



Your interviewer will be:

Ref:

Dear Sir or Madam,

**The National Diet and Nutrition Survey (NDNS) is a study of people's eating habits which has taken place across the UK every year since 2008. This study is important because it provides the information needed to understand how the nation's diet is changing. This will help the Government to improve public health and protect food safety in future.**

NDNS is being carried out by NatCen Social Research, and the Medical Research Council Human Nutrition Research Unit (HNR). NDNS is funded by **Public Health England (PHE)** (an Executive Agency of the Department of Health) and the **Food Standards Agency (FSA)**.

Your address has been specifically chosen by random selection to be part of NDNS. We really hope your household will take part.

One of our interviewers will visit you and ask up to two people to take part - one aged 19 years and over and another aged 18 months to 18 years. The interviewer will show you their photo ID. We will offer each person we interview a **£30 gift card** and **personalised dietary feedback** as a thank you.

Your personal details will be kept strictly confidential and no one looking at the study findings will be able to identify you or your household in any way.

For more information please read the FAQs on the back of this letter, and the enclosed leaflet. You can also visit: [www.nationaldiet.co.uk](http://www.nationaldiet.co.uk) or call freephone 0800 652 4572.

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

Yours,

**Gillian Swan**  
Health and Wellbeing Directorate  
Public Health England  
[gillian.swan@phe.gov.uk](mailto:gillian.swan@phe.gov.uk)

**Beverley Bates**  
NDNS Research Director  
NatCen  
[ndns@natcen.ac.uk](mailto:ndns@natcen.ac.uk)



Public Health  
England



**How did you choose my address?**

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public.

**What will happen to any information I give?**

We will treat any information you give in strict confidence under the 1998 Data Protection Act. The information collected is used for statistical and research purposes only, and the published report will never include any names or addresses.

**Who is carrying out the survey**

PHE and FSA have asked NatCen and HNR to carry out this study.

For more information on each organisation visit [www.natcen.ac.uk](http://www.natcen.ac.uk) and [www.mrc-hnr.cam.ac.uk](http://www.mrc-hnr.cam.ac.uk).

**Why should I take part?**

You don't have to take part but with your help we can learn about a wider range of people to get a true picture of the eating habits and health status of people in the UK.

**What does taking part involve?**

If you take part, the interviewer will ask you some questions and will give you a diary to record what you eat and drink. The information leaflet with this letter tells you more about the interview stage. The second part of the survey, if you agree, is a visit by a qualified nurse.

**Where can I find out more?**

See the enclosed leaflet or visit: [www.nationaldiet.co.uk](http://www.nationaldiet.co.uk) or freephone 0800 652 4572.

## Do I have to take part?

No. You can choose to take part in some parts of the survey but not others and you are free to withdraw from any part of the study at any time.

## Do I get anything for taking part?

You will receive a **£30 gift card** and offered **personalised dietary feedback** if you complete a food diary. The feedback will tell you how what you eat compares with national recommendations. In addition, if you wish, you may have a record of your measurements. And you will also receive a £5 gift card if you provide a urine sample.

## What if I have any other questions?

Thank you for taking an interest in this important national study. If you have any other questions, please do not hesitate to contact us:

**Pauline Burge**  
**Operations Department**  
National Centre for Social Research  
Kings House  
101-135 Kings Road  
Brentwood  
Essex  
CM14 4LX

Freephone: **0800 652 4572**  
**[www.natcen.ac.uk/study/NDNS](http://www.natcen.ac.uk/study/NDNS)**

**NatCen**  
Social Research

MRC | Human  
Nutrition  
Research

# National Diet and Nutrition Survey (NDNS)



**All your questions answered**

**NatCen**  
Social Research

MRC | Human  
Nutrition  
Research

For more info have a look at [www.natcen.ac.uk/study/NDNS](http://www.natcen.ac.uk/study/NDNS)

Annex 4\_Stage 1 leaflet\_text only\_v1.doc\_191212\_NDNS RP Y6-9. For use from 01/04/13

For more info have a look at [www.natcen.ac.uk/study/NDNS](http://www.natcen.ac.uk/study/NDNS)

## Who are we?

The National Diet and Nutrition Survey (NDNS) is a national study aiming to find out about the eating habits of people in the UK. The study is being carried out by NatGen Social Research and the Medical Research Council Human Nutrition Research Unit. The study is funded by the Department of Health and the Food Standards Agency.

## How does it work?

Individuals selected to take part will be asked to do an interview carried out by one of our trained interviewers. This is to collect information on general eating habits and health, and some basic information about you, your lifestyle and your household. The interviewer will also measure your height and weight, if you agree.

The interviewer will give you a diary to record what you eat and drink over four days. They will arrange to visit you again to collect the diary and ask a few more questions. Everyone who completes this part of the survey will be given a £30 gift card and offered personalised dietary feedback as a thank you. Your interviewer will also ask if you are willing to provide a urine sample. Everyone who agrees to provide a sample will be given a £5 gift card as a thank you.

After the interview there may be opportunity to take part in further stages of the survey. We will give you more information about this later.

## Why have you chosen my address?

We select a sample of addresses across the UK in such a way that all addresses have a chance of being selected. You will represent thousands of other people in the UK. The addresses were taken from the Postcode Address File, a list compiled by the Post Office.

Some people think that they are not typical or are too different from other people to be of any help. We need to represent everyone in our survey. The results will present a more accurate picture if everyone we approach agrees to take part, and we hope you will help us.

## What's the survey about?

Over the past twenty years or so there has been an increase in the range of food available. For many people, this has meant changes in the kinds of food they eat and their eating habits.

Each year over 1600 people take part. With your help we can learn from a wider range of people to get a true picture of the eating habits and health status of everyone in the UK. This will help the Government to improve public health and protect food safety in future.

## Is the survey confidential?

Yes. We take very great care to protect the confidentiality of the information we are given. The survey results will not be in a form which can reveal your identity. Your answers will only be used for research purposes. You may be contacted again at a later date about your answers for further research, but only if you have given permission to do so.

If you agree, your name, address and date of birth, but no other information, will be passed to the National Health Service Central Register and Cancer Registry.

## National Diet and Nutrition Survey Measurement Record Card

SN:

NAME: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ cm  
\_\_\_\_\_ ft/ins

WEIGHT: \_\_\_\_\_ kg  
\_\_\_\_\_ st/lbs

BMI: \_\_\_\_\_

For adults, height and weight information can be used to calculate Body Mass Index (BMI). Further information on this calculation and guidance on BMI can be found in the accompanying leaflet or on this website:

[www.nhs.uk/livewell/loseweight/pages/bodymassindex.aspx](http://www.nhs.uk/livewell/loseweight/pages/bodymassindex.aspx)

## National Diet and Nutrition Survey Measurement Record Card

SN:

NAME: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ cm  
\_\_\_\_\_ ft/ins

WEIGHT: \_\_\_\_\_ kg  
\_\_\_\_\_ st/lbs

BMI: \_\_\_\_\_

For adults, height and weight information can be used to calculate Body Mass Index (BMI). Further information on this calculation and guidance on BMI can be found in the accompanying leaflet or on this website:

[www.nhs.uk/livewell/loseweight/pages/bodymassindex.aspx](http://www.nhs.uk/livewell/loseweight/pages/bodymassindex.aspx)

Thank you for your interest and time.  
**Your contribution is very valuable to the NDNS Survey.** We hope that you will help us with this next part of this important study!

## Any questions?

Our nurse will try to answer any questions you have.

Or, if you like you can email or speak to one of us using the contact details below:

Pauline Burge:

Tel (Freephone): 0800 652 4572

e-mail: [ndns@natcen.ac.uk](mailto:ndns@natcen.ac.uk)

[www.natcen.ac.uk/study/ndns](http://www.natcen.ac.uk/study/ndns)

## National Diet and Nutrition Survey (NDNS)

# What happens next?



The nurse visit



## The second part - a nurse visit

Thank you for telling us about what you eat and answering our questions so far. Because of your help, we'll be able to understand the diet and nutrition of people living in the UK a lot better. We would now like to invite you to take part in the second stage of the study.

Stage 2 is a visit by a registered nurse who will contact you in a couple of months. As a thank you for agreeing to see the nurse, we will send you a **£5 gift card** to spend.

Information collected at the nurse stage is really important. It adds to the details you have already provided in your food diary. This completes the picture of how diet affects people's nutrition and health.

When the nurse visits, they will ask you a few questions about your health and explain a bit more about the other parts of the nurse visit, which are:

### Measurements:

The nurse will ask if you are willing to have your waist & hip measurements taken. This is done using a tape measure when fully clothed.

### Why?

Because waist & hip measurements tell us about the distribution of weight over your body.

## Blood pressure:

The nurse will ask if you are willing to have your blood pressure taken, using an inflatable cuff that goes around the upper arm.

### Why?

This will measure how hard your heart is pumping blood around your body. Blood pressure is important because the higher your blood pressure is, the higher your risk of health problems in the future.

## A small blood sample:

The nurse will ask if you are willing to provide a small blood sample.

### Why?

Blood can tell us very important things about nutritional health, and about the ways in which our body benefits from the food we eat. If you are interested, we will also send you the results of some of the tests. As a token of our appreciation, you will receive a **£20 gift card** for providing a blood sample.

## Do I have to take part?

No. At this time you are only agreeing for a nurse to contact you in two to four months.

Your nurse will give you more information and explain the different measurements in more detail when she/he visits. All parts of the nurse visit are optional. If you don't want to do one of the measurements then just tell the nurse.

As with the interviewer stage, we take great care to protect the confidentiality of all information and samples collected.



## How do I collect the samples?

The interviewer will give you small glass bottles to collect your urine samples. The bottles have lids that fit really tightly and can be placed in larger plastic bottles that won't leak. You will also be given a small box to keep the bottles in.

## Do I have to provide a sample at the same time every day?

No, but we would prefer you to do so if possible. Accurate dates and times of urine collection are very important.

## What do I do once I've collected 11 samples?

The interviewer will arrange a time to come and pick up your urine samples. Until then, please continue to keep the samples in a cold place. When the samples are picked up, the interviewer will give a **£30 gift card** to spend as thanks to you for taking part.

## What if I have any other questions?

If you have any other questions about the tracer water sub study, please call one of the NDNS Tracer Water co-ordinators on 01223 426356.

If you have any other questions about the study in general, please call a member of the NDNS team at NatCen on 0800 652 4572

**For more info have a look at [www.natcen.ac.uk/study/NDNS](http://www.natcen.ac.uk/study/NDNS)**

**NatCen**

Social Research that works for society

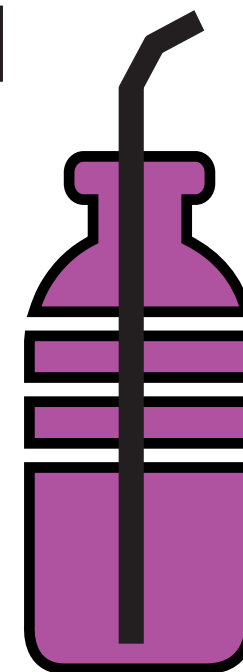
MRC

Human  
Nutrition  
Research

# National Diet and Nutrition Survey (NDNS)

## Tracer Water Sub Study How much energy do you use?

As part of NDNS, we are asking some people to allow us to measure how much energy they use by drinking some tracer water and providing a small urine sample each day for the next 10 days.



## What is tracer water?

Tracer water is slightly different from normal tap or bottled water. Some water is slightly heavier than the rest, and tracer water just has more of the heavy type in it than the water which you usually drink. It will taste just like tap water and will not have any effect on you. Tracer water is lost from your body in the same way as normal water in urine.

## Is the tracer water harmful?

No. Tracer water is like normal tap water. It is safe to drink and has been used for over thirty years in many studies involving babies, children, adults and pregnant women, with no problems.



## Do I need to do anything before I drink the tracer water?

Yes please. The interviewer will ask you to give a sample of your urine **before** you drink the tracer water. If you take part, this pre-dose sample is very important for the study.

## How do I drink the tracer water?

The interviewer will ask you to drink the tracer water out of a bottle using a straw. They will then put a little bit of tap water in the bottle and ask you to drink that too. This is to make sure that none of the tracer water is left in the bottle.

## Can I add anything to the tracer water?

No. The tracer water provided has been prepared according to your body weight. It must be drunk as it is and at room temperature.

## What happens if I forget to take a sample?

We'd like to have all 11 samples of urine for analysis but if 1 or 2 are missing, the other samples are still very useful to us. If you forget to give a sample but then remember on that day, collect a sample as soon as you can and write down the date and time. If you forget to take a sample at all on one day, just leave the bottle for that day empty and note down which day you forgot on the urine collection form. Take a sample the next day as normal.

## How long will the tracer water stay in my body?

The tracer water is lost from your body at the same rate as any other water. About half will have gone in 4 days. All the tracer water will have gone after about 5 weeks of drinking it.

## What do I do after I have drunk the tracer water?

Once you have drunk the tracer water, the interviewer will ask you to collect a sample of your urine every day for the next 10 days. You will collect 11 urine samples in total - 1 sample before you drink the tracer water and 10 samples afterwards. Your first urine collection will start the day after you have drunk the tracer water. The sample shouldn't be the first urine of the day but any time after that is fine.

At the end your interviewer will send the samples to a laboratory to find out how much tracer water they contain. We can find out how much energy (i.e. how many calories) you have used during the period of the test by measuring how quickly the tracer water disappears from your urine.

## Where should I keep the samples?

Keeping the samples cold is important so the best place to store them is in the fridge. The bottles are not visible as they are stored in their plastic containers in a box.

However, if you are very uncomfortable about having the bottles in the fridge you could keep them somewhere else that is cold, like a shed or unheated garage, but it must be cold all the time.

**Do not freeze the samples**

# Filling in the gaps...

As cool as a ...

Warm as ...

No use crying over spilt ...



## ...on the nation's diet and nutrition

**NatCen**

**Social Research** that works for society

**MRC**

Human  
Nutrition  
Research

# Thanks for taking part.

Thank you so much for helping with the **National Diet and Nutrition Survey (NDNS)**! To find out how the study is making a difference to the nation's health take a look at our website. **[nationaldiet.co.uk](http://nationaldiet.co.uk)**

Our nutritionists are busy analysing the information you gave us – and you'll receive your feedback within the next few months.

If you agreed to a nurse visit, one of our registered nurses will be in touch during the next few weeks.



Annex78\_Pre-nurse card\_v1\_050813 NDNS RP Y6-9. For use from 01/09/13

NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex CM14 4LX Tel. 0800 526 397  
A Company Limited by Guarantee, Registered in England No. 4392418 Charity No. 1091788