = 16+ and Person Number = 2) THEN**

**DiarChkC**

I would like you (*Respondent 2's name*) to complete this self-completion booklet, which asks questions about your physical activity in your everyday life in the last 4 weeks.

INTERVIEWER: Complete the front page of the booklet for (*Respondent 2's name*).

AName.....Point..Address..Check letter..Person number..FROM.....TO

@/^LSCLineC@A

INTERVIEWER: Give (*Respondent 2's name*) the Physical Activity self-completion booklet and explain how to fill it in.

- While the respondent completes the Physical Activity self-completion booklet, check their diary and decide what extra detail you will need to prompt for.

- When the respondent has completed the Physical Activity self-completion, go through the **diary** with the respondent and probe for any missing information.

PRESS <ENTER> TO CONTINUE

1 continue

**IF (Age = 16+) THEN**

**RPAQChkA**

INTERVIEWER: RECORD WHETHER (*Respondent 1's name*) COMPLETED THE PHYSICAL ACTIVITY SELF-COMPLETION.

INTERVIEWER: IF COMPLETED THEN GO THROUGH THE COMPLETED PHYSICAL ACTIVITY SELF-COMPLETION WITH (*Respondent 1's name*) AND PROBE FOR ANY MISSING INFORMATION.

1 Yes

2 No

**SlpWkA**

Over the last seven days, that is since (*date*) how long did you **usually** sleep for on week nights. That is **Sunday to Thursday** nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'. Examples:

**7:30** - 7 hours and 30 minutes

**0:55** - 55 minutes

**6:5** - 6 hours and 5 minutes

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.  
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEKS ENTER AVERAGE TIME SLEPT DURING THE DAY.

: TIMETYPE

**SlpWkEA**

And over the last seven days, how long did you **usually** sleep for on weekend nights. That is Friday and Saturday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

**7:30** - 7 hours and 30 minutes

**0:55** - 55 minutes

**6:5** - 6 hours and 5 minutes

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.  
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEK ENDS ENTER AVERAGE TIME SLEPT DURING THE DAY.  
: TIMETYPE

**IF (Person Number = 1) THEN**

**DietFBA**

*(Respondent 1's name)* would you like to be sent some information about some of the major foods and nutrients in your diet based on the information you have provided during the interviews? The information will tell you how you compare with current consumption in the UK and how your intake of nutrients fits with UK recommendations for a healthy diet. It will also provide some useful resources for finding out more about eating a healthy diet.

INTERVIEWER: INFORMATION WILL BE SENT FROM THE OFFICE WITHIN 3 MONTHS.

- 1 Yes "Yes, feedback required"
- 2 No "No, feedback not required"

**IF (AgeP = 16+) AND (Person number = 2) THEN**

**RPAQChkC**

INTERVIEWER: RECORD WHETHER *(Respondent 2's name)* COMPLETED THE PHYSICAL ACTIVITY SELF-COMPLETION.

INTERVIEWER: IF COMPLETED THEN GO THROUGH THE COMPLETED PHYSICAL ACTIVITY SELF-COMPLETION WITH *(Respondent 2's name)* AND PROBE FOR ANY MISSING INFORMATION.

- 1 Yes
- 2 No

**SlpWkC**

Over the last seven days, that is since *(date)* how long did you **usually** sleep for on week nights. That is **Sunday to Thursday** nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

**7:30** - 7 hours and 30 minutes

**0:55** - 55 minutes

**6:5** - 6 hours and 5 minutes

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.  
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEKS ENTER AVERAGE TIME SLEPT DURING THE DAY.  
: TIMETYPE

### **SlpWkEC**

And over the last seven days, how long did you **usually** sleep for on weekend nights. That is Friday and Saturday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

**7:30** - 7 hours and 30 minutes  
**0:55** - 55 minutes  
**6:5** - 6 hours and 5 minutes

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.  
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEK ENDS ENTER AVERAGE TIME SLEPT DURING THE DAY.  
: TIMETYPE

### **DiarChk2**

INTERVIEWER: Now go through the diary with (**Respondent 2's name**) and probe for any missing information

PRESS <ENTER> TO CONTINUE

1 continue

### **IF (AgeP < 19) THEN**

#### **DietFBC**

Would you like to be sent some information about some of the major foods and nutrients in your / X's diet based on the information you have provided during the interviews? The information will tell you how you / X compare(s) with current consumption in the UK and how your / X's intake of nutrients fits with UK recommendations for a healthy diet. It will also provide some useful resources for finding out more about eating a healthy diet.

INTERVIEWER: INFORMATION WILL BE SENT FROM THE OFFICE WITHIN 3 MONTHS.

1 Yes Yes, feedback required"  
2 No "No, feedback not required"



**NHS CENTRAL REGISTER  
& CANCER REGISTRY CONSENT FORM  
FOR RESPONDENTS AGED 16 AND OVER**

**IF (AgeP = 16+) THEN**

**NHSCanA**

We would like your consent for us to send your name, address and date of birth to two National Health Service registers. These are the NHS Central Register and the NHS Cancer Registry.

Please read this form, it explains more about what is involved.

INTERVIEWER: GIVE THE RESPONDENT THE NHSCR CONSENT FORM AND ALLOW THEM TIME TO READ THE INFORMATION.

- 1 Con "Consent given"
- 2 NoCon "Consent not given"

**IF (NHSCanA = Consent given) THEN**

**NHSSigA**

Before I can pass on your details, I have to obtain written consent from you.

INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the consent form.

Serial:.....Check Letter:.....Person Number: 1

Ask the respondent to sign and date the form.

Give the **bottom** copy of the form to the respondent.

Code whether signed consents obtained.

- 1 Central "NHS Central Register and Cancer Registry consent obtained"
- 2 None "No signed consents"

**IF (AgeP = 16-18) THEN**

**NHSCanC**

We would like your consent for us to send your name, address and date of birth to two National Health Service registers.

These are the NHS Central Register and the NHS Cancer Registry.

Please read this form, it explains more about what is involved.

INTERVIEWER: GIVE THE RESPONDENT THE NHSCR CONSENT FORM AND ALLOW THEM TIME TO READ THE INFORMATION.

- 1 Con "Consent given"
- 2 NoCon "Consent not given"

**IF (NHSCanC = Consent given) THEN**

**NHSSigC**

Before I can pass on your details, I have to obtain written consent from you.

INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the consent form.

Serial:.....Check Letter:.....Person Number: 2

Ask the respondent to sign and date the form.

Give the **bottom** copy of the form to the respondent.

Code whether signed consents obtained.

- 1 Central "NHS Central Register and Cancer Registry consent obtained"

2      None      "No signed consents"

## **RECONTACT QUESTIONS**

**FOR ALL RESPONDENTS**

**IF (Age = 16+) THEN**

**ReConA**

If at some future date the FSA wanted to conduct a further study from the results of this survey, would you be willing to be recontacted to help again?

INTERVIEWER: IF ASKED, THERE ARE NO **CURRENT** PLANS FOR FURTHER STUDIES, BUT THERE MAY BE IN THE FUTURE.

- 1 Yes
- 2 No

**ReCon2A**

A SPARE QUESTION TO BE USED IF NECESSARY"

- 1 Yes
- 2 No

**IF (Age = 1.5 - 15) THEN**

**ReConC**

If at some future date the FSA wanted to conduct a further study from the results of this survey, would you be willing to be recontacted to help again?

INTERVIEWER: IF ASKED, THERE ARE NO **CURRENT** PLANS FOR FURTHER STUDIES, BUT THERE MAY BE IN THE FUTURE.

- 1 Yes
- 2 No

**IF (ReconA = Yes) OR (ReconC = Yes) THEN**

**StabAdd**

Just in case we have difficulty in getting in touch with you - could you give us the name and/or phone number of someone who knows you well?

INTERVIEWER: IF NECESSARY, PROMPT: Perhaps a relative or friend who is unlikely to move?

INTERVIEWER: COLLECT **ADDRESS** DETAILS IF POSSIBLE AND RECORD IN THE FOLLOWING QUESTIONS

- 1 Agreed "Agreed to provide stable contact"
- 2 Refused "Refused to provide stable contact"

**StName**

INTERVIEWER: Please enter the name of the contact person."

: STRING[30]

**StRel**

INTERVIEWER: Please enter the relationship to the respondent.

PROBE FULLY.

: STRING[30]

**StTelNum**

INTERVIEWER: Please enter the stable/contact address.

Telephone Number

Include standard code."

: STRING[20]

**StAdd**

Could we also take down an address for them?"

1 Yes

2 No

**StAdd1**

INTERVIEWER: Please enter the stable/contact address.

Address line 1:

: STRING[30]

**StAdd2**

INTERVIEWER: Please enter the stable/contact address.

Address line 2:

(Just press <Enter> if no more to add.)

: STRING[30]

**StAdd3**

INTERVIEWER: Please enter the stable/contact address.

Address line 3:

(Just press <Enter> if no more to add.)

: STRING[30],

**StAdd4**

INTERVIEWER: Please enter the stable/contact address.

Address line 4:

(Just press <Enter> if no more to add.)

: STRING[30],

**StAdd5**

INTERVIEWER: Please enter the stable/contact address.

Address line 5:

(Just press <Enter> if no more to add.)

: STRING[30],

**StAddPC**

INTERVIEWER: Please enter the stable/contact address.

Postcode:

(Just press <Enter> if none.)

: STRING[8]

**StInfo**

INTERVIEWER: Please enter **any other information** about the stable/contact address.

(Just press <Enter> if none.)

: STRING[100]

**ConSt**

INTERVIEWER: Please read the stable contact below, and confirm whether correct.

StName :

Relationship :

Address :

Postcode :

Telephone :

Other info:

- |   |         |                              |
|---|---------|------------------------------|
| 1 | Correct | "Details correct"            |
| 2 | NotCorr | "Details <b>not</b> correct" |

**StabDisp**

INTERVIEWER: Give the respondent the Stage 1 survey leaflet and read out:

If we needed to contact this person in order to find your new contact details, it would be helpful if they knew about the National Diet and Nutrition Survey.

Please could you pass this leaflet onto them, and let them know that you have given permission for us to contact them, and for them to pass your new contact details on to us.

- |   |          |
|---|----------|
| 1 | continue |
|---|----------|

## ACTIGRAPH COLLECTION

### FOR RESPONDENTS AGED 4-15 WHO AGREED TO WEAR THE ACTIGRAPH

#### AgIntro

Thank you for taking part in this stage of the study.

During this visit, I would like to collect the actigraph and ask you about (your / X's) experiences of wearing it.

1 continue

#### Wear

Firstly, can I check, did (you / she / he) wear it for all seven days?

- |   |       |                                     |
|---|-------|-------------------------------------|
| 1 | Day7  | "Actigraph worn for 7 days"         |
| 2 | Day56 | "Actigraph worn for 5 or 6 days"    |
| 3 | Day34 | "Actigraph worn for 3 or 4 days"    |
| 4 | Day2  | "Actigraph worn for 2 days or less" |

#### IF (Wear =Day7..Day34) THEN

##### NoWear

Why ((was / were) (X / you)) unable to wear the actigraph for all 7 days?

- |   |        |                         |
|---|--------|-------------------------|
| 1 | Lost   | "Actigraph lost/stolen" |
| 2 | Broken | "Actigraph broken"      |
| 3 | Ill    | "Respondent ill"        |
| 4 | Forgot | "Respondent forgot"     |
| 5 | Other  | Other                   |

#### IF (NoWear=other) THEN

##### NWearoth

INTERVIEWER: Record why respondent did not wear the actigraph for all 7 days.

: STRING[100]

#### IF (Wear=Day7..Day34) THEN

##### AGSDate

INTERVIEWER: Record from the actigraph record sheet the actual **start** date of wearing the actigraph.

INTERVIEWER: IF THE RESPONDENT DID NOT START WEARING THE ACTIGRAPH ON PROPOSED DATE, PLEASE RECORD HERE THE DATE THEY ACTUALLY STARTED WEARING THE ACTIGRAPH.

: DATATYPE

##### AGEDate

INTERVIEWER: Record from the actigraph record sheet the actual **end** date of wearing the actigraph.

INTERVIEWER: IF THE RESPONDENT DID NOT FINISH WEARING THE ACTIGRAPH ON PROPOSED DATE, PLEASE RECORD HERE THE DATE THEY ACTUALLY FINISHED WEARING THE ACTIGRAPH.

: DATATYPE

#### ASK ALL

**Collect**

INTERVIEWER: Did you collect the actigraph?

- 1 Yes
- 2 No

**IF (Collect = No) THEN****YNoAct**

INTERVIEWER: Why did you not collect the actigraph?

- 1 Lost "Actigraph lost/stolen"
- 2 Other "Other"

**IF (YNOACT= Other) THEN****NOActOth**

INTERVIEWER: Record why you didn't collect the actigraph.  
: STRING[100]

**IF (Collect = Yes) THEN****AGDesp**

INTERVIEWER: Prepare the despatch note for the respondent.

Wrap the despatch note around the actigraph and send back to Brentwood (@Bone@B actigraph per jiffy bag).

Serial number:

Actigraph serial number:

- 1 continue

**IF (Wear = Day7..Day34) OR (NoWear = Lost..Broken) THEN****Voucher**

Thank you for taking part in this stage of the study. Here is a promissory note saying that NatCen will send you £10 in High Street vouchers as a token of our appreciation.

INTERVIEWER: Hand over the pale violet £10 voucher promissory note.

- 1 Given "Promissory note given"
- 2 NotGiv "Promissory note not given"

**AddrChk**

We have this name for you. Is this correct?

INTERVIEWER: THIS IS TO ENSURE THAT ANY LETTERS, REQUESTED BY RESPONDENTS (SUCH AS HIGH STREET VOUCHERS), ARE SENT TO THE CORRECT RESPONDENTS.

- 1 Yes
- 2 No

**IF (AddrChk = No) THEN****Ttl**

Firstly, what is (your / X's) title?

- 1 Mr
- 2 Mrs
- 3 Ms
- 4 Miss
- 5 Other "Other title"

**IF (Ttl = Other) THEN****TtlTxt**

INTERVIEWER: Enter the other **title**  
: STRING[15]

**IF (AddrChk = No) THEN**

**ForName**

And (YOUR / x's) **first name?**

: STRING[20]

**SurName**

And (your / X's) **surname?**

: STRING[20]

**IF (Wear = Day2) THEN**

**NoVouch**

Thank you for taking part in this stage of the study.

INTERVIEWER: For your information, this respondent is not eligible for a voucher.

1       continue

**CollEnd**

INTERVIEWER: The actigraph collection for X has now been completed.

NOTE: You have to press <1> and <Enter> here, otherwise this section will not be counted as complete and you will not be paid the fee for this section.

1       Continue



## NURSE INTRODUCTION

*ALL RESPONDENTS*

### ASK ALL

#### NursInt

We would like you to help us with the second stage of this study. This is a visit by a qualified nurse to collect some medical information and, if you agree, carry out some measurements. The nurse would like to come round in a couple of months and explain some more about what is involved and answer any questions you have. May I get him/her to contact you in a couple of months?

INTERVIEWER: REMEMBER TO GIVE THE RESPONDENT THE STAGE 2 LEAFLET, APPROPRIATE FOR THEIR AGE.

INTERVIEWER: IF ASKED FOR DETAILS: For example, the nurse, with your agreement, will take some general measurements such as blood pressure, ask about prescribed medications and so on. The information the nurse collects is information we can not get from any other source.

INTERVIEWER: IF ASKED: The nurse will contact the respondent within 2-4 months.

INTERVIEWER: **Always** mention the nurse by name (if known).

INTERVIEWER: If respondent is **unsure** then code '3 Unsure' here. The nurse will still contact the respondent but will be aware that the respondent was unsure about the nurse visit.

Press <F9> for help explaining about the nurse visit.

- |   |        |                              |
|---|--------|------------------------------|
| 1 | Agree  | "Agreed nurse could contact" |
| 2 | Refuse | "Refused nurse contact"      |
| 3 | Unsure | "Unsure"                     |

### IF (NursInt = Refuse) THEN

#### NurseRef

RECORD REASON WHY RESPONDENT REFUSED NURSE CONTACT.

- |   |         |  |
|---|---------|--|
| 0 | Avail   | "Own doctor already has information"   |
| 1 | Time    | "Given enough time already to this survey/expecting too much"                    |
| 2 | Busy    | "Too busy, cannot spare the time (if Code 1 does not apply)"                     |
| 3 | Enough  | "Had enough of medical tests/medical profession"                                 |
| 4 | Worried | "Worried about what nurse may find out/'might tempt fate'"                       |
| 5 | Scared  | "Scared of medical profession/particular medical procedures (e.g. blood sample)" |
| 6 | NoReas  | "Not interested/Can't be bothered/No particular reason"                          |
| 7 | Other   | "Other reason (specify)"   |

### IF (NurseRef = Other) THEN

#### NsRefO

INTERVIEWER: PLEASE SPECIFY OTHER REASON FOR REFUSAL.

: STRING[30]

### IF (TelChk = NumGiv) THEN

#### NrsATel

Apart from the number you have already given us, is there another number you can give us for the nurse to contact you on when she calls in a couple of months?

INTERVIEWER: ENTER TELEPHONE NUMBER (INCLUDING AREA CODE)

If not obtained, press <Ctrl K>.

: STRING[15]

**IF (TelChk = NumRef) THEN  
NrsTel**

You haven't given a telephone number. Please could you give us a telephone number that the nurse can contact you on when she calls in a couple of months?

INTERVIEWER: ENTER TELEPHONE NUMBER (INCLUDING AREA CODE)

If not obtained, press <Ctrl K>.

: STRING[15]

# **NATIONAL DIET AND NUTRITION SURVEY**

## **PROMPT CARDS**





## CARD A

- 1 English
- 2 Scottish
- 3 Welsh
- 4 Irish
- 5 British
- 6 Other

## CARD B

- 1 White – British
- 2 Any other white background
- 3 Mixed – White and Black Caribbean
- 4 Mixed – White and Black African
- 5 Mixed – White and Asian
- 6 Any other mixed background
- 7 Asian or Asian British – Indian
- 8 Asian or Asian British – Pakistani
- 9 Asian or Asian British – Bangladeshi
- 10 Any other Asian/Asian British background
- 11 Black or Black British – Caribbean
- 12 Black or Black British – African
- 13 Any other Black/Black British background
- 14 Chinese
- 15 Any other

## CARD C

- 1 Husband/Wife
- 2 Partner/Cohabitee
- 3 Natural son/daughter
- 4 Adopted son/daughter
- 5 Foster child
- 6 Stepson/stepdaughter
- 7 Son-in-law/daughter-in-law
- 8 Natural parent
- 9 Adoptive parent
- 10 Foster parent
- 11 Step-parent
- 12 Parent-in-law
- 13 Natural brother/sister
- 14 Half-brother/sister
- 15 Step-brother/sister
- 16 Adopted brother/sister
- 17 Foster brother/sister
- 18 Brother/sister-in-law
- 19 Grand-child
- 20 Grand-parent
- 21 Other relative
- 22 Other non-relative

## CARD D



- 1 Own outright
- 2 Buying it with the help of a mortgage or loan
- 3 Pay part rent and part mortgage (shared ownership)
- 4 Rent it
- 5 Live here rent-free (including rent-free in  
relative's/friend's property)
- 6 Squatting

## CARD E

- 1 Not enough cupboard space
- 2 Fridge is too small (or no fridge available)
- 3 Freezer is too small (or no freezer available)
- 4 Damp / mouldy
- 5 Infested with insects
- 6 Not secure
- 7 Other

## CARD F

- 1 Large supermarket, including home delivery from supermarket
- 2 Mini supermarket, e.g. Tesco Metro
- 3 Local/Corner shop (including newsagents)
- 4 Garage forecourt
- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's market)
- 10 Farm
- 11 Home delivery (including vegetable boxes – not from a supermarket)
- 12 Other

## CARD G

- 1 More than once a day
- 2 Once a day
- 3 Two or three times a week
- 4 Weekly
- 5 Two or three times a month
- 6 Monthly
- 7 Every two months
- 8 Less often than every two months

## CARD H

- 1 Fresh fruit or fruit juice
- 2 Dried fruit
- 3 Nuts
- 4 Potatoes
- 5 Vegetables or salad (Including celery), dried beans or lentils
- 6 Breakfast cereals
- 7 Other cereal products, e.g. bread, rice and pasta
- 8 Meat (including chicken)
- 9 Eggs
- 10 Milk
- 11 Other dairy products
- 12 Crisps or savoury snacks
- 13 Biscuits and cakes (including organic cereal bars)
- 14 Confectionery
- 15 Baby / weaning foods
- 16 Other organic products
- 17 None of these

## CARD I

- 1 Freshly made from old potatoes
- 2 Freshly made from new potatoes
- 3 Frozen, fried
- 4 Oven ready chips
- 5 Microwave chips (e.g. McCain Microchips)
- 6 Make chips another way
- 7 Do not prepare chips

## CARD J

- 1 Flour (Self-raising / plain / bread)
- 2 Sugar (Caster / Granulated / Brown)
- 3 Cornflour
- 4 Dried pasta (Spaghetti, Noodles)
- 5 Rice (Long grain, Basmati)
- 6 Tomatoes in tins or cartons
- 7 Tomato paste / puree
- 8 Olive oil or other vegetable oil
- 9 Vinegar (Wine, Balsamic)
- 10 Dried or tinned pulses (Canellini or Borlotti beans,  
Chickpeas etc.)
- 11 Baked beans
- 12 Dried herbs, spices or curry powder
- 13 Stock cubes
- 14 Soy sauce
- 15 Tinned fish (Sardines, Anchovies)
- 16 None of these

## CARD K

A	£15,000 - £19,999
B	£30,000 - £34,999
C	Under £5,000
D	£45,000 - £49,999
E	£25,000 - £29,999
F	£5,000 - £9,999
G	£20,000 - £24,999
H	£10,000 - £14,999
I	£75,000 - £99,999
J	£35,000 - £39,999
K	£50,000 - £74,999
L	£100,000 or more
M	£40,000 - £44,999

**CARD L**



- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less

## CARD M

- 1 Five or more times per week
- 2 Three to four times per week
- 3 One to two times per week
- 4 One to two times per month
- 5 Rarely or never

## CARD N

- 1 Never
- 2 Less than once per month
- 3 On 1 – 3 days per month
- 4 On 1 – 2 days per week
- 5 On 3 – 4 days per week
- 6 On 5 – 6 days per week
- 7 Every day in the last month

## CARD O

- 1 Sprats
- 2 Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))
- 3 Cassava chips/crisps
- 4 Seaweed (includes hijiki, wakame)
- 5 Sushi (including purchased sushi)
- 6 Kabanos (smoked sausage)
- 7 Papaya (include fresh and canned)
- 8 Dried papaya
- 9 Mango (include fresh and canned)
- 10 Dried mango
- 11 Kiwi Fruit
- 12 Game (includes venison, rabbit, pheasant, partridge, wood pigeon, hare or wild boar)
- 13 Non cow's milk (includes rice milk, soya milk, sheep's milk or goat's milk)
- 14 Fish eggs (e.g. caviar, cod's roe)

## CARD P

- 1 Less than once per month
- 2 On 1 – 3 days per month
- 3 On 1 – 2 days per week
- 4 On 3 or more days per week

## CARD Q

- 1 Meat or meat products (not including poultry)
- 2 Chicken or other poultry and dishes containing them
- 3 Fish or seafood and fish and seafood dishes
- 4 Eggs
- 5 Milk (including yoghurt)
- 6 Cheese
- 7 Salad vegetables (e.g. lettuce, cucumber, tomato)
- 8 Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)
- 9 Root vegetables (e.g. carrots, parsnips)
- 10 Fresh fruit
- 11 Nuts
- 12 Offal
- 13 Other

## CARD R

- 1 Orange
- 2 Lemon
- 3 Kiwi fruit
- 4 Grapefruit
- 5 Mango
- 6 Banana
- 7 Lime
- 8 Pineapple
- 9 Soft citrus fruit (satsumas / mandarins / clementines)
- 10 Melon

## **CARD S**

- 1 Every day / most days
- 2 Once or twice a week
- 3 Once or twice a month
- 4 Less than once a month



## CARD T

- 1 All of the peel or skin
- 2 Most of the peel or skin
- 3 Around half of the peel or skin
- 4 Around a quarter of the peel or skin
- 5 Less than a quarter of the peel or skin

## CARD U

- 1 No difficulty
- 2 A little difficulty
- 3 A fair amount of difficulty
- 4 A great amount of difficulty

## CARD V

- 1        Could eat easily
- 2        Could eat with some difficulty
- 3        Could not eat at all

## CARD W

- 1 Almost every day
- 2 Five or six days a week
- 3 Three or four days a week
- 4 Once or twice a week
- 5 Once or twice a month
- 6 Once every couple of months
- 7 Once or twice a year
- 8 Not at all in the last 12 months

## CARD X

- 1 Normal strength beer / lager / cider / shandy
- 2 Strong beer / lager / cider
- 3 Spirits or liqueurs
- 4 Sherry or martini
- 5 Wine
- 6 Alcopops / pre-mixed alcoholic drink
- 7 Other alcoholic drinks
- 8 Low alcohol drinks only

## CARD Y

- 1 Higher degree, e.g. MSc, MA, MBA, PGCE, PhD
- 2 Level 5 NVQ / SVQ
- 3 BTEC Advanced Professional Diploma/Certificate
- 4 First degree, e.g. BSc, BA, BEd, MA at first degree level
- 5 Level 4 NVQ / SVQ
- 6 HNC / HND
- 7 BTEC Higher National or Professional  
Diploma/Certificate
- 8 RSA or OCR Higher
- 9 GCE 'A'-level
- 10 A2
- 11 AVCE
- 12 SCE Advanced Higher Grades
- 13 SCE Higher Grades (A-C)
- 14 CSYS
- 15 Key Skills Level 3
- 16 Level 3 NVQ / SVQ
- 17 ONC / OND
- 18 BTEC Advanced or National Diploma/Certificate
- 19 RSA or OCR Advanced Diploma
- 20 City & Guilds Advanced Craft / Part 3
- 21 Advanced GNVQ; Vocational A Level
- 22 Advanced Modern Apprenticeship
- 23 GCSE grade A\*-C

**see over for more codes**

**CARD Y continued....**

- 24 GCE 'O'-level passes
- 25 CSE grade 1
- 26 SCE O Grades (A-C)
- 27 SCE Standard Grades (1-3)
- 28 School Certificate / Matriculation
- 29 Key Skills Level 2
- 30 Level 2 NVQ / SVQ
- 31 BTEC Intermediate or First Diploma/Certificate
- 32 RSA Diploma
- 33 City & Guilds Craft / Part 2
- 34 Intermediate GNVQ
- 35 Foundation Modern Apprenticeship
- 36 GCSE grade D-G
- 37 CSE grade 2-5
- 38 SCE O Grades (D-E)
- 39 SCE Standard Grades (4-7)
- 40 SCOTVEC National Certificate Modules
- 41 Key Skills Level 1
- 42 Level 1 NVQ / SVQ
- 43 BTEC Foundation or Introductory Diploma/Certificate
- 44 RSA Stage 1-3
- 45 City & Guilds Part 1
- 46 Foundation GNVQ; Foundation VCE
- 47 Other qualifications

**Supplement examples**

- Multivitamins with/without Iron or other Minerals
- Vitamin C
- Vitamin B complex
- Folic Acid
- Selenium
- Calcium + Vitamin D
- Cod liver oil
- Omega 3 fish oil
- Flaxseed oil
- Oil of Evening Primrose
- Menopause formulas
- Echinacea
- L – Arginine capsules
- Glucosamine with/without chondroitin
- Garlic
- Ginkgo Biloba
- Healthy Start women's vitamin tablets



- 1 Less than once a month
- 2 1 – 3 times a month
- 3 Once a week
- 4 2 – 4 times a week
- 5 Once a day
- 6 2 – 3 times a day
- 7 4 or more times a day

## CARD BB

- 1 A nursery school
- 2 A primary school (including infant school, junior school)
- 3 A secondary school (including sixth form in a school) / High school
- 4 A middle school
- 5 A sixth form college / Higher Education college
- 6 Other
- 7 Home-educated

## CARD CC

- 1 Cooked school meal
- 2 Cold school meal (including sandwiches, salads)
- 3 Packed lunch (from home)
- 4 Buy lunch from shop / café
- 5 Go home
- 6 Do not eat lunch

## CARD DD

- 1 Free school meal (at lunchtime)
- 2 Reduced price or subsidised school meal (at lunchtime)
- 3 Free school milk
- 4 Subsidised school milk
- 5 Free fruit
- 6 Healthy Start children's vitamin drops (3 and under)
- 7 Healthy Start vouchers (3 and under)
- 8 Free food BEFORE school
- 9 Free food AFTER school
- 10 Other

## **CARD EE**

### ***Boys and Girls:***

- 1 Trousers
- 2 Shorts
- 3 Short sleeved shirt or long sleeves rolled up
- 4 Long sleeved shirt / jumper / blazer

### ***Girls only:***

- 5 Long skirt (below the knee)
- 6 Short skirt (above the knee)
- 7 Tights

# **NATIONAL DIET AND NUTRITION SURVEY**

## **PROMPT CARDS**



## CARD A

- 1 English
- 2 Scottish
- 3 Welsh
- 4 Irish
- 5 British
- 6 Other



## CARD B

- 1 White – British
- 2 Any other white background
- 3 Mixed – White and Black Caribbean
- 4 Mixed – White and Black African
- 5 Mixed – White and Asian
- 6 Any other mixed background
- 7 Asian or Asian British – Indian
- 8 Asian or Asian British – Pakistani
- 9 Asian or Asian British – Bangladeshi
- 10 Any other Asian/Asian British background
- 11 Black or Black British – Caribbean
- 12 Black or Black British – African
- 13 Any other Black/Black British background
- 14 Chinese
- 15 Any other

## CARD C

- 1 Husband/Wife
- 2 Partner/Cohabitee
- 3 Natural son/daughter
- 4 Adopted son/daughter
- 5 Foster child
- 6 Stepson/stepdaughter
- 7 Son-in-law/daughter-in-law
- 8 Natural parent
- 9 Adoptive parent
- 10 Foster parent
- 11 Step-parent
- 12 Parent-in-law
- 13 Natural brother/sister
- 14 Half-brother/sister
- 15 Step-brother/sister
- 16 Adopted brother/sister
- 17 Foster brother/sister
- 18 Brother/sister-in-law
- 19 Grand-child
- 20 Grand-parent
- 21 Other relative
- 22 Other non-relative

## CARD D

- 1 Own outright
- 2 Buying it with the help of a mortgage or loan
- 3 Pay part rent and part mortgage (shared ownership)
- 4 Rent it
- 5 Live here rent-free (including rent-free in  
relative's/friend's property)
- 6 Squatting

## CARD E

- 1 Not enough cupboard space
- 2 Fridge is too small (or no fridge available)
- 3 Freezer is too small (or no freezer available)
- 4 Damp / mouldy
- 5 Infested with insects
- 6 Not secure
- 7 Other

## CARD F

- 1 Large supermarket, including home delivery from supermarket
- 2 Mini supermarket, e.g. Tesco Metro
- 3 Local/Corner shop (including newsagents)
- 4 Garage forecourt
- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's market)
- 10 Farm
- 11 Home delivery (including vegetable boxes – not from a supermarket)
- 12 Other

## CARD G

- 1 More than once a day
- 2 Once a day
- 3 Two or three times a week
- 4 Weekly
- 5 Two or three times a month
- 6 Monthly
- 7 Every two months
- 8 Less often than every two months

## CARD H

- 1 Fresh fruit or fruit juice
- 2 Dried fruit
- 3 Nuts
- 4 Potatoes
- 5 Vegetables or salad (Including celery), dried beans or lentils
- 6 Breakfast cereals
- 7 Other cereal products, e.g. bread, rice and pasta
- 8 Meat (including chicken)
- 9 Eggs
- 10 Milk
- 11 Other dairy products
- 12 Crisps or savoury snacks
- 13 Biscuits and cakes (including organic cereal bars)
- 14 Confectionery
- 15 Baby / weaning foods
- 16 Other organic products
- 17 None of these

## CARD I

- 1 Freshly made from old potatoes
- 2 Freshly made from new potatoes
- 3 Frozen, fried
- 4 Oven ready chips
- 5 Microwave chips (e.g. McCain Microchips)
- 6 Make chips another way
- 7 Do not prepare chips



## CARD J

- 1 Flour (Self-raising / plain / bread)
- 2 Sugar (Caster / Granulated / Brown)
- 3 Cornflour
- 4 Dried pasta (Spaghetti, Noodles)
- 5 Rice (Long grain, Basmati)
- 6 Tomatoes in tins or cartons
- 7 Tomato paste / puree
- 8 Olive oil or other vegetable oil
- 9 Vinegar (Wine, Balsamic)
- 10 Dried or tinned pulses (Canellini or Borlotti beans,  
Chickpeas etc.)
- 11 Baked beans
- 12 Dried herbs, spices or curry powder
- 13 Stock cubes
- 14 Soy sauce
- 15 Tinned fish (Sardines, Anchovies)
- 16 None of these

## CARD K

A	£15,000 - £19,999
B	£30,000 - £34,999
C	Under £5,000
D	£45,000 - £49,999
E	£25,000 - £29,999
F	£5,000 - £9,999
G	£20,000 - £24,999
H	£10,000 - £14,999
I	£75,000 - £99,999
J	£35,000 - £39,999
K	£50,000 - £74,999
L	£100,000 or more
M	£40,000 - £44,999

## CARD L

- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less

## CARD M

- 1 Five or more times per week
- 2 Three to four times per week
- 3 One to two times per week
- 4 One to two times per month
- 5 Rarely or never

## CARD N

- 1 Never
- 2 Less than once per month
- 3 On 1 – 3 days per month
- 4 On 1 – 2 days per week
- 5 On 3 – 4 days per week
- 6 On 5 – 6 days per week
- 7 Every day in the last month

## CARD O

- 1 Sprats
- 2 Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))
- 3 Cassava chips/crisps
- 4 Seaweed (includes hijiki, wakame)
- 5 Sushi (including purchased sushi)
- 6 Kabanos (smoked sausage)
- 7 Papaya (include fresh and canned)
- 8 Dried papaya
- 9 Mango (include fresh and canned)
- 10 Dried mango
- 11 Kiwi Fruit
- 12 Game (includes venison, rabbit, pheasant, partridge, wood pigeon, hare or wild boar)
- 13 Non cow's milk (includes rice milk, soya milk, sheep's milk or goat's milk)
- 14 Fish eggs (e.g. caviar, cod's roe)

## **CARD P**

- 1        Less than once per month
- 2        On 1 – 3 days per month
- 3        On 1 – 2 days per week
- 4        On 3 or more days per week

## CARD Q

- 1 Meat or meat products (not including poultry)
- 2 Chicken or other poultry and dishes containing them
- 3 Fish or seafood and fish and seafood dishes
- 4 Eggs
- 5 Milk (including yoghurt)
- 6 Cheese
- 7 Salad vegetables (e.g. lettuce, cucumber, tomato)
- 8 Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)
- 9 Root vegetables (e.g. carrots, parsnips)
- 10 Fresh fruit
- 11 Nuts
- 12 Offal
- 13 Other



## CARD R

- 1 Orange
- 2 Lemon
- 3 Kiwi fruit
- 4 Grapefruit
- 5 Mango
- 6 Banana
- 7 Lime
- 8 Pineapple
- 9 Soft citrus fruit (satsumas / mandarins / clementines)
- 10 Melon

## **CARD S**

- 1 Every day / most days
- 2 Once or twice a week
- 3 Once or twice a month
- 4 Less than once a month

## **CARD T**

- 1 All of the peel or skin
- 2 Most of the peel or skin
- 3 Around half of the peel or skin
- 4 Around a quarter of the peel or skin
- 5 Less than a quarter of the peel or skin

## **CARD U**

- 1 No difficulty
- 2 A little difficulty
- 3 A fair amount of difficulty
- 4 A great amount of difficulty

## **CARD V**

- 1        Could eat easily
- 2        Could eat with some difficulty
- 3        Could not eat at all

## CARD W

- 1 Almost every day
- 2 Five or six days a week
- 3 Three or four days a week
- 4 Once or twice a week
- 5 Once or twice a month
- 6 Once every couple of months
- 7 Once or twice a year
- 8 Not at all in the last 12 months

## CARD X

- 1 Normal strength beer / lager / cider / shandy
- 2 Strong beer / lager / cider
- 3 Spirits or liqueurs
- 4 Sherry or martini
- 5 Wine
- 6 Alcopops / pre-mixed alcoholic drink
- 7 Other alcoholic drinks
- 8 Low alcohol drinks only

## CARD Y

- 1 Higher degree, e.g. MSc, MA, MBA, PGCE, PhD
- 2 Level 5 NVQ / SVQ
- 3 BTEC Advanced Professional Diploma/Certificate
- 4 First degree, e.g. BSc, BA, BEd, MA at first degree level
- 5 Level 4 NVQ / SVQ
- 6 HNC / HND
- 7 BTEC Higher National or Professional  
Diploma/Certificate
- 8 RSA or OCR Higher
- 9 GCE 'A'-level
- 10 A2
- 11 AVCE
- 12 SCE Advanced Higher Grades
- 13 SCE Higher Grades (A-C)
- 14 CSYS
- 15 Key Skills Level 3
- 16 Level 3 NVQ / SVQ
- 17 ONC / OND
- 18 BTEC Advanced or National Diploma/Certificate
- 19 RSA or OCR Advanced Diploma
- 20 City & Guilds Advanced Craft / Part 3
- 21 Advanced GNVQ; Vocational A Level
- 22 Advanced Modern Apprenticeship
- 23 GCSE grade A\*-C

**see over for more codes**



24	GCE 'O'-level passes
25	CSE grade 1
26	SCE O Grades (A-C)
27	SCE Standard Grades (1-3)
28	School Certificate / Matriculation
29	Key Skills Level 2
30	Level 2 NVQ / SVQ
31	BTEC Intermediate or First Diploma/Certificate
32	RSA Diploma
33	City & Guilds Craft / Part 2
34	Intermediate GNVQ
35	Foundation Modern Apprenticeship
36	GCSE grade D-G
37	CSE grade 2-5
38	SCE O Grades (D-E)
39	SCE Standard Grades (4-7)
40	SCOTVEC National Certificate Modules
41	Key Skills Level 1
42	Level 1 NVQ / SVQ
43	BTEC Foundation or Introductory Diploma/Certificate
44	RSA Stage 1-3
45	City & Guilds Part 1
46	Foundation GNVQ; Foundation VCE
47	Other qualifications

## **Supplement examples**

- Multivitamins with/without Iron or other Minerals
- Vitamin C
- Vitamin B complex
- Folic Acid
- Selenium
- Calcium + Vitamin D
- Cod liver oil
- Omega 3 fish oil
- Flaxseed oil
- Oil of Evening Primrose
- Menopause formulas
- Echinacea
- L – Arginine capsules
- Glucosamine with/without chondroitin
- Garlic
- Ginkgo Biloba
- Healthy Start women's vitamin tablets

## CARD AA

- 1 Less than once a month
- 2 1 – 3 times a month
- 3 Once a week
- 4 2 – 4 times a week
- 5 Once a day
- 6 2 – 3 times a day
- 7 4 or more times a day

## CARD BB

- 1 A nursery school
- 2 A primary school (including infant school, junior school)
- 3 A secondary school (including sixth form in a school)  
/ High school
- 4 A middle school
- 5 A sixth form college / Higher Education college
- 6 Other
- 7 Home-educated

## **CARD CC**

- 1 Cooked school meal
- 2 Cold school meal (including sandwiches, salads)
- 3 Packed lunch (from home)
- 4 Buy lunch from shop / café
- 5 Go home
- 6 Do not eat lunch

## CARD DD

- 1 Free school meal (at lunchtime)
- 2 Reduced price or subsidised school meal (at lunchtime)
- 3 Free school milk
- 4 Subsidised school milk
- 5 Free fruit
- 6 Healthy Start children's vitamin drops (3 and under)
- 7 Healthy Start vouchers (3 and under)
- 8 Free food BEFORE school
- 9 Free food AFTER school
- 10 Other

## **CARD EE**

### ***Boys and Girls:***

- 1           Trousers
- 2           Shorts
- 3           Short sleeved shirt or long sleeves rolled up
- 4           Long sleeved shirt / jumper / blazer

### ***Girls only:***

- 5           Long skirt (below the knee)
- 6           Short skirt (above the knee)
- 7           Tights