



National Diet and Nutrition Survey (NDNS) Biomedical visit

The food and drink information you provided will help us understand the nation's eating habits. To complete the picture, we would like to invite you/your child to take part in **a visit with a biomedical fieldworker**.

If you agree to be contacted, the biomedical fieldworker will get in touch to arrange a visit to your home at a time and date that is convenient for you.

What is a biomedical fieldworker?

Biomedical fieldworkers from the National Centre for Social Research are specially trained to take blood samples and physical measurements, in a survey setting. They have lots of experience and have worked in health and social care roles including as doctors, nurses, phlebotomists and other healthcare or health research professionals.

What will happen at the visit?

The biomedical fieldworker will ask you a few questions about you/your child's health and take you through the visit:



Blood sample

We will ask you and/or your child to provide a **small blood sample** (between 3 and 5 teaspoons depending on your/your child's age).

A blood sample is the only way to **accurately measure vitamin and minerals** in the body, such as vitamin D and iron, which are very important to health. The amount of vitamins and minerals absorbed and used by the body varies from person to person so getting measurements from different people is important to understand the **nutritional health of the UK population**.

We use single use and sterile equipment to take the blood sample and our biomedical fieldworkers work to **NHS best practice principles and hygiene standards**.

Our biomedical fieldworkers are also specially trained to take blood from children and they can help make it easier for children who might be frightened of needles.

If you are aged 16 years and older and have had a fit or convulsion in the last 5 years, or your child (aged under 16) has had a **fit or convulsion** in the last 2 years, you/they will not be eligible for the biomedical visit. If you/your child are taking any **anticoagulant medication**, you/they will not be eligible for the biomedical fieldworker visit.



Waist and hip measurements

Waist and hip measurements tell us about the distribution of weight over the body. With your agreement, we will measure these if you are **aged 11 years 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 infant if they are aged 12 to 23 months**. This is done by laying your infant (fully clothed) on a measuring mat and measuring their length from the top of their head to the underside of their heels.



What do I get for taking part?

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

Love2Shop gift card.

If you wish, the biomedical fieldworker can give you the **results of any physical measurements** taken from you/your child during the visit.

If you/your child provides a blood sample and you wish to receive the **nutritional measurement results**, we can send these to you within 3 months of the visit. The results we provide include vitamin D, folate, vitamin B12 and vitamin A. For those aged 16 years and older, we also provide cholesterol results.



What will my child and/or I need to do?

When the appointment is arranged, the biomedical fieldworker will speak to you about **fasting overnight** (for those 11 years and over). This means not eating or drinking anything (including supplements) other than water for a minimum of 8 hours before the blood sample is taken.

For those who are pregnant, have diabetes, are aged under 11 years or anyone not willing or able to fast, the biomedical fieldworker will speak to you about providing a non-fasting sample. If you/your child are not asked to fast, you/they can eat food as usual. **All participants, fasting and non-fasting, are asked not to take any supplements in the 8 hours before a blood sample is given.**

We will ask you to fill in an **electronic consent form** to say you/your child agree(s) to provide a blood sample. If you agree to give a blood sample, we will also ask whether you/your child are willing for remaining blood to be stored for future research.

The blood sample you/your child give(s) will be **analysed by research laboratories** and, if you agree, subsequently stored and looked after according to ethically approved conditions for future research.

What are the risks of providing a blood sample?

Occasionally, people may feel faint during or shortly after providing a blood sample. If you/your child have previously felt faint when giving a blood sample, please let the biomedical fieldworker know so they can best support you.

You/your child should not feel more than a slight scratch when providing the blood sample. However, some people may find it more painful. **Please tell the biomedical fieldworker if you are at all concerned.** If

you would like, we may be able to use a cream or spray to numb the arm area - the biomedical fieldworker can explain more about this.

Occasionally a small bruise may appear and/or the skin area may be tender for a day or so after taking a blood sample. Usually, no action is required. To reduce any risk of bruising, we suggest you/your child avoid(s) any heavy lifting or strenuous exercise for at least two hours after you/they have given the blood sample.

It is unlikely that you/your child will have any adverse effects, however if you/they experience any of the following, you should seek further advice, for instance from your GP or NHS 111:

- Severe pain
- Numbness or persistent 'pins and needles' in the arm, hand or fingers
- Swelling
- Bruising which gets worse
- Painful redness/inflammation



What will happen to any information I give?

We take great care to protect the confidentiality of all information we

collect. The results of the visit, along with your/your child's survey answers, will be put together with the information collected from other people who take part in the survey. The survey findings will be published in reports at GOV.UK and the data will be made available by the UK Data Service for health and other researchers to use. With your consent, we may add your health information held by appropriate governing bodies to your survey data.

No-one can identify you from the information shared on the UK Data Service or in the reports we write.

Do I have to take part?

No, it is your choice to take part and you can change your mind and withdraw from the survey or a particular measurement at any time without giving a reason.

Thank you for your interest and time.

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

Any Questions?

The biomedical fieldworker will be happy to answer any questions you have. Or you can phone us for free on **0800 652 4572**, email us at **ndns@natcen.ac.uk** or look at **natcen.ac.uk/NDNS**.