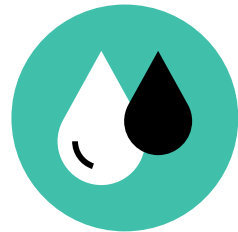
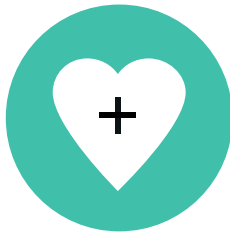


National Diet and Nutrition Survey (NDNS)

What happens next?

The biomedical fieldworker visit



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



The second part – a biomedical fieldworker visit

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

For this final stage you will be contacted by a registered biomedical fieldworker to arrange a visit at a time convenient to you.

Information collected at this stage is really important. It adds to the details you gave us about what you had to eat and drink and completes the picture of how diet affects people's nutrition and health.

What is a biomedical fieldworker?

A biomedical fieldworker is a NatCen data collector with a background in health and social care who is specially trained to take biological

samples and measurements including blood samples in a survey setting. Biomedical fieldworkers will have worked in one of a range of health and social care roles including doctors, nurses, midwives, phlebotomists, health care assistants, paramedics and other healthcare or health research related roles.

What will happen to the information that the biomedical fieldworker collects?

The information collected by the biomedical fieldworker will be put together with the information collected from you in the survey.

When the biomedical fieldworker visits, they will ask you a few questions about your/ your child's health and explain a bit more about the other parts of the visit, which are:



A small blood sample

If you are eligible the biomedical fieldworker will ask if you and/

or your child are willing to provide a small blood sample (between 3 and 7 teaspoons, depending on your age). Blood tests can give us very important information about nutritional health that we cannot get



in any other way, and about the ways in which our body benefits from the food we eat.

We would like you and/or your child (if they are 11 years or older) to provide a fasting blood sample. A fasting sample gives the best quality of blood to test. However, we don't ask people with certain health conditions or children under 11 years old to fast for a blood sample.

We can send you the results of the blood tests (e.g. vitamin levels and cholesterol).



As a token of our appreciation, each person providing a blood sample will receive a **£25 Love2Shop voucher**.

More information about the blood sample can be found in the 'giving a blood sample' leaflet that the biomedical fieldworker will give you.



Waist and hip measurements

The biomedical fieldworker will ask if you are willing to have your waist & hip measurements taken. This measurement tells us about the distribution of weight over your body and is measured from people aged 11 or older. This is done using a tape measure when fully clothed.

Infant length

If you agree, the biomedical fieldworker will measure the length of your child if they are aged 12-23 months. This is done by laying your child on a measurement mat and measuring their length from the top of their head to the underside of their heels.



What will happen to any information I give?

We take great care to protect the confidentiality of all information and samples collected.

The results of your measurements and blood tests, along with your survey answers, will be put together with the information collected from the other people who take part in this survey. The survey findings will be published in reports on the GOV. UK website. The results are also put on the UK Data Service for health and other researchers to use. If you gave us your permission, we may add your health information held by appropriate governing bodies to your survey data.

We will make sure no-one can identify you from the information on the UK Data Service or in the reports we write.



Do I have to take part?

No. Your biomedical fieldworker will give you more information and explain the different measurements in more detail. All parts of the visit are optional and you/your child can take part in as few or as many measurements as you would like. If you don't want to do one of the measurements then just tell the biomedical fieldworker.

Thank you for your interest and time.

Your contribution is very valuable and we hope that you will help us with this final part of this important study!

Any Questions?

Beverley Bates

NDNS Research Director
National Centre for Social Research,
Unit 15 Ashton Gate, Ashton Road,
Romford, Essex, RM3 8UF'

Survey Enquiry Team:

0800 652 4572

Email: ndns@natcen.ac.uk

