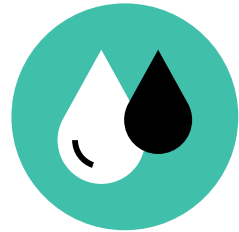
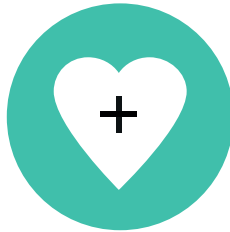


National Diet and Nutrition Survey (NDNS)

What happens next?

The biomedical fieldworker visit



Information for children and young people

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

We would now like to ask you to take part in the last part of the survey – a visit by a biomedical fieldworker.

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)



What is the biomedical fieldworker visit?

This part of the study is really important because we can find out about what happens to food and drink in our bodies, for example about levels of important vitamins and minerals we have.

What is a biomedical fieldworker?

A biomedical fieldworker has worked with people and their health and will know how to work with you to take a blood sample.



What will I be asked to do?

We would like to take a small amount (around 3-5 teaspoons depending on your age) of blood from your arm and, if you are aged 11 or older, measure your waist and hip size.

Do I have to do all the measurements?

No, you can choose to take part in some and not others – just tell the biomedical fieldworker. They will tell you more about each measurement and won't do anything without asking you first. It's your choice if you take part and your parent or the person who looks after you will need to agree too.



Will I get anything for taking part?

We can send you the results of some of the measurements you do. The biomedical fieldworker can also give you a certificate for helping science and there is a £25 Love2Shop gift card for people that give a blood sample.



What if I have any questions?

The biomedical fieldworker will answer any questions you have. If you like you can ask a grown up to contact:

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

Or look online:

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