



Department
of Health &
Social Care

The Householder

<ADDRESS1>
<ADDRESS2>
<ADDRESS3>
<ADDRESS4>
<ADDRESS5>
<POSTCODE>

Your reference:
P17562/<SampleType><Serial><ChkI>

Help us understand the nation's eating habits

Dear Householder(s),

We would like to invite your household to take part in the **National Diet and Nutrition Survey**. This is a survey about people's eating habits which has taken place across the UK every year since 2008.

By taking part, you will help the **Office for Health Improvement and Disparities (OHID)**, part of the **Department of Health and Social Care (DHSC)**, and the **Food Standards Agency (FSA)** understand how our diet is changing, and provide vital information to help create a healthier nation. This information is used by government to improve our health and keep our food safe.

As a thank you, each person taking part can receive personalised dietary feedback and a Love2Shop e-voucher of up to £50 depending on which survey elements they take part in.

If you are unable to complete the survey online, please phone us free on **0800 652 4572** to arrange for a telephone interview at a time that is convenient to you.

Further information

For more information, please visit www.natcen.ac.uk/s/national-diet-and-nutrition-survey-ndns, email NDNS@natcen.ac.uk or phone us free on **0800 652 4572**. A child-friendly version of the information is provided on the website.

Thank you for your time and we do hope you consider taking part in this important survey.

Dr Tazeem Bhatia, Chief Nutritionist, OHID/DHSC

Beverley Bates, Research Director, NatCen

It's easy to take part

We would like **one** adult aged 19 or older to go to the **Adult 1 link below** and complete a 15 minute online questionnaire about your household. This adult will then be asked some more questions about what they eat and drink. The survey can be completed on any mobile device, tablet, or computer.

Adult 1 (aged 19 or older)

GO TO:

<SurveyURL>

Type the address exactly as shown into the address bar of your web browser

ENTER YOUR UNIQUE CODE:

<AccesscodeP1>

OR

SCAN YOUR QR CODE:

<QRcodeP1>



Once the Adult 1 questionnaire has been completed, we may also invite another adult and/or young person aged 1 to 18 to take part using the links below:

Adult 2 (aged 19 or older)

GO TO:

<SurveyURL>

Type the address exactly as shown into the address bar of your web browser

ENTER YOUR UNIQUE CODE:

<AccesscodeP2>

OR

SCAN YOUR QR CODE:

<QRcodeP2>

Young Person (aged 1-18)

GO TO:

<SurveyURL>

Type the address exactly as shown into the address bar of your web browser

ENTER YOUR UNIQUE CODE:

<AccesscodeP3>

OR

SCAN YOUR QR CODE:

<QRcodeP3>

Frequently asked questions

How did you choose my address?

Your address was chosen at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Your address cannot be swapped for any other address, so your response is particularly important to us and helps paint a picture of our society's diet and nutrition.

Who is carrying out the survey?

OHID/DHSC and FSA have asked the National Centre for Social Research (NatCen) and the Medical Research Council (MRC) Epidemiology Unit at the University of Cambridge to carry out this research. OHID's focus is to improve the nation's health so that everyone can expect to live more of their life in good health, and identify and address health inequalities. FSA works to make sure food is safe, what it says it is, and more sustainable.

NatCen is Britain's leading centre for independent social research. It carries out numerous health studies and is a registered charity. To find out more, please visit www.gov.uk/find-charity-information and search using Charity No. 1091768. The MRC Epidemiology Unit is a leading research unit working in the area of diet, nutrition and physical activity.

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 truer picture of the eating habits and health status of people living in the UK. By joining the thousands of people who have already taken part, you will help strengthen our understanding of the nation's diet and nutrition and can help government improve public health and protect food safety.

We offer a **£10 Love2Shop e-voucher** as a thank you for completing the 15 minute online questionnaire. We also offer each individual participant personalised dietary feedback and a Love2Shop e-voucher of up to £50, depending on which elements they complete.

What does taking part involve?

We will first ask an adult aged 19 or older to complete an online questionnaire about your household. We may then invite another adult and/or young person aged 1 to 18 to take part in the following:

- Answering some online questions about their eating habits – this will take about 20 minutes.
- Recording online what they eat and drink for four separate days – each will take around 20 minutes to complete.
- Providing a spot urine sample and posting it back to us (if aged 4 years or older).

We may then invite individuals to take part in the final stage of the survey which involves a home visit by a qualified biomedical fieldworker.

You can agree to some parts of the survey and not others, if you wish.

What will happen to any information I give?

Your answers will be combined with those from other people taking part in NDNS. The survey findings will be anonymised and nothing we publish will identify you. The findings will help inform official statistics on diet and nutrition. You can read the study's Privacy Notice here natcen.ac.uk/NDNS-privacy-notice.

We take great care to protect the confidentiality of the information people give us and to ensure that the information is secure at all times. Your data will only be shared with any organisations who need to know for the running of the survey, e.g. NatCen and MRC research teams.

We will handle your data in accordance with the Data Protection Act 2018 and the UK General Data Protection Regulation (GDPR).

When will I receive my e-voucher?

If you answer the survey online and provide an email address you will receive a Love2Shop e-voucher. Please allow up to two weeks for your e-voucher to arrive. The e-voucher can be spent at a large range of UK stores and attractions. Visit www.love2shop.co.uk/where-to-spend for more information.