# Appendix D Interviewer (stage 1) overview of elements and documents

## D1 Overview of information collected during the interview stage

Table D.1 summarises the information collected during the interviewer stage of fieldwork. Where the information was limited to a particular age group, this is described.

| Table D.1: Information collected during interviewer stage | |
|---|---|
| **CAPI questionnaire** | **Participant** |
| Household information | Main Food Provider (MFP)/aged 19 years and over |
| Information on the circumstances/ habits that could affect dietary intake | All ages |
| Employment status, educational background, household income | Aged 16 years and over |
| **Physical measurements** | |
| Height | Aged 2 years and over |
| Weight | All ages |
| **Collection of dietary data** | |
| Four day food and drink diary | All ages |
| **Self completion** | |
| Smoking and drinking | Aged 8-17 years [1] |
| Recent Physical Activity | Aged 16 years and over |

Interviewer stage documents are provided later in this Appendix.

## D2 Overview of Computer Assisted Personal Interview (CAPI) questionnaires

The CAPI questionnaire had three main elements: household composition/structure interview, MFP interview and individual interview.

The MFP questionnaire was divided into the following sections:

- Cooking facilities (e.g. access to a working freezer, oven, microwave) (Year 5 only).

- Shopping for food (e.g. main type of shop used, distance from home).

- Food preparation (e.g. boil, steam, roast, fry, grill).

The individual questionnaire had two parts: Part I, which was asked at the first main interviewer visit; and Part II, which was asked at the third main visit after the interviewer collected the diary. Parts I and II were both divided into a number of sections. These sections are shown in order in Table D.2, and the intended participants are indicated.

| Table D.2: Content of Part I and II of the individual questionnaires | |
|---|---|
| **Part I sections** | **Participant** |
| Access to food at school | Aged under 1.5-15 years (or aged 16/17 years and in full-time education) |
| Eating habits | All ages |
| General health | All ages |
| Dental health | All ages |
| Drinking | Aged 8 years and over (those aged 8-17 years given a self-completion booklet) |
| Smoking | Aged 8 years and over (those aged 8-17 years given a self-completion booklet)[1] |
| Education | Aged 16 years and over |
| Job and income | Asked of MFP or selected participant about the 'Household Reference Person' (HRP) |
| **Part II sections** | **Participant** |
| Mental Health (Year 6 only) | Aged 16 years and over |
| Dietary supplements | All ages |
| Sun exposure | All ages |
| Nurse introduction | All ages |

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[1] Participants aged 18 to 24 years were given the option of using a self-completion booklet for the questions on smoking and drinking in order to provide more privacy and to avoid disclosing their answers to other household members.

# National Diet and Nutrition Survey (NDNS)

# P1252 Year 6

# Program Documentation

# Interviewer Schedule

This 'paper version of the program' has been created to indicate the wording and content of the interviewer questionnaire.

## PART 1: Interviewer Schedule

- Instructions for the interviewer are given in capital letters, and questions the interviewer is to ask the respondent are given as normal text.
- Items which appear in the actual program but which have been excluded here for clarity include: Repetition of respondent's name on each question; Checks on the accuracy of answer codes in relation to each other; Prompts for back-coding during the edit process.

## Contents:

# HOUSEHOLD  GRID

**Name**
RECORD THE NAME  (OR A UNIQUE  IDENTIFIER)  FOR EACH MEMBER OF THE
CATERING UNIT. WHEN ALL HOUSEHOLD MEMBERS  HAVE  BEEN ENTERED, PRESS
PgDn.
: STRING[15]

**SHGInt**
I'd like to know a little about the members of your household **who shop and cook as a
group**. Can you tell me the names of everyone in your household **(who shop and cook as
a group)**.
INTERVIEWER: Press '1' to continue and record (adult respondent / child's parent and/or
MFP) as first person in household
PRESS <ENTER> TO CONTINUE
1        continue

*(The following questions are asked about each household member. "You / X"
is substituted with the appropriate  name for X).*

**Sex**
INTERVIEWER: Ask or record sex of X
1        Male
2        Female

**DoB**
What is your / X's date of birth?
INTERVIEWER:          If day not given....enter 15 for day.
                             If month not given....enter 6 for month.

**IF (DOB = Don't know / Refusal) THEN**
**AgeIf**
What was your / X's age last birthday?
ENTER 0 FOR A CHILD UNDER 12 MONTHS.
98 or more = CODE 97
[*for respondent one*] INTERVIEWER: If respondent is unable to provide their age at their last
birthday or their date of birth, please thank the respondent and explain that if we don't have

their age then we will be unable to use their data so they are not eligible to continue with the interview. Please code "599 - OFFICE APPROVAL ONLY - Other unproductive" at IOut in the Admin block and phone the office.
Range: 0..97

**DVAge**
Age, computed

**DvAgeM**
Age in months, computed

**IF (DVAge ≥ 16) THEN**
**MarSt2**
ASK OR RECORD MARITAL STATUS.
CODE FIRST THAT APPLIES.
Are you / is X ...
(HELP <F9>)
| 1 | NevMarr | "single, that is, never married" |
| 2 | MarrLiv | "married and living with your husband/wife" |
| 3 | Civil | "civil partner in a legally recognised Civil Partnership" |
| 4 | Separated | "married and separated from your husband/wife" |
| 5 | Divorced | "divorced" |
| 6 | Widowed | "or widowed?" |
| 7 | CivilSep | "**Spontaneous only** - formerly in a legally recognised civil partnership and separated from civil partner" |
| 8 | CivilDis | "**Spontaneous only** - formerly in a legally recognised civil partnership and civil partnership is now legally dissolved" |
| 9 | CivWid | "**Spontaneous only** - a surviving civil partner (his/her partner has since died)" |

**IF (more than 1 person in household) AND (MarStat = NevMar OR Separated OR Divorced OR Widowed OR CivilSep OR CivilDis OR CivWid) THEN**
**LiveW2**
May I just check, are you / is X living with someone in the household as a couple?
ASK OR RECORD.
(HELP <F9>)
| 1 | Yes | "Yes" |
| 2 | No | "No" |
| 3 | SameSex | "**Spontaneous only**: Same sex couple (but not in a formal registered civil partnership)" |

**DVMarDF2**
De facto marital status, computed
| 1 | Married | "Married" |
| 2 | DFCivil | "Civil partnered" |
| 3 | Cohab | "Cohabiting" |
| 4 | DFSingle | "Single" |
| 5 | DFSepar | "Separated" |
| 6 | DFDivor | "Divorced" |
| 7 | DFWidow | "Widowed" |
| 8 | DFCivDis | "Formerly in same-sex civil partnership, now legally dissolved" |
| 9 | DFCivWid | "A surviving civil partner" |

**IF (DvAge ≥ 16) THEN**
**WrkStat**

Is X / Are you ...READ OUT...
INTERVIEWER: CODE FIRST TO APPLY.
1    FTEduc    "...going to school or college full-time (including on vacation)"
2    Working    "...in full or part-time employment, or"
3    NWork    "...not working at present?"


**IF (WrkStat = FTEduc) THEN**
**PTWork**
Does X / Do you do any paid or voluntary work as well as studying?
1    Yes
2    No


**IF (WrkStat = FTEduc OR NWork) AND (PTWork = No) THEN**
**EverWk**
Has X / Have you ever had a paid job, apart from casual or holiday work?
1    Yes
2    No


**NatID**
SHOW CARD A
What do you consider your / X's **national identity** to be? Please choose your answer from this card.
1    English
2    Scottish
3    Welsh
4    Northern Irish
5    British
6    Other    "Other answer"


**IF (NatID = Other) THEN**
**NatOth**
How would you describe your / X's national identity?
INTERVIEWER: IF SOMEONE DESCRIBES THEMSELVES AS HALF ENGLISH AND HALF IRISH OR ANY OTHER COMBINATION OF WELSH/SCOTTISH/IRISH/ENGLISH CODE THEM AS 'Mixed British'.
1    Mixed    "Mixed British - SPECIFY AT NEXT QUESTION"
2    Describe    "Other - SPECIFY AT NEXT QUESTION"


**IF (NatOth = Describe OR Mixed) THENXNatOth**
INTERVIEWER: ENTER DESCRIPTION OF NATIONAL IDENTITY.
: STRING [100]


**EthGrp**
SHOW CARD B
To which of these ethnic groups do you consider you / X belong(s)?
INTERVIEWER: THIS IS A QUESTION OF RESPONDENT'S (OR PROXY'S) OPINION.
1    White    "English / Welsh / Scottish / Northern Irish / British"
2    Irish    "Irish"
3    Gypsy    "Gypsy or Irish Traveller"
4    WhtOth    "Any other white background (please describe)"
5    MixedWBC    "Mixed - White and Black Caribbean"
6    MixedWBA    "Mixed - White and Black African"
7    MixedWAs    "Mixed - White and Asian"

| 8 | MixedOth | "Any other mixed background (please describe)" |
| 9 | Indian | "Asian or Asian British - Indian" |
| 10 | Pakistan | "Asian or Asian British - Pakistani" |
| 11 | Bngldesh | "Asian or Asian British - Bangladeshi" |
| 12 | AsianOth | "Any other Asian/Asian British background (please describe)" |
| 13 | BlackCrb | "Black or Black British - Caribbean" |
| 14 | BlackAfr | "Black or Black British - African" |
| 15 | BlackOth | "Any other Black/Black British background (please describe)" |
| 16 | Chinese | "Chinese" |
| 17 | Arab | "Arab" |
| 18 | Other | "Any other (please describe)" |

**IF (EthGrp = 4, 8, 12, 15 OR 18) THEN**
**EthOth**
Please can you describe your / X's ethnic group?
INTERVIEWER: ENTER DESCRIPTION OF ETHNIC GROUP.
: STRING [100]

**IF (Person > 1) THEN**
**Rel**
SHOW CARD C
INTERVIEWER: CODE RELATIONSHIP OF EACH HOUSEHOLD MEMBER TO THE OTHERS - X is Y'S…
SOME CODES MAY NOT BE VISIBLE ON THE SCREEN.
(SEE HELP <F9> FOR POSSIBLE INTRODUCTION TO SECTION)

| 1 | Spouse | "Husband/Wife" |
| 2 | CivilP | "Civil partner" |
| 3 | Cohabitee | "Partner/Cohabitee" |
| 4 | Child | "Natural son/daughter" |
| 5 | AChild | "Adopted son/daughter" |
| 6 | FChild | "Foster child" |
| 7 | StChild | "Stepson/stepdaughter" |
| 8 | ILChild | "Son-in-law/daughter-in-law" |
| 9 | Parent2 | "Natural Parent" |
| 10 | AdParent | "Adoptive parent" |
| 11 | FParent | "Foster parent" |
| 12 | StParent | "Step-parent" |
| 13 | ILParent | "Parent-in-law" |
| 14 | Sib | "Natural brother/sister" |
| 15 | HSib | "Half-brother/sister" |
| 16 | StSib | "Step-brother/sister" |
| 17 | ASib | "Adopted brother/sister" |
| 18 | FSib | "Foster brother/sister" |
| 19 | ILSib | "Brother/sister-in-law" |
| 20 | GChild | "Grand-child" |
| 21 | GParent | "Grand-parent" |
| 22 | OthRel | "Other relative" |
| 23 | NonRel | "Other non-relative" |

### *HRP SELECTION*

**HHldr**

In whose name is the accommodation owned or rented?
INTERVIEWER: IF THE RENT OR MORTGAGE FOR THIS ACCOMMODATION IS PAID
FOR BY SOMEONE OUTSIDE THE HOUSEHOLD, CODE THE PERSON IN THE
HOUSEHOLD WHO IS RESPONSIBLE FOR THE ACCOMMODATION.
ANYONE ELSE? CODE ALL THAT APPLY.
*(list of people in household)*

**IF (more than one person coded as being the householder at HHldr) THEN**
**HiHNum**

You have told me that X, Y … and Z) jointly own or rent the accommodation. Who has the
highest income (from earnings, benefits, pensions and any other sources)?
INTERVIEWER: THESE ARE THE JOINT HOUSEHOLDERS:
*(Names of joint householders)*
ENTER PERSON NUMBER. IF TWO OR MORE HAVE SAME INCOME, ENTER 97.
IF RESPONDENT ASKS FOR PERIOD TO AVERAGE OVER - ONE YEAR.
PROMPT AS NECESSARY FOR JOINT HOUSEHOLDERS:
IS ONE OF THEM THE SOLE PERSON WITH PAID WORK OR OCCUPATIONAL
PENSION.
Range: 1..97

**IF (HiHNum=97) THEN**
**JntEldA**

ENTER PERSON NUMBER OF THE **ELDEST** JOINT HOUSEHOLDER FROM THOSE
WITH THE SAME HIGHEST INCOME.
ASK OR RECORD.
*(Names of joint householders and their ages)*

**IF (HiHNum=DONT KNOW OR REFUSAL) THEN**
**JntEldB**

ENTER PERSON NUMBER OF THE ELDEST JOINT HOUSEHOLDER.
ASK OR RECORD.
*(Names of joint householders and their ages)*

**HRPNum** {Computed from responses above}
Person number of household reference person:

**AdNum1**

ENTER PERSON NUMBER OF ADULT RESPONDENT (NAME RECORDED ON FIRST
PAGE OF THE ARF)
(*names of adult household members*)
Range: 1..97

**IF (Female adult aged ≤ 49) THEN**
**AdChk**

INTERVIEWER: When doing the selection you should have checked to ensure that *(Name
of selected adult respondent)* is not currently pregnant or breastfeeding. Please type '1' to
confirm that this is the case
1       NotP    "X not pregnant or breastfeeding"
2       Preg    "X is pregnant or breastfeeding"

**ChNum**

ENTER THE PERSON NUMBER OF 'RESPONDENT 2' AGED 18 MONTHS TO 18 YEARS.
(NAME RECORDED ON FIRST PAGE OF THE ARF)
(*names of child household members)*
Range: 1..97


**IF (There is no adult in the household that is the parent (natural, adoptive, foster or step) of the child respondent) AND (Age < 16) THEN**
**Par1**
Which of the people in this household are *(Name of selected child respondent)*'s parents or have legal parental responsibility for him/her on a permanent basis?
INTERVIEWER: Code first person at this question.
Range: 1..97


**IF (Par1 = 1..10) AND (more than one person in household) THEN**
**Par2**
Which other person in this household is *(Name of selected child respondent)*'s parent or has legal parental responsibility for him/her on a permanent basis?
INTERVIEWER: Code second person at this question.
Range : 1..97


**IF (Female child and aged 13-18) THEN**
**ChChk**
INTERVIEWER: When doing the selection you should have checked to ensure that *(Name of selected child respondent)* is not currently pregnant or breastfeeding. Please type '1' to confirm that this is the case"
1       NotP    "X not pregnant or breastfeeding"
2       Preg    "X is pregnant or breastfeeding"


**IF (Age < 11) THEN**
**ChResp**
SOME OF THE QUESTIONS ABOUT *(Name of selected child respondent)* WILL NEED TO BE ASKED OF AN ADULT.
Enter person number of adult who will answer questions on behalf of *(Name of selected child respondent)*
INTERVIEWER: Only an adult household member can act as a proxy when collecting information about children.
Range: 1..10


**MFPNum**
Enter the person number of the **MAIN FOOD PROVIDER** (NAME RECORDED ON ARF).
Range: 1..10


*TENURE*


**Ten1**
SHOW CARD D
In which of these ways do you/does (name of household reference person) occupy this accommodation?
INTERVIEWER: CODE FIRST THAT APPLIES.
NOTE: QUESTIONS ABOUT TENURE ARE ASKED ABOUT THE HOUSEHOLD
REFERENCE PERSON – (name of household reference person)

1 Own "Own outright"
2 Morg "Buying it with the help of a mortgage or loan"
3 Share "Pay part rent and part mortgage (shared ownership)"
4 Rent "Rent it"
5 RentF "Live here rent-free (including rent-free in relative's/friend's property; excluding squatting)"
6 Squat "Squatting"

**IF (Ten1 = Rent OR RentF) THEN**
**LLord**
Who is your landlord?
INTERVIEWER: IF PROPERTY IS LET THROUGH AN AGENT, THE QUESTION REFERS TO THE OWNER NOT THE AGENT.
CODE 1 (LOCAL AUTHORITY) INCLUDES PEOPLE RENTING FROM HOUSING ACTION TRUSTS.
CODE 2 (HOUSING ASSOCIATION) INCLUDES REGISTERED SOCIAL LANDLORDS AND LOCAL HOUSING COMPANIES.
USE CODE 5 ONLY IF THE RESPONDENT AND LANDLORD WERE FRIENDS BEFORE THEY WERE TENANT AND LANDLORD, NOT IF THEY HAVE ONLY BECOME FRIENDLY SINCE THEN.
1 LA "The local authority/council/New Town Development/Scottish Homes"
2 HA "A housing association or co-operative or charitable trust or Local Housing company"
3 Comp "Employer (organisation) of a household member"
4 OthOrg "Another organisation"
5 RelFrnd "Relative/friend (before you lived here) of a household member"
6 EmpIndiv "Employer (individual) of a household member"
7 OthIndiv "Another individual private landlord"

**IF (Ten1 = Rent OR RentF) THEN**
**Furn**
Is the accommodation provided…
...RUNNING PROMPT...
1 Furnd "...furnished"
2 PFurn "...partly furnished (eg carpets and curtains only)"
3 UnFurn "...or, unfurnished?"

**MFPProx**
IS THIS A PERSONAL OR A PROXY INTERVIEW WITH THE MAIN FOOD PROVIDER (name of MFP)?
1       WithMFP       "PERSONAL INTERVIEW WITH MFP (name of MFP)"
2       WithProx       "PROXY INTERVIEW"

**IF (MFPProx = WithProx) THEN**
**MProxWho**
ENTER THE PERSON NUMBER OF PROXY RESPONDENT
*(list of adult household members)*
ENTER CODE 11 IF NON-HOUSEHOLD MEMBER
Range: 1..11

*SHOPPING HABITS*

**ShopIntr**
Now I would like to ask you about shopping.
INTERVIEWER: PROMPT WHENEVER NECESSARY.
IF RESPONDENT DOESN'T KNOW ANSWERS, TRY TO SPEAK TO PERSON WHO DOES SHOPPING.
PRESS <ENTER> TO CONTINUE
1       Continue

**ShopFV**
**SHOW CARD E**
Where do you/ does your household mainly buy fresh fruit and vegetables from?
INTERVIEWER: CODE ONE ONLY. IF MORE THAN ONE, CODE WHERE **MOST** FRUIT AND VEG BOUGHT FROM.
DO NOT INCLUDE FRUIT AND VEGETABLES THAT ARE GROWN BY THE RESPONDENT. SUCH FOOD SHOULD BE INCLUDED UNDER THE FOLLOWING QUESTIONS ABOUT FREE FOOD.
1       LSuper       "Large supermarket, including home delivery from supermarket"
2       SSuper       "Mini supermarket (e.g. Tesco Metro)"
3       CornerS       "Local/corner shop (including newsagents)"
4       Garage       "Garage forecourt"
5       Greeng       "Independent Greengrocer"
6       Butcher       "Independent Butcher"
7       Baker       "Independent Baker"

| 8 | FishM | "Independent Fishmonger" |
| 9 | Market | "Market (including stalls)" |
| 10 | Farm | "Farm" |
| 11 | HomeDel | "Home delivery (including co-operatives, community schemes/local initiatives)" |
| 12 | Other | "Other shop" |
| 13 | Sever | " More than one of these" (SPONTANEOUS ONLY)" |

**FVOft**
SHOW CARD F
How often do you buy fresh fruit and vegetables?
INTERVIEWER: CODE FIRST THAT APPLIES

| 1 | MOnceD | "More than once a day" |
| 2 | OnceD | "Once a day" |
| 3 | TThWk | "2 or 3 times a week" |
| 4 | Weekly | "Weekly" |
| 5 | TThMth | "2 or 3 times a month" |
| 6 | Monthly | "Monthly" |
| 7 | TwoMths | "Every 2 months" |
| 8 | LTwoMths | "Less often than every 2 months" |

**FruitAv**
How often do you usually have FRESH FRUIT available in your home?
Would you say ...

| 1 | MTime | "Most of the time" |
| 2 | SomeT | "Sometimes" |
| 3 | Never | "Or, never?" |

## FOOD PREPARATION

**PrepIntr**
I am now going to ask you about how you usually prepare some food items.
PRESS <ENTER> TO CONTINUE
1          Continue

**MincF1**
When you buy mince, do you choose mince with fat or mince without much fat?
INTERVIEWER: PROMPT IF NECESSARY, 'MINCE' MEANS ANY GROUND ANIMAL
PRODUCT (BEEF, CHICKEN, PORK ETC.)

| 1 | MinFat | "Mince with fat" |
| 2 | MinNoFat | "Mince without much fat" |
| 3 | NoEat | "Do not prepare/eat this food" |

**IF (MinceF1 = MinFat OR MinNoFat) THEN**
**MincF2**
When you are cooking mince, do you strain off the fat or do you not strain off the fat?

| 1 | Strain | "Strain off the fat" |
| 2 | NoStrain | "Do not strain off the fat" |

**ChipHow**
SHOW CARD G

Please describe how you usually prepare **chips**, that is if you/anyone in your household eat(s) them?
INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN. DO NOT INCLUDE CHIPS PURCHASED FROM TAKEAWAY OUTLET.

| 1 | FrOld | "Freshly made from old potatoes" |
| 2 | FrNew | "Freshly made from new potatoes" |
| 3 | Frozen | "Frozen, fried" |
| 4 | OvenC | "Oven ready chips" |
| 5 | MicroC | "Microwave chips (eg McCain Microchips)" |
| 6 | Other | "Make chips another way" |
| 7 | NoEat | "Do not prepare/eat this food" |

**SaltChk**
Do you add salt or salt substitute to your food during cooking, such as salt in water for cooking potatoes?
INTERVIEWER: IF USE BOTH SALT AND SALT SUBSTITUTE, CODE WHICH USED MOST OFTEN.

| 1 | Salt | "Salt" |
| 2 | Subst | "Salt substitute" |
| 3 | Neither | "Neither" |

**IF (SalChk = Salt) THEN**
**SalHowC**
Is that always, usually or sometimes (that you add salt to your food during cooking)?

| 1 | Always | "Always" |
| 2 | Usually | "Usually" |
| 3 | Somet | "Sometimes" |

**IF (SaltChk = Subst) THEN**
**SltSHow**
Is that always, usually or sometimes (that you add salt substitute to your food during cooking)?

| 1 | Always | "Always" |
| 2 | Usually | "Usually" |
| 3 | Somet | "Sometimes" |

*EMPLOYMENT & EDUCATION OF HRP/MFP*

*(if these are different members of household questions are asked of the MFP about themselves and HRP)*

**JobYes**
Thank you for answering these questions so far. Now I would like to ask a few questions about your /MFP/HRP's employment. Do you/ Does MFP/HRP have a job?

| 1 | Yes |
| 2 | No |

**IF (JobYes = Yes) THEN**
**RegCas**
Can I just check, are you/ is MFP/HRP in a regular job or an occasional job?

| 1 | RegJob | "Regular job" |

| 2 | OccasJob | "Occasional job" |
|---|---|---|
| 3 | Both | "Both regular job AND occasional job" |

**IF (RegCas = RegJob OR Both) THEN**
**RegHrs**
How many hours do you/does MFP/HRP work per week in your/MFP/HRP's regular job?
INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS.
IF 97 HOURS OR MORE THEN ENTER 97.
Range: 0..97

**IF (RegCas = RegJob OR Both) THEN**
**WTypHrs**
Is this the typical number of hours you/MFP/HRP work?
1        Yes
2        No

**IF (WTypHrs = No) THEN**
**NTypHrs**
INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK.
INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.
Range: 1..97

**IF (RegCas=OccasJob OR Both) THEN**
**Cashrs**
How many hours did you/MFP/HRP work in this occasional job in the seven days ending last Sunday (date)?
INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97
Range: 1..97

**IF (RegCas=OccasJob OR Both) THEN**
**TypCas**
Is this the typical number of hours you/MFP/HRP work in your/HRP's occasional job?
1        Yes
2        No

**IF (Typcas=No) THEN**
**NCasHrs**
INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK IN OCCASIONAL JOB(S)
IF 97 HOURS OR MORE THEN ENTER 97
Range: 1..97

**Educ**
I'd now like to ask a couple of questions about your/MFP/HRP's education and work-related training.
PRESS <ENTER> TO CONTINUE
1        Continue

**EducFin**
At what age did you / MFP/HRP finish  continuous full-time education at school or college?
INTERVIEWER: PLEASE NOTE THIS IS **'CONTINUOUS'** FULL-TIME EDUCATION. I.E. MATURE STUDENTS MAY CURRENTLY BE IN FULL-TIME EDUCATION BUT MAY HAVE FINISHED  THEIR **CONTINUOUS EDUCATION** SEVERAL YEARS AGO.
1        Notyet       "Not yet finished"
2        Never        "Never went to school"

| 3 | und14 | "14 or under" |
| 4 | at15 | "15" |
| 5 | at16 | "16" |
| 6 | at17 | "17" |
| 7 | at18 | "18" |
| 8 | ov19 | "19 or over" |

**IF (EducFin =Never..ov19) THEN**
**QualCh**
Do you/ Does MFP/HRP have any qualifications from school, college or university, or any qualifications connected with work or from government schemes?
1    Yes
2    No

**IF (QualCh = Yes) THEN**
**Qual**
SHOW CARD H - 2 PAGES
Please look at this card and tell me whether you/MFP/HRP have any of the qualifications listed. Start at the top of the list and tell me the first one you come to that you have/MFP/HRP has passed.

| 1 | HiDeg | "Higher degree, e.g. MSc, MA, MBA, PGCE, PhD" |
| 2 | L5NVQ | "Level 5 NVQ / SVQ" |
| 3 | BTECAPr | "BTEC Advanced Professional Diploma/Certificate" |
| 4 | Deg | "First degree, e.g. BSc, BA, BEd, MA at first degree level" |
| 5 | L4NVQ | "Level 4 NVQ / SVQ" |
| 6 | HNC | "HNC / HND" |
| 7 | BTECHi | "BTEC Higher National or Professional Diploma/Certificate" |
| 8 | RSAHi | "RSA or OCR Higher" |
| 9 | Alevel | "GCE 'A'-level" |
| 10 | A2 | "A2" |
| 11 | AVCE | "AVCE" |
| 12 | SCEAdv | "SCE Advanced Higher Grades" |
| 13 | SCEHi | "SCE Higher Grades (A-C)" |
| 14 | CSYS | "CSYS" |
| 15 | KSkL3 | "Key Skills Level 3" |
| 16 | L3NVQ | "Level 3 NVQ / SVQ" |
| 17 | ONC | "ONC / OND" |
| 18 | BTECA | "BTEC Advanced or National Diploma/Certificate" |
| 19 | RSAAdv | "RSA or OCR Advanced Diploma" |
| 20 | CityG3 | "City & Guilds Advanced Craft / Part 3" |
| 21 | AdvGNVQ | "Advanced GNVQ; Vocational A Level" |
| 22 | AdvMAp | "Advanced Modern Apprenticeship" |
| 23 | GCSEAC | "GCSE grade A*-C" |
| 24 | Olevel | "GCE 'O'-level passes" |
| 25 | CSE1 | "CSE grade 1" |
| 26 | SCEAC | "SCE O Grades (A-C)" |
| 27 | SCEStd13 | "SCE Standard Grades (1-3)" |
| 28 | SchCert | "School Certificate / Matriculation" |
| 29 | KSkL2 | "Key Skills Level 2" |
| 30 | BTECInt | "BTEC Intermediate or First Diploma/Certificate" |
| 32 | RSADip | "RSA Diploma" |
| 33 | CityG2 | "City & Guilds Craft / Part 2" |
| 34 | IntGNVQ | "Intermediate GNVQ" |
| 35 | FounMAp | "Foundation Modern Apprenticeship" |
| 36 | GCSEDG | "GCSE grade D-G" |

| 37 | CSE25 | "CSE grade 2-5" |
| 38 | SCOTVEC | "SCOTVEC National Certificate Modules" |
| 41 | KSkL1 | "Key Skills Level 1" |
| 42 | L1NVQ | "Level 1 NVQ / SVQ" |
| 43 | BTECFoun | "BTEC Foundation or Introductory Diploma/Certificate" |
| 44 | RSA13 | "RSA Stage 1-3" |
| 45 | CityG1 | "City & Guilds Part 1" |
| 46 | FounGNVQ | "Foundation GNVQ; Foundation VCE" |
| 47 | Other | "Other qualifications" |

## *EMPLOYMENT OF HOUSEHOLD REFERENCE PERSON*

### *IF (HRP = MFP or Proxy MFP) THEN questions asked in person, ELSE questions asked of MFP/Proxy MFP about HRP:*

### *IF(HRP is currently/or has worked before) THEN*

**JHRPIntr**
Now I would like to ask a few questions about the job that you/HRP do/does/did.
IF ASKED SAY 'because the accommodation is in your/ HRP's name'.
PRESS <ENTER> TO CONTINUE
1        Continue

**IndD**
CURRENT/ MOST RECENT JOB OF HRP
What does/did the firm or organisation you/HRP work(s)/worked for mainly make or do (at the place where you/HRP work(s)/worked)? INTERVIEWER: DESCRIBE FULLY - PROBE MANUFACTURING or PROCESSING or DISTRIBUTING ETC. AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE or RETAIL ETC.
: STRING [80]

### **IF (Wrkstat = FTEduc) THEN**
**IndD**
CURRENT/ MOST RECENT JOB OF HRP
What does/did the firm or organisation you/HRP work(s)/worked for mainly make or do (at the place where you/HRP work(s)/worked)?
INTERVIEWER: PLEASE ONLY RECORD PAID WORK HERE. IF THE RESPONDENT DID VOLUNTARY WORK, PLEASE MENTION THIS HERE.
INTERVIEWER: DESCRIBE FULLY - PROBE MANUFACTURING or PROCESSING or DISTRIBUTING ETC. AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE or RETAIL ETC.
: STRING [80]

**OccT**
JOB TITLE OF CURRENT / MOST RECENT JOB
What is/was your/HRP main job?"
: STRING [30]

**OccD**
CURRENT / MOST RECENT JOB OF HRP
What do/does/did you/HRP mainly do in this job?

INTERVIEWER: CHECK SPECIAL QUALIFICATIONS/TRAINING NEEDED TO DO THE JOB
: STRING [80]

**Stat**

Are/Were/Is/Was you/HRP working as an employee or are/were /is/was you/HRP self-employed?
1    Employee    "Employed"
2    SelfEmp    "Self-employed"

**IF (Stat = Employee) THEN**
**Manage**

In this job, do/does/did you/HRP have any formal responsibility for supervising the work of other employees?
INTERVIEWER: CODE 1 ('YES') INCLUDES PEOPLE WHO SAY THEY ARE MANAGERS.
DO NOT INCLUDE IN CODE 1 (I.E. CODE AS 'NO'):
SUPERVISORS OF CHILDREN (E.G. TEACHERS, NANNIES, CHILDMINDERS)
SUPERVISORS OF ANIMALS
PEOPLE WHO SUPERVISE SECURITY OR BUILDINGS ONLY (E.G. CARETAKERS, SECURITY GUARDS)
1    Yes
2    No

**IF (Stat = Employee) THEN**
**EmpNo**

How many people work(ed) for your/HRP's employer at that place?
Are/were there ... (RUNNING PROMPT)...
1    n1_24    "1-24"
2    n25_499    "25 to 499, or"
3    n500plus    "500 or more employees?"

**IF (Stat = SelfEmp) THEN**
**Solo**

Are/Were/Is/Was you/HRP working alone or do/does/did you/HRP have employees?
1    OnOwn    "on own/with partner(s) but no employees"
2    WithEmp    "with employees"

**IF (Solo = WithEmp) THEN**
**SENo**

How many people do/does/did you/HRP employ at the place where you/HRP work(s)/worked?
Were there ... (RUNNING PROMPT)...
1    n1_24    "1-24"
2    n25_499    "25 to 499, or"
3    n500plus    "500 or more employees?"

*BENEFITS*

**Benefits**
SHOW CARD I
There has been a lot of talk about health and income. We would like to get some idea of your household's income. This card shows various possible sources of income. Can you please tell me which kinds of income you (and your husband/wife/partner) receive?
INTERVIEWER: PROBE: FOR ALL SOURCES.

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National Diet and Nutrition Survey. Headline results from Years 5-6 (combined) of the Rolling Programme (2012/2013 – 2013/14).

INTERVIEWER: CODE ALL THAT APPLY
1       Emp         "Earnings from employment or self-employment"
2       StatPens    "State retirement pension"
3       EmpPens     "Pension from former employer"
4       PersPens    "Personal Pensions"
5       JSA         "Job-Seekers Allowance"
6       EmpAll      "Employment and Support Allowance"
7       IncSupp     "Income Support"
8       PensCred    "Pension Credit"
9       WTaxCred    "Working Tax Credit"
10      ChldCred    "Child Tax Credit"
11      ChildBen    "Child Benefit"
12      HousBen     "Housing Benefit"
13      CounTxBn    "Council Tax Benefit"
14      OthStBen    "Other state benefits"
15      Interest    "Interest from savings and investments (e.g. stocks & shares)"
16      OthOuts     "Other kinds of regular allowance from outside your household (e.g. maintenance, student's grants, rent)"
17      NoBen       "No source of income"

## INCOME

### Income
SHOW CARD J
Thank you for answering the questions so far. Before we move on, please could you take a look at this card and tell me the letter of the group which represents your household's total income in the last 12 months, before any deductions for tax etc. Please include income from earnings, self-employment, benefits, pensions, and interest from savings.
INTERVIEWER: CARD SHOWS ANNUAL AMOUNTS.
THIS MEANS CATERING UNIT INCOME (NOT HOUSEHOLD INCOME).
HOUSING BENEFITS AND CHILD ALLOWANCE SHOULD BE INCLUDED.
PROBE TO MAKE SURE RESPONDENT HAS INCLUDED THIS: 'Can I just check, do you receive any housing benefits and/or child allowance?"
1       IncA        "A - £15,000 - £19,999"
2       IncB        "B - £30,000 - £34,999"
3       IncC        "C - Under £5,000"
4       IncD        "D - £45,000 - £49,999"
5       IncE        "E - £25,000 - £29,999"
6       IncF        "F - £5,000 - £9,999"
7       IncG        "G - £20,000 - £24,999"
8       IncH        "H - £10,000 - £14,999"
9       IncI        "I - £75,000 - £99,999"
10      IncJ        "J - £35,000 - £39,999"
11      IncK        "K - £50,000 - £74,999"
12      IncL        "L - £100,000 or more"
13      IncM        "M - £40,000 - £44,999"

### MFPEnd
INTERVIEWER: End of Main Food Provider interview with / on behalf of (name of MFP).
PRESS <ENTER> TO CONTINUE
1       Continue

**WHERE RESPONDENT 10 OR YOUNGER - ASK THROUGH GUARDIAN; WHERE RESPONDENT 11-18, ASK DIRECTLY.**

**IF (aged 18 months-15 years OR 16-18 in FT education) THEN**
**SchType**
SHOW CARD CC
Please look at this card and tell me which of these best describes the school you/ (child's name) attend(s).
INTERVIEWER: IF SPECIFIC TYPE OF COLLEGE (E.G. MUSIC COLLEGE), CODE AS '5, A SIXTH FORM COLLEGE/HIGHER EDUCATION COLLEGE'.
1      Nurs          "a nursery school"
2      Prim          "a primary school (including infant school, junior school)"
3      Sec           "a secondary school (including sixth form in a school)/High school"
4      Mid           "a middle school"
5      SixthF        "a sixth form college/Higher Education college"
6      Other         "Other"
7      HomEd         "Home-educated"
8      NoSch         "SPONTANEOUS ONLY: Hasn't started school yet"

**IF (SchType = Nurs..Other) THEN**
**SchIntr**
Now I would like to ask some questions about food and meals you / (child's name) may have whilst at school/college.
PRESS <ENTER> TO CONTINUE
1      Continue

**IF (SchType = Nurs..Other) THEN**
**SchProv**
Does your / (child's name)'s school/college provide food?
INTERVIEWER: **INCLUDE** SANDWICHES AND SALADS.
**DO NOT INCLUDE** SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.
1      Yes
2      No

**IF (SchProv = Yes) THEN**
**SchName**
Please could you tell me the name and address of your / (child's name)'s school/college. We only need this information in case we need to ask them questions about how the school/college prepares food.
Please tell me the name of the school first.
INTERVIEWER: PLEASE ENTER NAME OF SCHOOL IN FULL.
: STRING [40]

**IF (SchProv = Yes) THEN**
**SchAdd1**
And what is the first line of the address?
: STRING [30]

**IF (SchProv = Yes) THEN**
**SchAdd2**

INTERVIEWER: Enter next line of address or press the <Enter> key if no more. Do not enter postcode here
: STRING [30]

**IF (SchProv = Yes) THEN**
**SchAdd3**
INTERVIEWER: Enter next line of address or press the <Enter> key if no more to enter. Do not enter postcode here.
: STRING [30]

**IF (SchProv = Yes) THEN**
**SchAdd4**
INTERVIEWER: Enter next line of address or press the <Enter> key if no more to enter. Do not enter postcode here.
: STRING [30]

**IF (SchProv = Yes) THEN**
**SchPCode**
INTERVIEWER: Enter postcode here if known. Use <CTRL K> if not known.
: STRING [8]

**IF (SchProv = Yes) THEN**
**SchMeal**
Does the school/college provide a cooked meal?
1    Yes
2    No

**IF (SchMeal = Yes) THEN**
**SchProv2**
Do you / Does (child's name) ever have this cooked meal?
1    Yes
2    No

**IF (SchType = Prim..Other) THEN**
**SchLun**
SHOW CARD DD
On a school/college day, what do you / does (child's name) usually have for lunch?
INTERVIEWER: CODE ONE ONLY.
INCLUDE SANDWICHES AND SALADS.
DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.
WE ARE INTERESTED IN THE **MEAL** EATEN RATHER THAN THE TIME AT WHICH IT WAS EATEN.
1    HSMeal      "Cooked school meal"
2    CSMeal      "Cold school meal (including sandwiches, salads)"
3    PackedL     "Packed lunch (from home)"
4    BuyL        "Buy lunch from shop/cafe"
5    Home        "Go home"
6    NoLunch     "Do not eat lunch"

**IF (SchType = Prim..Other) THEN**
**SchSn**
Is there an outlet in your / (child's name)'s school where pupils can buy snacks or drinks?
INTERVIEWER:'SNACKS' INCLUDE  CONFECTIONERY, CRISPS, FRUIT.
DO NOT INCLUDE SANDWICHES, SALADS AS 'SNACKS'.
1    Yes

2        No

**IF (SchSn = Yes) THEN**
**SchSn2**
Do you / Does (child's name) ever buy snacks or drinks from this outlet?
1        Yes
2        No

**IF (SchTyp = (Prim…Other) OR (SchTyp = NoSch) THEN**
**SchSub**
SHOW CARD EE
Do you / Does (child's name) receive any of the following?
INTERVIEWER: CODE ALL THAT APPLY.
1        FreeMeal        "Free school meal (at lunchtime)"
2        RedMeal         "Reduced price or subsidised school meal (at lunchtime)"
3        FreeMilk        "Free school milk"
4        RedMilk         "Subsidised school milk"
5        FreFruit        "Free fruit"
6        PreSch          "Free food BEFORE school"
7        PostSch         "Free food AFTER school"
8        Other           "Other"
9        None            "None of these - SPONTANEOUSLY ONLY"

**IF (SchSub NOT = FreeMeal) THEN**
**School2**
Are you / Is (child's name) entitled to free school meals at lunchtime?
1        Yes
2        No

**IF (School2 = Yes) THEN**
**School2i**
Why do you / does (child name) not take up your/his/her free school meals?
1        Prefhome        "Prefers to come home"
2        Nlike           "Doesn't like school meals"
3        PackedL         "Prefers packed lunch"
4        Diet            "Dietary reasons"
5        Cultural        "Cultural/religious reasons"
6        PeerP           "Peer pressure/stigma"
7        Other           "Other"

**IF (SchSub = FreeMeal) THEN**
**SchOft**
On average, how many times per week do you/ does (child's name) have free school meals at lunchtime?
Range: 1..5

**IF (SchOft < 5) THEN**
**SchOft2**
Why do you/ does (child's name) not take up all your/his/her free school meals at lunchtime?
INTERVIEWER: CODE MAIN REASON.
1        Prefhome        "Prefers to come home"
2        Nlike           "Doesn't like school meals"
3        PackedL         "Prefers packed lunch"
4        Diet            "Dietary reasons"
5        Cultural        "Cultural/religious reasons"
6        PeerP           "Peer pressure/stigma"

7        Other            "Other"

**IF (SchSub = PreSch) THEN**
**PrScOft**
On average, how many times per week do you/ does (child's name) have free food before school?
Range: 1..5

**IF (SchSub = PostSch) THEN**
**PoScOft**
On average, how many times per week do you/ does (child's name) have free food after school?
Range: 1..5

# EATING OUT AND OTHER PROVISION

**IF (Age = 65+) THEN**
**HeClub**
Have you ever used the following services ...
INTERVIEWER: READ OUT AND CODE ALL THAT APPLY...
1        LClub            "Lunch club?"
2        DCare            "Day care centre?"
3        MoW              "Meals on wheels?"
4        None             "None of these?"

**IF (HeClub = LClub) THEN**
**HeLC**
SHOW CARD K
How often do you attend a lunch club?
1        Every            "Every day or nearly every day"
2        TwoW             "Two or three times a week"
3        OnceW            "Once a week"
4        TwoM             "Two or three times a month"
5        OnceM            "Once a month or less"
6        Never            "(Do not currently use - SPONTANEOUS CODE ONLY)"

**IF (HeClub = DCare) THEN**
**HeDCC**
SHOW CARD K
How often do you attend a day care centre?
1        Every            "Every day or nearly every day"
2        TwoW             "Two or three times a week"
3        OnceW            "Once a week"
4        TwoM             "Two or three times a month"
5        OnceM            "Once a month or less"
6        Never            "(Do not currently use - SPONTANEOUS CODE ONLY)"

**IF (HeClub = MoW) THEN**
**HeMW**
SHOW CARD K
How often do you eat a meal provided by Meals on Wheels?
1        Every            "Every day or nearly every day"

| 2 | TwoW | "Two or three times a week" |
| 3 | OnceW | "Once a week" |
| 4 | TwoM | "Two or three times a month" |
| 5 | OnceM | "Once a month or less" |
| 6 | Never | "(Do not currently use - SPONTANEOUS CODE ONLY)" |

**IF (HeMW = Every) THEN**
**MWHow**
How do you receive your meals on wheels?
| 1 | Hot | "As a hot meal delivered on the day" |
| 2 | Frozen | "As frozen meals delivered weekly / fortnightly" |

**ASK ALL**
**MealOut**
SHOW CARD L
On average, how often do you / does (child's name) eat meals out in a restaurant or cafe?
INTERVIEWER: 'MEALS' MEANS MORE THAN A BEVERAGE OR BAG OF CHIPS.
| 1 | Five | "5 or more times per week" |
| 2 | ThrFour | "3-4 times per week" |
| 3 | OneTwoW | "1-2 times per week" |
| 4 | OneTwoM | "1-2 times per month" |
| 5 | Rarely | "Rarely or never?" |

**TAMeal**
SHOW CARD L
On average, how often do you / does (child's name) eat takeaway meals at home?
INTERVIEWER:'MEALS' MEANS MORE THAN A BEVERAGE OR BAG OF CHIPS.
INCLUDE PIZZA, FISH AND CHIPS, INDIAN, CHINESE, BURGERS, KEBAB ETC.
INTERVIEWER: THIS QUESTION IS ABOUT TAKE AWAY MEALS IN THE
RESPONDENT'S HOME ONLY.
| 1 | Five | "5 or more times per week" |
| 2 | ThrFour | "3-4 times per week" |
| 3 | OneTwoW | "1-2 times per week" |
| 4 | OneTwoM | "1-2 times per month" |
| 5 | Rarely | "Rarely or never?" |

**IF (Age ≥ 16) AND (WrkStat = Working) OR (PTWork = Yes)) THEN**
**Canteen**
**(IF (PTWork = Yes) THEN** You have told me that you work part-time.) Does your place of work have a staff canteen?
| 1 | Yes |
| 2 | No |

**IF (Canteen = Yes) THEN**
**CantSub**
Do you know if the canteen food is subsidised in any way? By subsidised I mean that your employer meets some of the cost of providing the food.
| 1 | Sub | "Yes it is subsidised" |
| 2 | NotSub | "No it isn't subsidised" |
| 3 | DKnow | "Don't Know" |

**IF (Age ≥ 16) AND (WrkStat = Working) OR (PTWork = Yes) THEN**
**LunchWk**

What do you usually do about meals (e.g. lunch) when you are at work?
INTERVIEWER: INCLUDE HOT MEALS, SANDWICHES AND SALADS.
DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.
INTERVIEWER: THIS QUESTION IS STILL RELEVANT EVEN IF RESPONDENT WORKS
NIGHT SHIFTS.
WE WANT TO KNOW ABOUT ANYTHING THEY EAT, REGARDLESS OF WHETHER IT IS
BREAKFAST, LUNCH OR DINNER.

1        Canteen        "Eat at the staff canteen"
2        PackedL        "Take a packed lunch (from home)"
3        ShopCafe       "Buy lunch from shop / cafe"
4        Other          "Other"
5        NoLunch        "Do not have lunch"

## EATING HABITS

**ASK ALL** *(WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT /
GUARDIAN)*
**YrIntr**
The next few questions are about your / (child's name)'s eating habits over the last year
PRESS <ENTER> TO CONTINUE
1        Continue

**ASK ALL**
**OilFish**
SHOW CARD M
Other than tinned tuna, in the last 12 months how often have you/ has (child's name) eaten
**tinned oily fish**, such as salmon, sardines, mackerel, kippers, herrings, pilchards,
anchovies? Please **do not** include tinned tuna.
INTERVIEWER: TINNED TUNA DOES NOT COUNT AS OILY FISH BECAUSE THE
CANNING PROCESS REDUCES THE OMEGA-3 FATTY ACID CONTENT.

1        Never          "Never"
2        OneMth         "Less than once per month"
3        OneDM          "On 1-3 days per month"
4        OneDW          "On 1-2 days per week"
5        ThrDW          "On 3-4 days per week"
6        FivDW          "On 5-6 days per week"
7        Daily          "Every day in the last month"

**ASK ALL**
**FrOFsh**
SHOW CARD M
In the last 12 months how often have you/ has (child's name) **eaten fresh or frozen Oily
fish** (e.g. salmon, sardines, mackerel, kippers, anchovies, pilchards, trout or tuna)?

1        Never          "Never"
2        OneMth         "Less than once per month"
3        OneDM          "On 1-3 days per month"
4        OneDW          "On 1-2 days per week"
5        ThrDW          "On 3-4 days per week"
6        FivDW          "On 5-6 days per week"
7        Daily          "Every day in the last month"

**ASK ALL**
**ShFish**
SHOW CARD M
In the last 12 months how often have you/ has (child's name) eaten **Shellfish** (e.g. prawns, shrimps, crab)?

| | | |
|---|---|---|
| 1 | Never | "Never" |
| 2 | OneMth | "Less than once per month" |
| 3 | OneDM | "On 1-3 days per month" |
| 4 | OneDW | "On 1-2 days per week" |
| 5 | ThrDW | "On 3-4 days per week" |
| 6 | FivDW | "On 5-6 days per week" |
| 7 | Daily | "Every day in the last month" |

**ASK ALL**
**Offal**
SHOW CARD M
In the last 12 months how often have you/ has (child's name) eaten **Offal (e.g. liver, kidney)**?
INTERVIEWER: INCLUDE FAGGOTS, STEAK AND KIDNEY PIE AND OTHER DISHES CONTAINING OFFAL.

| | | |
|---|---|---|
| 1 | Never | "Never" |
| 2 | OneMth | "Less than once per month" |
| 3 | OneDM | "On 1-3 days per month" |
| 4 | OneDW | "On 1-2 days per week" |
| 5 | ThrDW | "On 3-4 days per week" |
| 6 | FivDW | "On 5-6 days per week" |
| 7 | Daily | "Every day in the last month" |

**ASK ALL**
**RarEatX**
SHOW CARD N
In the last 12 months have you/ has (child's name) eaten any of the foods on this card?
INTERVIEWER: DO NOT INCLUDE NUTS IN CODE 2 (SEEDS).

| | | |
|---|---|---|
| 0 | None | "None of these" |
| 1 | Sprats | "Sprats" |
| 2 | Seeds | "Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))" |
| 3 | Cassava | "Cassava chips/cassavacrisps" |
| 4 | Seaweed | "Seaweed (includes hijiki, wakame)" |
| 5 | Sushi | "Sushi (including purchased sushi)" |
| 6 | FrPap | "Papaya (include fresh and canned)" |
| 7 | DrPap | "Dried papaya" |
| 8 | Game | "Game (includes venison, rabbit, pheasant, partridge, wood pigeon, hare or wild boar)" |
| 9 | NCowMilk | "Non cow's milk (includes rice milk, soya milk, sheep's milk, goat's Milk or Oat Milk)" |
| 10 | FishEggs | "Fish eggs, for example caviar, cod's roe" |
| 11 | SmkSaus | "Smoked sausages" |
| 12 | GojiBer | "Goji berries" |
| 13 | FishLiv | "Fish liver (not oil)" |
| 14 | DarkChoc | "Dark chocolate, i.e. 50% or higher cocoa solids" |
| 15 | Okra | "Okra" |
| 16 | Crab | "Brown Crab Meat" |

*(Ask for each response at RareEat)*
**RarOft**
SHOW CARD O
How often have you / has (child's name) eaten (food from RarEat)?
| 1 | OneMth | "Less than once per month" |
| 2 | OneDM | "On 1-3 days per month" |
| 3 | OneDW | "On 1-2 days per week" |
| 4 | ThrDW | "On 3 or more days per week" |

**IF (RarEatX = Game) THEN**
**GameTyp**
SHOW CARD P
Please look at this card and tell me which types of game you have / (child's name) has eaten.
INTERVIEWER: CODE ALL THAT APPLY.
| 1 | Pheasant | "Pheasant" |
| 2 | Partridg | "Partridge" |
| 3 | Quail | "Quail" |
| 4 | WdPigeon | "Wood pigeon" |
| 5 | Rabbit | "Rabbit" |
| 6 | Venison | "Venison" |
| 7 | Hare | "Hare" |
| 8 | Grouse | "Grouse" |
| 9 | Other | "Other, please specify at next question" |

**IF (GameTyp = Other) THEN**
**GameOth**
INTERVIEWER: PLEASE ASK OR RECORD OTHER TYPE OF GAME EATEN.
: STRING [50]

**IF (RarEatX = NCowMilk) THEN**
**NCowMTyp**
SHOW CARD Q
Please look at this card and tell me which types of non-cow's milk you have / (child's name) has eaten or drunk.
INTERVIEWER: CODE ALL THAT APPLY.
| 1 | RiceMilk | "Rice milk" |
| 2 | SoyaMilk | "Soya milk" |
| 3 | SheepMlk | "Sheep's milk" |
| 4 | GoatMilk | "Goat's milk" |
| 5 | OatMilk | "Oat milk" |
| 6 | Other | "Other, please specify at next question" |

**IF (NCowMTyp = Other) THEN**
**NCowMOth**
INTERVIEWER: PLEASE ASK OR RECORD OTHER TYPE OF NON-COW'S MILK CONSUMED.
: STRING [50]

**IF (RarEatX = SmkSaus) THEN**
**SausTyp**
SHOW CARD R
Please look at this card and tell me which types of smoked sausages you have / (child's name) has eaten.

INTERVIEWER: CODE ALL THAT APPLY.
1      Kabanos        "Kabanos"
2      Kielbasa       "Kielbasa"
3      BrtWurst       "Bratwurst"
4      SummSaus       "Cervelat or Summer Sausage"
5      Andouil        "Andouille"
6      KnkWurst       "Knackwurst"
7      Linguica       "Linuica"
8      Chorizo        "Chorizo"
9      Mrtadella      "Mortadella"
10     HotDog         "Hot Dogs"
11     Bologna        "Bologna"
12     Other          "Other, please specify at next question"


**IF (SausTyp = Other) THEN**
**SausOth**
INTERVIEWER: PLEASE ASK OR RECORD OTHER TYPE OF SMOKED SAUSAGE
EATEN.
: STRING [50]


# FOOD AVOIDANCE


**ASK ALL** *(WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT /*
*GUARDIAN)*

**ASK ALL**
**AvoidYN**
Are there any types of foods that you/ (child's name) never eat(s)?
1      Yes
2      No


**IF (AvoidYN = Yes) THEN**
Avoid
SHOW CARD S
Can you tell me what types of foods you/ (child's name) never eat(s)?
INTERVIEWER: CODE ALL THAT APPLY
1      Meat           "Meat or meat products (not including poultry)"
2      Poultry        "Chicken or other poultry and dishes containing them"
3      Fish           "Fish or seafood and fish and seafood dishes"
4      Eggs           "Eggs"
5      Milk           "Milk (including yoghurt)"
6      Cheese         "Cheese"
7      Salad          "Salad vegetables (e.g. lettuce, cucumber, tomato)"
9      Green          "Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)"
10     RootV          "Root vegetables (e.g. carrots, parsnips)"
11     Fruit          "Fresh fruit"
12     Nuts           "Nuts"
13     Offal          "Offal"
14     Other          "Other"

**IF (P2Age > 10) THEN**
**DietWL**
Are you / Is (child's name) **currently** dieting to lose weight?
1     Yes
2     No

**ASK ALL**
**Veg**
Can I just check, would you describe yourself / (child's name) as vegetarian or vegan?
1     Veggie       "Vegetarian"
2     Vegan        "Vegan"
3     Neither       "Neither"

**IF (Veg = Veggie) THEN**
**VegeChk**
Can I just check, do you / does (child's name) eat any meat, fish, poultry or dishes that contain these?
1     Yes
2     No

**IF (Veg = Vegan) THEN**
**VeganChk**
Can I just check, do you / does (child's name) eat any foods of animal origin. That is meat, fish, poultry, milk, milk products, eggs or any dishes that contain these?
1     Yes
2     No

**ASK ALL**
**WashIntr**
The next few questions are about fruit and vegetables. We are interested in whether you / (child's name) eat(s) them with the skins left on.
PRESS <ENTER> TO CONTINUE
1     continue

**ASK ALL**
**WshNPot**
Firstly, do you / does (child's name) eat **new potatoes** with the skins on?
INTERVIEWER: IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES.
1     Always       "Yes, ALWAYS eat the skin/peel"
2     Usual        "Yes, USUALLY eat the skin/peel"
3     STimes      "Yes, SOMETIMES eat the skin/peel"
4     Never       "No, NEVER eat the skin/peel"
5     NoEat       "Don't eat this type of fruit/veg at all"

**ASK ALL**
**WshPot**
And do you / does (child's name) eat **other potatoes** cooked in any way with the skins on?
INTERVIEWER: IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES.
1     Always       "Yes, ALWAYS eat the skin/peel"
2     Usual        "Yes, USUALLY eat the skin/peel"
3     STimes      "Yes, SOMETIMES eat the skin/peel"
4     Never       "No, NEVER eat the skin/peel"
5     NoEat       "Don't eat this type of fruit/veg at all"

**ASK ALL**
**EatPeel**
SHOW CARD T
Do you / does (child's name) eat the peel or skin of any of the fruits listed on this card in...
INTERVIEWER: CODE ALL THAT APPLY
| | | |
|---|---|---|
| 1 | Marm | "... marmalade, jams or chutneys?" |
| 2 | Cake | "... cakes, biscuits etc?" |
| 3 | HMade | "... home made food/drink e.g. purees, soups, blended drinks etc?" |
| 4 | None | "SPONTANEOUS ONLY - None of these" |

**ASK ALL**
**Peel**
SHOW CARD T
Do you / does (child's name) ever eat the peel or skin (outer layer) of the following fruits?
INTERVIEWER: **INCLUDES** EATING THE WHOLE FRUIT INCLUDING THE PEEL OR BLENDING THE PEEL/SKIN TO MAKE A SMOOTHIE. **EXCLUDES** EATING PEEL/SKIN IN FRUIT CAKES, MARMALADE, CHUTNEYS ETC.
| | | |
|---|---|---|
| 0 | None | "None of these" |
| 1 | Orange | "Orange" |
| 2 | Lemon | "Lemon" |
| 3 | Kiwi | "Kiwi fruit" |
| 4 | Grapef | "Grapefruit" |
| 5 | Mango | "Mango" |
| 6 | Banana | "Banana" |
| 7 | Lime | "Lime" |
| 8 | Papple | "Pineapple" |
| 9 | SoftCit | "Soft citrus fruit (satsumas/mandarins/clementines)" |
| 10 | Melon | "Melon" |

*(Asked for each response at Peel)*
**PeelOft**
SHOW CARD U
How often do you / does (child's name) eat(s) the peel or skin of (fruit from Peel)?
| | | |
|---|---|---|
| 1 | Daily | "Every day/most days" |
| 2 | Week1 | "Once or twice a week" |
| 3 | Month1 | "Once or twice a month" |
| 4 | Less | "Less than once a month" |

*(Asked for each response at Peel)*
**PeelAmt**
SHOW CARD V
When you / (child's name) eat(s) the peel or skin of (fruit from Peel), how much of it do you / does (child's name) usually eat?
| | | |
|---|---|---|
| 1 | All | "All of the peel or skin" |
| 2 | Most | "Most of the peel or skin" |
| 3 | Half | "Around half of the peel or skin" |
| 4 | Quart | "Around a quarter of the peel or skin" |
| 5 | Less | "Less than a quarter of the peel or skin" |

**ASK ALL**
**WashFru**
If you / (child's name) eat(s) your/his/her fruit with the skin or peel on do you / does he/she wash it before eating/cooking?
| | | |
|---|---|---|
| 1 | Always | "Yes, ALWAYS wash" |

| 2 | Usual | "Yes, USUALLY wash" |
| 3 | STimes | "Yes, SOMETIMES wash" |
| 4 | Never | "No, NEVER washes" |
| 5 | NoEat | "Does not eat with peel on/raw" |

**WashVeg**

If you/ (child's name) eat(s) raw vegetables (e.g. tomatoes, carrots, cucumbers), do you /does he or she wash them before eating?

| 1 | Always | "Yes, ALWAYS wash" |
| 2 | Usual | "Yes, USUALLY wash" |
| 3 | STimes | "Yes, SOMETIMES wash" |
| 4 | Never | "No, NEVER washes" |
| 5 | NoEat | "Does not eat with peel on/raw" |

# GENERAL HEALTH

**ASK ALL**

**HeaIntr**

I'd now like to ask you some questions about your / (child's name)'s general health.
PRESS <ENTER> TO CONTINUE

1      Continue

**GenHelf**

How is your / (child's name)'s health in general?
Would you say it was ...READ OUT...

| 1 | Vergood | "...very good," |
| 2 | Good | "good," |
| 3 | Fair | "fair," |
| 4 | Bad | "bad, or" |
| 5 | Verbad | "very bad?" |

**HeaCon**

Do you/ Does (child's name) have any physical or mental health condition(s) or illnesses that have/has lasted, or are expected to last, for 12 months or more?

1   Yes
2   No

**IF (HeaCon = Yes) THEN**

**HeaAff**

Show Card W

Does this condition(s) or illness affect you/ (child's name) in any of the following areas?

| 1 | Vision | "Vision (e.g. due to blindness or partial sight)." |
| 2 | Hearing | "Hearing (e.g. due to deafness of partial hearing)." |
| 3 | Mobile | "Mobility, such as difficulty walking short distances, climbing stairs, lifting & carrying objects." |
| 4 | Learn | "Learning or concentrating or remembering." |
| 5 | Mental | "Mental Health" |
| 6 | Stamina | "Stamina or breathing difficulty" |
| 7 | Social | "Social or behavioural issues (for example, due to neuro |

diverse conditions such as Autism, Attention Deficit or Aspergers'
Syndrome)"

| 8 | Other | "Other impairment" |
| 9 | None | "None of these" |

**IF (HeaCon = Other) THEN**
**HeaAffO**
INTERVIEWER: Which area does your/ (child's name)'s condition or illness affect
you/(child's name)?
: STRING [30]

**IF (HeaCon = Yes) THEN**
**ConRed**
Does your / (child's name) condition(s) or illness(es) reduce your/his/her ability to carry out
day-to-day activities?…Running prompt…

| 1 | Yeslot | "Yes, a lot" |
| 2 | Yeslitt | "Yes, a little" |
| 3 | No | "No" |

**IF (ConRed = YesLot or YesLitt) THEN**
**TimeAff**
For how long have your/ (child's name)'s day-to-day activities been affected?
…Running prompt…

| 1 | "Less than 6 months" |
| 2 | "Between 6 & 12 months" |
| 3 | "12 months or more" |

**IF (HeaCon = Yes) AND (Age ≥ 16) THEN**
**LimitShp**
[*] Does this illness or disability (Do these illnesses or disabilities) limit you or prevent you
from shopping?

| 1 | Limits | "Limits" |
| 2 | Prevents | "Prevents" |
| 3 | Neither | "Illness does not limit/prevent from shopping" |

**IF (LimitShp = Limits OR Prevents) THEN**
**LShpHow**
Can you tell me how you are limited/prevented from shopping?
INTERVIEWER: CODE ALL THAT APPLY

| 1 | DiffWalk | "Difficulties with walking" |
| 2 | Sight | "Problems with sight" |
| 3 | Ncarry | "Cannot carry (heavy) shopping" |
| 4 | Tire | "Gets tired easily" |
| 5 | Other | "Other difficulties" |

**IF (HeaCon = Yes) AND (Age ≥ 16) THEN**
**LimiPrep**
[*] Does this illness or disability (Do these illnesses or disabilities) limit you or prevent you
from preparing food?

| 1 | Limits | "Limits" |
| 2 | Prevents | "Prevents" |
| 3 | Neither | "Illness does not limit/prevent from preparing food" |

**IF (LimiPrep = Limits OR Prevents) THEN**
**LPrepHow**

Can you tell me how you are limited/prevented from preparing food?
INTERVIEWER: CODE ALL THAT APPLY
1      DiffHand        "Difficulties with hands (e.g. chopping, peeling, lifting)"
2      DiffWalk        "Difficulties with walking"
3      DifStand        "Difficulties with standing"
4      Sight           "Problems with sight"
5      IllHlth         "Chronic ill-health (e.g. MS, depression)"
6      Tire            "Gets tired easily"
7      Other           "Other difficulties"

**ASK ALL**
**CutDown**
Now I'd like you to think about the two weeks ending yesterday.
During those two weeks, did you / (child's name) have to cut down on any of the things
you/he/she usually do/does about the house, (or at work/college) or in your/his/her free time
because of (a condition you have just told me about or any other) illness or injury?
1      Yes
2      No

**IF (CutDown = Yes) THEN**
**NDayCutD**
How many days was this in all during these last two weeks, including Saturdays and
Sundays?
Range: 1..14

**IF (CutDown = Yes) THEN**
**CutMatt**
What was the matter with you / (child's name)?
: STRING [80]

# ORAL HEALTH
## *FOR RESPONDENTS AGED 16 AND OVER*

**IF (Age ≥ 16) THEN**
**OralIntr**
INTERVIEWER: YOU ARE ABOUT TO ENTER THE ORAL/DENTAL HEALTH SECTION.
The next questions are about your oral and dental health.
PRESS <ENTER> TO CONTINUE
1      Continue

**AnyOwn**
INTERVIEWER: ASK OR RECORD
Do you have any of your own, natural, teeth?
1      Yes
2      No

**DentUse**
Do you use a denture at all?
1      Yes
2      No

**Chew**

SHOW CARD X

In general, how well are you able to CHEW food that you eat nowadays?

Please take your answer from the card.

| 1 | NoDiff | "No difficulty" |
| 2 | LitDiff | "A little difficulty" |
| 3 | FairDiff | "A fair amount of difficulty" |
| 4 | GreDiff | "A great amount of difficulty" |

**IF (Age ≥ 45) OR (DentUse=Yes) THEN**
**Diffeat**

SHOW CARD Y

Looking at the foods on Show card Y. Please tell me if there are any that you would have difficulty eating.

It doesn't matter whether or not you like the types of

Food or ever choose to eat it nowadays. We are interested in how well you could eat it if you wanted to.

INTERVIEWER:'EAT' MEANS BITE, CHEW AND SWALLOW.

THIS IS **NOT** ASKING HOW WELL PEOPLE CAN DIGEST THESE FOODS.

| 1 | Sliceb | "Sliced Bread" |
| 2 | CrustyB | "Crusty Bread" |
| 3 | Cheese | "Cheese" |
| 4 | Tomat | "Tomatoes" |
| 5 | Carrot | "Raw Carrots" |
| 6 | Greens | "Cooked Green vegetables" |
| 7 | Lettuce | "Lettuce" |
| 8 | Meat | "Sliced cooked meats" |
| 9 | Steak | "Well-cooked Steaks" |
| 10 | Apples | "Apples" |
| 11 | Oranges | "Oranges" |
| 12 | Nuts | "Nuts" |
| 13 | None | "None of these" |

**IF (Diffeat = Sliceb..Nuts) THEN Eatfod**

Can you only eat soft or mashed foods or can you eat other foods as well?

| 1 | Soft | "Only soft or mashed foods" |
| 2 | Other | "Other foods as well" |
| 3 | Liquid | "Can only take liquids/cannot eat even soft or mashed foods" |

# SELF-COMPLETIONS
## *FOR RESPONDENTS AGED 8-24*

**IF (Age = 18-24) THEN**
**DrinIntr**

INTERVIEWER: SMOKING AND DRINKING SELF-COMPLETION BOOKLET.

The next set of questions are about smoking cigarettes and drinking alcohol. We can either continue using the laptop to answer the questions, or you can fill in your answers in this booklet. Which would you prefer to do?

IS THE YOUNG PERSON TO CONTINUE WITH QUESTIONS IN CAPI OR ARE THEY TO BE GIVEN A BOOKLET (PEACH COVER)?

| 1 | Asked | "Continue with questions in CAPI" |
| 2 | Given | "Given self completion booklet" |

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National Diet and Nutrition Survey. Headline results from Years 5-6 (combined) of the Rolling Programme (2012/2013 – 2013/14).

**IF (Age = 11-17) OR (Age = 18-24 AND DrinIntr = Given) THEN**
**SCIntro**
INTERVIEWER: Prepare self completion booklet for ages (8-12: GREEN cover) / (13-15: PALE BLUE cover) / (16-24: PEACH cover) by entering serial numbers.
Check that you have the correct person number.
Name···········Point··Address··Check letter··Person number
1        Continue

**IF (Age = 11-17) OR (Age = 18-24 AND DrinIntr = Given) THEN**
**SComp2**
I would now like you to answer some questions by completing this booklet on your own. The questions cover smoking and drinking.
INTERVIEWER: Explain how to complete booklet and show example in booklet.
1        Continue

**IF (Age = 8-10) THEN**
**SCIntCh**
Here is a little booklet which I would like to ask (child's name) to complete for him/herself. It asks children if they have ever tried cigarettes or alcohol. May I explain it to you/him/her?
INTERVIEWER: If asked, show **green** booklet to (name of adult answering on behalf of child).
If agrees, prepare green booklet.
Name···········Point··Address··Check letter··Person number
INTERVIEWER: Explain to child how to complete and show example in booklet.
1        Continue


**IntDemog**
INTERVIEWER: Wait until (respondent's name) has completed the self-completion booklet, then thank them for completing it and ask them to return it to you.
Press <1> and <Enter> to continue.


# SMOKING
## *FOR RESPONDENTS AGED 18 AND OVER*


**IF (Age = 18-24 AND DrinkIntr = Asked) OR (Age ≥ 25) THEN**
**SmokIntr**
INTERVIEWER: YOU ARE ENTERING THE SMOKING SECTION
This next section is about smoking.
1        Continue

**SmokEver**
Have you ever smoked a cigarette, cigar, pipe or anything with tobacco in it?
1        Yes
2        No

**IF (SmokEver = Yes) THEN**
**CigEver**
Have you ever smoked a cigarette?
1        Yes
2        No

**IF (CigEver = Yes) THEN**
**CigAge**
How old were you when you first tried smoking a cigarette, even if it was only a puff or two?
Range: 3..97

**IF(SmokEver = Yes) THEN**
**SmokNow**
Do you smoke cigarettes at all nowadays?
1       Yes
2       No

**IF (SmokNow = Yes) THEN**
**CigWDay**
About how many cigarettes **a day** do you usually smoke on a weekday?
INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0.
IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT.
IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97.
Range: 0..97

**IF (SmokNow = Yes) THEN**
**CigWEnd**
About how many cigarettes **a day** do you usually smoke at the weekend?
INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0.
IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT.
IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97.
Range: 0..97

**IF (SmokNow = Yes) THEN**
**CigType**
Do you mainly smoke filter-tipped cigarettes, plain or untipped cigarettes, or hand-rolled cigarettes?
1       Tipped          "Filter-tipped cigarettes"
2       Plain           "Plain or untipped cigarettes"
3       Rolled          "Hand-rolled cigarettes"

**IF (SmokNow = No) THEN**
**CigReg**
Have you ever smoked cigarettes regularly?
INTERVIEWER: ...READ OUT...
1       Reg             "Yes, regularly, that is at least one cigarette a day"
2       Occ             "No, only occasionally"
3       Never           "Or no, never really smoked cigarettes, just tried them once or twice"

**IF (CigReg = Reg) THEN**
**CigUsed**
About how many cigarettes did you smoke IN A DAY when you smoked them regularly?
INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0.
IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT.
IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97.
Range: 0..97

**IF (CigReg = Reg) THEN**
**CigStop**
How long ago did you stop smoking cigarettes regularly?
| | | |
|---|---|---|
| 1 | LessSix | "Less than 6 months ago" |
| 2 | SixMth | "6 months to 1 year ago" |
| 3 | OneTwo | "1 to 2 years ago" |
| 4 | TwoFve | "2 to 5 years ago" |
| 5 | FivTen | "5 to 10 years ago" |
| 6 | MoreTen | "More than 10 years ago" |

# DRINKING
## *FOR RESPONDENTS AGED 18 AND OVER*

**IF (Age = 18-24 AND DrinkIntr = Asked) OR (Age ≥ 25) THEN**
**Drink**
I am now going to ask you a few questions about what you drink - that is if you drink.
Do you ever drink alcohol nowadays, including drinks you brew or make at home?
1    Yes
2    No

**IF (Drink = No) THEN**
**DrinkAny**
Could I just check, does that mean you never have an alcoholic drink nowadays, or do you have an alcoholic drink very occasionally, perhaps for medicinal purposes or on special occasions like Christmas and New Year?
| | | |
|---|---|---|
| 1 | Occ | "Very occasionally" |
| 2 | Never | "Never" |

**IF (DrinkAny = Never) THEN**
**AlwaysTT**
Have you always been a non-drinker or did you stop drinking for some reason?
| | | |
|---|---|---|
| 1 | Alwys | "Always a non-drinker" |
| 2 | Stopped | "Used to drink but stopped" |

**IF (Drink = Yes) OR (DrinkAny = Occ) THEN**
**DrinAge**
How old were you the first time you ever had a proper alcoholic drink?
Range: 3..97

**DrinkOft**
SHOW CARD Z
Thinking now about all kinds of drinks, how often have you had an alcoholic drink of any kind during the last 12 months?
| | | |
|---|---|---|
| 1 | AED | "Almost every day" |
| 2 | Five | "Five or six days a week" |
| 3 | Three | "Three or four days a week" |
| 4 | OneWk | "Once or twice a week" |
| 5 | OneMth | "Once or twice a month" |
| 6 | CupMth | "Once every couple of months" |
| 7 | OneYr | "Once or twice a year" |
| 8 | NotYr | "Not at all in the last 12 months" |

**IF (DrinkOft <> NotYr) THEN**
**DrinkL7**
Did you have an alcoholic drink in the last seven days, that is since (date 7 days ago) until yesterday?
1    Yes
2    No


**IF (DrinkL7 = Yes) THEN**
**DrnkDay**
On how many days out of the last seven did you have an alcoholic drink?
Range: 1..7


**IF (DrnkDay = 2 to 7 days) THEN**
**DrnkSame**
Did you drink more on one of the days/some days than others, or did you drink about the same on both/each of those?
1    Varied        "Drank more on one/some day(s) than other(s)"
2    Same          "Same each day"


**IF (DrinkL7 = Yes) THEN**
**WhichDay**
Which day (last week) did you last have an alcoholic drink (have the **most** to drink)?
1    Sunday
2    Monday
3    Tuesday
4    Wednesday
5    Thursday
6    Friday
7    Saturday


**DrnkType**
SHOW CARD AA
Thinking about last (day from WhichDay), what types of drink did you have that day?
CODE ALL THAT APPLY.
1    NBeer         "Normal strength beer/lager/cider/shandy"
2    SBeer         "Strong beer/lager/cider"
3    Spirits       "Spirits or liqueurs"
4    Sherry        "Sherry or martini"
5    Wine          "Wine"
6    Pops          "Alcopops/pre-mixed alcoholic drink"
7    Other         "Other alcoholic drinks"
8    Low           "Low alcohol drinks only"


**NBrL7**
Still thinking about last (day from WhichDay), how much **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?
INTERVIEWER: Code measures that you are going to use.
1    HPints        "Half pints"
2    SmCans        "Small cans"
3    LgCans        "Large cans"
4    Bottles       "Bottles"


**IF (NBRL7 = HPints) THEN**
**NBrL7Q(1)**

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National Diet and Nutrition Survey. Headline results from Years 5-6 (combined) of the Rolling Programme (2012/2013 – 2013/14).

ASK OR CODE: How many half pints of **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?
Range: 1..97

**IF (NBRL7 = SmCans) THEN**
**NBrL7Q(2)**
ASK OR CODE: How many small cans of **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?
Range: 1..97

**IF (NBRL7 = LgCans) THEN**
**NBrL7Q(3)**
ASK OR CODE: How many large cans of **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?
Range: 1..97

**IF (NBRL7 = Bottles) THEN**
**NBrL7Q(4)**
ASK OR CODE: How many bottles of **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?
Range: 1..97

**IF (NBRL7 = Bottles) THEN**
**NBotL7**
ASK OR CODE: What make of **normal strength beer, lager, stout or cider** did you drink from bottles on that day?
INTERVIEWER: If respondent drank different makes code which they drank most.
: STRING [21]

**IF (Drnktype = SBeer) THEN**
**SBrL7**
Still thinking about last (day from WhichDay), how much **strong beer, lager, stout or cider** did you drink that day?
INTERVIEWER: Code measures that you are going to use
1    HPints         "Half pints"
2    SmCans         "Small cans"
3    LgCans         "Large cans"
4    Bottles        "Bottles"

**IF (SBRL7 = Hpints) THEN**
**SBrL7Q(1)**
How many half pints of **strong beer, lager, stout or cider** did you drink on that day?
Range: 1..97

**IF (SBRL7 = SmCans) THEN**
**SBrL7Q(2)**
How many small cans of **strong beer, lager, stout or cider** did you drink on that day?
Range: 1..97

**IF (SBRL7 = LgCans) THEN**
**SBrL7Q(3)**
How many large cans of **strong beer, lager, stout or cider** did you drink on that day?
Range: 1..97

**IF (SBRL7 = Bottles) THEN**
**SBrL7Q(4)**
How many bottles of **strong beer, lager, stout or cider** did you drink on that day?
Range: 1..97

**IF (SBRL7 = Bottles) THEN**
**SBotL7**
ASK OR CODE: What make of **strong beer, lager, stout or cider** did you drink from bottles on that day?
INTERVIEWER: If respondent drank different makes code which they drank most.
: STRING [21]

**IF (DrnkType = Spirits) THEN**
**SpirL7**
Still thinking about last (day from WhichDay), how much spirits or liqueurs (such as gin, whisky, brandy, rum, vodka, advocaat or cocktails) did you drink on that day?
INTERVIEWER: Code the number of singles - count doubles as two singles
Range: 1..97

**IF (DrnkType = Sherry) THEN**
**ShryL7**
Still thinking about last (day from WhichDay), how much sherry or martini, including port, vermouth, Cinzano and Dubonnet did you drink on that day?
INTERVIEWER: Code the number of glasses
Range: 1..97

**IF (DrnkType = Wine) THEN**
**WineL7**
Still thinking about last (day from WhichDay), how much wine, including Babycham and champagne, did you drink on that day?
INTERVIEWER: Code the measure the respondent used.
Please note that respondent may give answer in bottles and glasses.
Please code the relevant option.
1       Bottle          "Bottle or parts of bottle"
2       Glasses         "Glasses"
3       Both            "Both bottles or parts of bottle, and glasses"

**IF (WineL7 = Bottle OR Both) THEN**
**WL7Bt**
INTERVIEWER: Code the number of 125ml glasses drunk **from the bottle** by the respondent.
E.g. If they drank half a bottle, code 3 glasses.
Press <F9> for more informtion.

| | | |
|---|---|---|
| 1 bottle | = | 6 glasses |
| 1/2 bottle | = | 3 glasses |
| 1/3 bottle | = | 2 glasses |
| 1/4 bottle | = | 1.5 glasses |
| 1 litre | = | 8 glasses |
| 1/2 litre | = | 4 glasses |
| 1/3 litre | = | 2.5 glasses |
| 1/4 litre | = | 2 glasses |

*In F9 Help Window*
If respondent has answered in bottles or litres, convert to glasses using the information provided on the screen.

For example, if a respondent said they shared a bottle with one other person and they shared it equally, code 3 glasses.
Range: 1.0..97.9

**IF (WineL7 = Glasses OR Both) THEN**
**WL7Gl**
INTERVIEWER: Code the number of glasses **(drunk as glasses)**.
Range: 1.0..97.9

**IF (WineL7 = Glasses OR Both) THEN**
**WL7Glz**
Were you drinking from a large, standard, or small glass?
INTERVIEWER: If respondent drank from two or three different size glasses, please code all that apply.
Please note that if respondent was drinking in a pub or wine bar and had a small glass, this would usually be 175ml.
1       Large          "Large glass (250ml)"
2       Standard       "Standard glass (175ml)"
3       Small          "Small glass (125ml)"

**IF (WL7Glz = Large AND more than one selected) THEN**
**Ml250Glz**
How many large glasses (250ml) did you drink?
Range: 1.0..97.9

**IF (WL7Glz = Standard AND more than one selected) THEN**
**Ml175Glz**
How many standard glasses (175ml) did you drink?
Range: 1.0..97.9

**IF (WL7Glz = Small AND more than one selected) THEN**
**Ml125Glz**
How many small glasses (125ml) did you drink?
Range: 1.0..97.9

**IF (DrnkType = Pops) THEN**
**PopsL7**
Still thinking about last (day from WhichDay), how much **alcoholic soft drink** ('alcopop') did you drink on that day?
INTERVIEWER: Code measures that you are going to use.
1       SmCans         "Small cans"
2       Bottles        "Bottles"

**PopsL7Q**
ASK OR CODE: How many (answer from PopsL7) of **alcoholic soft drink** ('alcopop') did you drink on that day?
Range: 1..97

**IF (DrnkType = Other) THEN**
**OthL7TA**
Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?
INTERVIEWER: Code first mentioned only.
: STRING [30]

**IF (DrnkType = Other) THEN**
**OthL7QA**
How much (answer from OthL7TA) did you drink on that day?
INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.
: STRING [30]

**IF (DrnkType = Other) THEN**
**OthL7B**
Did you drink any other type of alcoholic drink on that day?
1       Yes
2       No

**IF (OthL7B = Yes) THEN**
**OthL7TB**
Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?
INTERVIEWER: Code first mentioned only.
: STRING [30]

**IF (OthL7B = Yes) THEN**
**OthL7QB**
How much (answer from OthL7TB) did you drink on that day?
INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.
: STRING [30]

**IF (OthL7B = Yes) THEN**
**OthL7C**
Did you drink any other type of alcoholic drink on that day?
1       Yes
2       No

**IF (OthL7C = Yes) THEN**
**OthL7TC**
Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?
INTERVIEWER: Code first mentioned only.
: STRING [30]

**IF (OthL7C = Yes) THEN**
**OthL7QC**
How much (answer from OthL7TC) did you drink on that day?
INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.
: STRING [30]

**IF (current age is 5 or more years greater than age first had alcoholic drink) THEN**
**DrAmount**
Compared to five years ago, would you say that on the whole you drink more, about the same or less nowadays?
1       More            "More nowadays"
2       Same            "About the same"
3       Less            "Less nowadays"

**IF (Age ≥ 16) THEN**

**Educ**
I'd now like to ask you a couple of questions about education and work-related training.
PRESS <ENTER> TO CONTINUE
1        Continue

**EducFin**
At what age did you / (child's name) finish your/his/her continuous full-time education at school or college?
INTERVIEWER: PLEASE NOTE THIS IS **'CONTINUOUS'** FULL-TIME EDUCATION. I.E. MATURE STUDENTS MAY CURRENTLY BE IN FULL-TIME EDUCATION BUT MAY HAVE FINISHED THEIR **CONTINUOUS EDUCATION** SEVERAL YEARS AGO.
1        Notyet          "Not yet finished"
2        Never           "Never went to school"
3        und14           "14 or under"
4        at15            "15"
5        at16            "16"
6        at17            "17"
7        at18            "18"
8        ov19            "19 or over"

**IF (EducFin = Never..ov19) THEN**
**QualCh**
Do you have any qualifications from school, college or university, or any qualifications connected with work or from government schemes?
1        Yes
2        No

**IF (QualCh = Yes) THEN**
**Qual**
SHOW CARD BB - 2 PAGES
Please look at this card and tell me whether you have any of the qualifications listed. Start at the top of the list and tell me the first one you come to that you have passed.
1        HiDeg           "Higher degree, e.g. MSc, MA, MBA, PGCE, PhD"
2        L5NVQ           "Level 5 NVQ / SVQ"
3        BTECAPr         "BTEC Advanced Professional Diploma/Certificate"
4        Deg             "First degree, e.g. BSc, BA, BEd, MA at first degree level"
5        L4NVQ           "Level 4 NVQ / SVQ"
6        HNC             "HNC / HND"
7        BTECHi          "BTEC Higher National or Professional Diploma/Certificate"
8        RSAHi           "RSA or OCR Higher"
9        Alevel          "GCE 'A'-level"
10       A2              "A2"
11       AVCE            "AVCE"
12       SCEAdv          "SCE Advanced Higher Grades"

| 13 | SCEHi | "SCE Higher Grades (A-C)" |
| 14 | CSYS | "CSYS" |
| 15 | KSkL3 | "Key Skills Level 3" |
| 16 | L3NVQ | "Level 3 NVQ / SVQ" |
| 17 | ONC | "ONC / OND" |
| 18 | BTECA | "BTEC Advanced or National Diploma/Certificate" |
| 19 | RSAAdv | "RSA or OCR Advanced Diploma" |
| 20 | CityG3 | "City & Guilds Advanced Craft / Part 3" |
| 21 | AdvGNVQ | "Advanced GNVQ; Vocational A Level" |
| 22 | AdvMAp | "Advanced Modern Apprenticeship" |
| 23 | GCSEAC | "GCSE grade A*-C" |
| 24 | Olevel | "GCE 'O'-level passes" |
| 25 | CSE1 | "CSE grade 1" |
| 26 | SCEAC | "SCE O Grades (A-C)" |
| 27 | SCEStd13 | "SCE Standard Grades (1-3)" |
| 28 | SchCert | "School Certificate / Matriculation" |
| 29 | KSkL2 | "Key Skills Level 2" |
| 30 | BTECInt | "BTEC Intermediate or First Diploma/Certificate" |
| 32 | RSADip | "RSA Diploma" |
| 33 | CityG2 | "City & Guilds Craft / Part 2" |
| 34 | IntGNVQ | "Intermediate GNVQ" |
| 35 | FounMAp | "Foundation Modern Apprenticeship" |
| 36 | GCSEDG | "GCSE grade D-G" |
| 37 | CSE25 | "CSE grade 2-5" |
| 38 | SCOTVEC | "SCOTVEC National Certificate Modules" |
| 41 | KSkL1 | "Key Skills Level 1" |
| 42 | L1NVQ | "Level 1 NVQ / SVQ" |
| 43 | BTECFoun | "BTEC Foundation or Introductory Diploma/Certificate" |
| 44 | RSA13 | "RSA Stage 1-3" |
| 45 | CityG1 | "City & Guilds Part 1" |
| 46 | FounGNVQ | "Foundation GNVQ; Foundation VCE" |
| 47 | Other | "Other qualifications" |

# EMPLOYMENT
### *ONLY ASKED IF RESPONDENT IS NOT HRP OR MFP*

**IF (respondent is working) THEN**
**JobInt**
You've told me that you are in work. I would like to ask you some questions about your work.
INTERVIEWER: PRESS <ENTER> TO CONTINUE
1        Continue

**RegCas**
Can I just check, are you in a regular job or an occasional job?
1        RegJob        "Regular job"
2        OccasJob        "Occasional job"
3        Both        "Both regular job AND occasional job"

**IF (RegCas = RegJob OR Both) THEN**
**RegHrs**
How many hours do you work per week in your regular job?

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS.
IF 97 HOURS OR MORE THEN ENTER 97.
Range: 0..97

**IF (RegCas = RegJob OR Both) THEN**
**WTypHrs**
Is this the typical number of hours you work?
1       Yes
2       No

**IF (WTypHrs = No) THEN**
**NTypHrs**
INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK.
INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.
Range: 1..97

**IF (RegCas=OccasJob OR Both) THEN**
**Cashrs**
How many hours did you work in this occasional job in the seven days ending last Sunday (date)?
INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97
Range: 1..97

**IF (RegCas=OccasJob OR Both) THEN**
**TypCas**
Is this the typical number of hours you work in your occasional job?
1       Yes
2       No

**IF (Typcas=No) THEN**
**NCasHrs**
INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK IN OCCASIONAL JOB(S)
IF 97 HOURS OR MORE THEN ENTER 97
Range: 1..97

# HEIGHT  &  WEIGHT  MEASUREMENTS
### *ALL RESPONDENTS*

**Intro**
INTERVIEWER: CODE AS 'Later' IF YOU DO NOT WISH TO DO THE MEASUREMENTS FOR (respondent's name) NOW.
PREAMBLE: I would now like to measure your / (child's name)'s height and weight. There is interest in how people's weight, given their height, is associated with their health.
INTERVIEWER: MAKE OUT MRC FOR (respondent's name), IF MEASUREMENTS  WILL BE TAKEN.
Serial··Check Letter
1       Now
2       Later

**IF (Sex = Female) AND (Age = 16 – 49) THEN**
**PregNowB**

MEASUREMENTS FOR (respondent's name)
May I check, are you pregnant or breastfeeding now?
1      Yes
2      No

**IF (Age ≥2) AND (PregNowB = No) THEN**
**RespHts**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: MEASURE HEIGHT AND CODE.
INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO
OUT' ETC. AT CODE 2: HEIGHT REFUSED.
1      Meas          "Height measured"
2      Ref           "Height refused"
3      Attmpt        "Height attempted, not obtained"
4      NotAt         "Height not attempted"

**IF (RespHts = Meas) THEN**
**Height1**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: ENTER HEIGHT, IN CENTIMETRES.
: 60.0..244.0

**IF (RespHts = Meas) THEN**
**Height2**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN
CENTIMETRES.
: 60.0..244.0

**IF (difference between height1 and height2 is greater than 0.5 centimetres) THEN**
**Height3**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: THE PREVIOUS HEIGHTS DIFFER BY MORE THAN .5cm.
PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETRES
: 60.0..244.0

**IF (RespHts = Meas) THEN**
**Height**
MEASUREMENTS FOR (respondent's name)
HEIGHT IN CENTIMETRES (computed)
: 60.0..244.0

**IF (RespHts = Meas) THEN**
**RelHite**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: CODE ONE ONLY.
1      NoProb        "No problems experienced, reliable height measurement obtained"
2      Rel           "Problems experienced, measurement likely to be: Reliable"
3      UnRel         "Problems experienced, measurement likely to be: Unreliable"

**IF (RelHite = UnRel) THEN**
**HiNRel**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: WHAT CAUSED THE HEIGHT MEASUREMENT TO BE UNRELIABLE?

| 1 | Hair | "Hairstyle or wig" |
| 2 | Hat | "Turban or other religious headgear" |
| 3 | Stoop | "Respondent stooped" |
| 4 | Stretch | "Child respondent refused stretching" |
| 5 | Fidgit | "Respondent would not stand still" |
| 6 | Shoes | "Respondent wore shoes" |
| 7 | Other | "Other, please specify" |

**IF (HiNRel = Other) THEN**
**OHiNRel**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: PLEASE SPECIFY WHAT CAUSED UNRELIABLE HEIGHT
MEASUREMENT.
: STRING [60]

**IF (RespHts = Meas) THEN**
**MBookHt**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: CHECK HEIGHT RECORDED ON MEASUREMENT RECORD CARD IF
WANTED.
HEIGHT: (height recorded) cm OR (height recorded) feet and inches.
PRESS <ENTER> TO CONTINUE
1    Continue

**IF (RespHts = Meas) THEN**
**StadNo**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: PLEASE RECORD THE ASSET NUMBER OF THE **STADIOMETER** USED
FOR THIS INTERVIEW.
THE ASSET NUMBER IS USUALLY IN ONE OF THE FOLLOWING FORMS:
CST+digits          e.g. CST123
NS+digits+L         e.g. NS123L
NS+digits+NC        e.g. NS123NC
LST+digits          e.g. LST123
EST+digits          e.g. EST123
: STRING [7]

**IF (RespHts = Ref) THEN**
**ResNHi**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: GIVE REASONS FOR REFUSAL.
| 1 | NoPoint | "Cannot see point/Height already known/Doctor has measurement" |
| 2 | Busy | "Too busy/Taken too long already/ No time" |
| 3 | TooIll | "Respondent too ill/frail/tired" |
| 4 | Intrusiv | "Considered intrusive information" |
| 5 | Anxious | "Respondent too anxious/nervous/shy/embarrassed" |
| 6 | Refused | "Refused (no other reason given)" |
| 7 | Other | "Other" |

**IF (RespHts = Attmpt OR NotAt) THEN**
**NoHtBC**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: CODE REASON FOR NOT OBTAINING HEIGHT.
CODE ALL THAT APPLY.
| 1 | Away | "Child: away from home during fieldwork period (specify in a Note)" |

| 2  | Unsted   | "Respondent is unsteady on feet" |
|----|----------|----------------------------------|
| 3  | CantStan | "Respondent cannot stand upright/too stooped" |
| 4  | Chair    | "Respondent is chairbound" |
| 5  | Bed      | "Confined to bed" |
| 6  | Shoes    | "Respondent unable to remove shoes" |
| 7  | NotStl   | "Child:subject would not stand still" |
| 8  | Ill      | "Ill or in pain" |
| 9  | NotWrk   | "Stadiometer faulty or not available" |
| 10 | ASleep   | "Child asleep" |
| 11 | Other    | "Other - specify" |

**IF (NoHtBC = Other) THEN**
**NoHitCO**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: Please specify other reason.
: STRING [60]


**IF (Age ≥6) AND (PregNowB = No) THEN**
**RespWts**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: MEASURE WEIGHT AND CODE.
IF RESPONDENT WEIGHS MORE THAN 130+kg (20 1/2 stones) DO NOT WEIGH. CODE
AS WEIGHT NOT ATTEMPTED.
INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO
OUT' ETC. AT CODE 2: WEIGHT REFUSED.

| 0 | Held   | "(Do not use this code)" |
|---|--------|--------------------------|
| 1 | Meas   | "Weight obtained" |
| 2 | Ref    | "Weight refused" |
| 3 | Attmpt | "Weight attempted, not obtained" |
| 4 | NotAt  | "Weight not attempted" |

**IF (Age ≤ 5) AND (PregNowB = No) THEN**
**RespWts**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: MEASURE WEIGHT AND CODE.
INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO
OUT' ETC. AT CODE 2: WEIGHT REFUSED.

| 0 | Held   | "Weight obtained – (child held by adult)" |
|---|--------|-------------------------------------------|
| 1 | Meas   | "Weight obtained (respondent on own)" |
| 2 | Ref    | "Weight refused" |
| 3 | Attmpt | "Weight attempted, not obtained" |
| 4 | NotAt  | "Weight not attempted" |


**IF (RespWts = Meas) THEN**
**XWt1**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: RECORD WEIGHT IN KILOGRAMS.
Range: 5.0..130.0


**IF (RespWts = Held) THEN**
**WtAd1**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: ENTER WEIGHT OF ADULT ON HIS/HER OWN AND ENTER WEIGHT IN
KILOGRAMS.

Range: 30.0..130.0

**IF(RespWts = Held) THEN**
**WtChA1**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: ENTER WEIGHT OF ADULT HOLDING CHILD AND ENTER WEIGHT IN KILOGRAMS.
Range: 30.0..130.0

**Wght**
MEASUREMENTS FOR (respondent's name)
Weight in Kilograms. Computed
Range: 0.0..130.0

**IF (RespWts = Meas OR Held) THEN**
**FloorC**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER CODE: SCALES PLACED ON?"
1      Uneven        "Uneven floor"
2      Carpet        "Carpet"
3      Neither       "Neither"

**IF (RespWts = Meas OR Held) THEN**
**RelWaitB**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: CODE ONE ONLY
1      NoProb        "No problems experienced, reliable weight measurement obtained"
2      Rel           "Problems experienced, measurement likely to be: Reliable"
3      UnRel         "Problems experienced, measurement likely to be: Unreliable"

**IF (Age ≥ 16) AND (Height = response) AND (RelHite = NoProb OR Rel) AND (Weight = response) AND (RelWaitB = NoProb OR Rel) THEN**
**BMI**
MEASUREMENTS FOR (respondent's name)
Measured Body Mass Index (BMI).
Range: 5.0..50.0

**IF (RespWts = Meas OR Held) THEN**
**MBookWt**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: CHECK WEIGHT RECORDED ON MEASUREMENT RECORD CARD IF WANTED.
Weight: (weight recorded) kg OR (weight recorded) stones and pounds.
BMI : (BMI computed)
If weight looks wrong, go back to 'XWt1' or 'WtAd1' and reweigh.
PRESS <ENTER> TO CONTINUE
1      Continue

**IF (RespWts = Meas OR Held) THEN**
**SclNo**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: PLEASE RECORD THE ASSET NUMBER OF THE **SCALES** USED FOR THIS INTERVIEW.
THE ASSET NUMBER IS USUALLY IN ONE OF THE FOLLOWING FORMS:
CSC+digits              e.g. CSC123

SC+digits+TA         e.g. SC123TA
SC+digits+TL         e.g. SC123TL
SC+digits+NC        e.g. SC123NC
LSC+digits           e.g. LSC123
ESC+digits           e.g. ESC123
: STRING [7]

**IF (RespWts = Eef) THEN**
**ResNWt**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: GIVE REASONS FOR REFUSAL.
| | | |
|---|---|---|
| 1 | NoPoint | "Cannot see point/Weight already known/Doctor has measurement" |
| 2 | Busy | "Too busy/Taken long enough already/No time" |
| 3 | TooIll | "Respondent too ill/frail/tired" |
| 4 | Intrusiv | "Considered intrusive information" |
| 5 | Anxious | "Respondent too anxious/nervous/shy/embarrassed" |
| 6 | ChildRef | "Child refused to be held by parent" |
| 7 | ParRef | "Parent refused to hold child" |
| 8 | Refused | "Refused (no other reason given)" |
| 9 | Other | "Other" |

**IF (RespWts = Attmpt OR NotAt) THEN**
**NoWtBC**
MEASUREMENTS FOR (respondent's name)
INTERVIEWER: CODE REASON FOR NOT OBTAINING WEIGHT.
CODE ALL THAT APPLY.
| | | |
|---|---|---|
| 1 | Away | "Child: away from home during fieldwork period (specify in a Note)" |
| 2 | Unsted | "Respondent is unsteady on feet" |
| 3 | CantStan | "Respondent cannot stand upright" |
| 4 | Chair | "Respondent is chairbound" |
| 5 | Bed | "Confined to bed" |
| 6 | Shoes | "Respondent unable to remove shoes" |
| 7 | More130 | "Respondent weighs more than 130kg" |
| 8 | Ill | "Ill or in pain" |
| 9 | NotWrk | "Scales not working" |
| 10 | NoHold | "Parent unable to hold child" |
| 11 | ASleep | "Child asleep" |
| 12 | Other | "Other - specify" |

**IF (NoWtBC = Other) THEN**
**NoWatCO**
MMEASUREMENTS FOR (respondent's name)
INTERVIEWER: Please specify other reason.
: STRING [60]

**EndOfM**
MEASUREMENTS FOR (respondent's name).
INTERVIEWER: YOU HAVE NOW COMPLETED ALL THE MEASUREMENTS FOR
(respondent's name).   1     Continue

## Mental Health
### *FOR RESPONDENTS AGED 16 AND OVER*

**SatLife**

Next I would like to ask you four questions about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions I'd like you to give an answer on a scale of nought to 10, where nought is 'not at all' and 10 is 'completely'.
Overall, how satisfied are you with your life nowadays?
Range: 0..10

*LifWor*

Overall, to what extent do you feel that the things you do in your life are worthwhile?
INTERVIEWER: ON SCALE OF 0-10, WHERE 0 = 'NOT AT ALL' AND 10 = 'COMPLETELY'
Range: 0..10

**HapYes**

Overall, how happy did you feel yesterday?
INTERVIEWER: ON SCALE OF 0-10, WHERE 0 = 'NOT AT ALL' AND 10 = 'COMPLETELY'
Range: 0..10

**AnxYes**

On a scale where nought is 'not at all anxious' and 10 is 'completely anxious', overall, how anxious did you feel yesterday?
INTERVIEWER: ON SCALE OF 0-10, WHERE 0 = 'NOT AT ALL' AND 10 = 'COMPLETELY'
Range: 0..10

## DIETARY SUPPLEMENTS
### *ALL RESPONDENTS*

**SuppInt**

I would now like to ask some questions about your/ (child's name)'s use of dietary supplements over the last year. A dietary supplement is a product intended to provide additional nutrients or give health benefits and may be taken in liquid, capsule, tablet, pastille or powder forms. What I will ask you is in addition to the information you / (child's name) provided for the days already recorded when you completed the food diary.
PRESS <ENTER> TO CONTINUE
    1       Continue

**IF (Age ≥ 16) AND (Sex = Female) THEN**
**HSVits**

Have you ever taken Healthy Start vitamins for women?

INTERVIEWER: THESE VITAMINS CONTAIN FOLIC ACID AND VITAMINS C & D. THEY ARE AVAILABLE TO WOMEN WHO ARE PREGNANT OR HAVE A BABY UNDER ONE YEAR AND WHO MEET BENEFITS CRITERIA. ONLY INCLUDE **NHS HEALTHY START VITAMINS** PROVIDED AS PART OF THE GOVERNMENT "HEALTHY START" SCHEME (USING GREEN HEALTHY START VITAMIN COUPONS). DO NOT INCLUDE ANY OTHER TYPES OF VITAMINS.

1    Yes
2    No
3    NoneAv          "SPONTANEOUS ONLY: Tried to claim, but none available"

**IF (Age ≤ 4) THEN**
**HSVits**
Have you ever given Healthy Start Children's' vitamins drops (vitamins A, C and D to (child's name)?
INTERVIEWER: ONLY INCLUDE NHS HEALTHY START CHILDRENS' VITAMINS DROPS PROVIDED AS PART OF THE GOVERNMENT "HEALTHY START" SCHEME (USING GREEN HEALTHY START VITAMIN COUPONS). DO NOT INCLUDE ANY OTHER TYPES OF VITAMINS

1    Yes
2    No
3    NoneAv          "SPONTANEOUS ONLY: Tried to claim, but none available"

**IF (HSVits=Yes) THEN**
**HSVOft**
And how often do you take/give these vitamins (to (Child's name))?
1    Daily          "Daily"
2    Occ            "Occasionally"
3    VRare          "Very rarely"
4    Never          "Never"
5    UsedTo         "Used to give, but now don't"

*Vitamin D and Folic Acid supplement*

**SuppYr2**
SHOW CARD FF
Have you / Has (child's name) taken any of the dietary supplements listed on this card in the past year, including prescription and non-prescription supplements?
INTERVIEWER: please include both single vitamins and multivitamins containing Vitamin D and / or Folic Acid
1    Yes
2    No

**IF (SuppYr2 = Yes) THEN**
**SDet2**
Now I would like to collect some details about these dietary supplements that you / (child's name) have / has taken in the past year.
It will be easiest if you show me the bottles or containers and I can copy down the information.
Press 1 and Enter to continue
1    Continue

***{Following questions asked as a loop}***

**SRec**
INTERVIEWER: CODE WHETHER *(First/Next)* BOTTLE/CONTAINER CHECKED BY YOURSELF, THE RESPONDENT OR NOT AT ALL.
1     Inte          "Checked by myself"
2     Resp          "Checked by respondent"
3     NoCon         "Not checked"

**SName**
INTERVIEWER: RECORD FULL NAME, INCLUDING BRAND AND STRENGTH.
INTERVIEWER: IT IS VERY IMPORTANT TO RECORD THE NAME, BRAND AND STRENGTH ACCURATELY SO THAT WE KNOW WE HAVE INFORMATION ON EXACTLY THE RIGHT SUPPLEMENT.
: STRING [60]

**SForm**
INTERVIEWER: RECORD FORM.
1     Tablets       "Tablets"
2     Capsules      "Capsules"
3     Drops         "Drops"
4     Liquid        "Liquid/Syrup"
5     Powder        "Powder"

**SDose**
INTERVIEWER: RECORD DOSE - NUMBER OF TABLETS, DROPS, 5ml SPOONS. CHECK WITH RESPONDENT THE DOSE ACTUALLY TAKEN AND RECORD THIS IF IT IS DIFFERENT TO THE ADVICE GIVEN ON CONTAINER.
Range: 1..20

**SFreq**
SHOW CARD GG
How often did you / (child's name) take this supplement?
INTERVIEWER: Use <CTRL K> if does not know.
1     LessMth       "Less than once a month"
2     OneThMth      "1-3 times a month"
3     OnceWk        "Once a week"
4     TwoFrWk       "2-4 times a week"
5     OnceDay       "Once a day"
6     TwoThDay      "2-3 times a day"
7     FrMrDay       "4 or more times a day"

**SPres**
Was the supplement prescribed by your / (child's name) GP/other healthcare professional?
1     Yes
2     No

**SMore**
INTERVIEWER: RECORD WHETHER THERE ARE ANY MORE VITAMINS OR SUPPLEMENTS TO CODE.
1     Yes
2     No

***{End of loop}***

**SuppYr**

SHOW CARD HH

Have you / Has (child's name) taken any vitamins, minerals, fish oil, fibre or other dietary supplements of the type listed on this card in the past year, including prescription and non-prescription supplements?

INTERVIEWER: GIVE FURTHER EXAMPLES - VITAMIN C, IRON, FOLIC ACID, GLUCOSAMINE, EVENING PRIMROSE, GARLIC, GINSENG, OMEGA 3, COMPLAN, ETC.

1      Yes
2      No

**IF (SuppYr = Yes) THEN**
**SDet**

Now I would like to collect some details about the vitamins, minerals and other dietary supplements that you / (child's name) have / has taken in the past year.

It will be easiest if you show me the bottles or containers and I can copy down the information.

PRESS <ENTER> TO CONTINUE

1      Continue


*{Following questions asked as a loop}*

**SRec**

INTERVIEWER: CODE WHETHER *(First/Next)* BOTTLE/CONTAINER CHECKED BY YOURSELF, THE RESPONDENT OR NOT AT ALL.

1      Inte           "Checked by myself"
2      Resp          "Checked by respondent"
3      NoCon        "Not checked"

**SName**

INTERVIEWER: RECORD FULL NAME, INCLUDING BRAND AND STRENGTH.

INTERVIEWER: IT IS VERY IMPORTANT TO RECORD THE **NAME, BRAND AND STRENGTH** ACCURATELY SO THAT WE KNOW WE HAVE INFORMATION ON EXACTLY THE RIGHT SUPPLEMENT.

: STRING [60]

**SForm**

INTERVIEWER: RECORD FORM.

1      Tablets        "Tablets"
2      Capsules    "Capsules"
3      Drops         "Drops"
4      Liqu           "Liquid/Syrup"
5      Powder      "Powder"

**SDose**

INTERVIEWER: RECORD DOSE - NUMBER OF **TABLETS, DROPS, 5ml SPOONS**. CHECK WITH RESPONDENT THE DOSE ACTUALLY TAKEN AND RECORD THIS IF IT IS DIFFERENT TO THE ADVICE GIVEN ON CONTAINER.

Range: 1..20

**SFreq**

SHOW CARD HH

How often did you / (child's name) take this supplement?

INTERVIEWER: Use <CTRL K> if does not know.

| 1 | LessMth | "Less than once a month" |
| 2 | OneThMth | "1-3 times a month" |
| 3 | OnceWk | "Once a week" |
| 4 | TwoFrWk | "2-4 times a week" |
| 5 | OnceDay | "Once a day" |
| 6 | TwoThDay | "2-3 times a day" |
| 7 | FrMrDay | "4 or more times a day" |

**SPres**

Was the supplement prescribed by your / (child's name) GP/other healthcare professional?
1    Yes
2    No

**SMore**

INTERVIEWER: RECORD WHETHER THERE ARE ANY MORE VITAMINS OR SUPPLEMENTS TO CODE.
1    Yes
2    No

*{End of loop}*

# SUN EXPOSURE
*ALL RESPONDENTS*

**SunInt**

Now I'd like to ask you some questions about some of the things you / (child's name) have/has done in the last seven days, that is since *(day / date)* up until yesterday, that involve exposure to sunlight.
Exposure to sunlight means being outdoors.
Unless otherwise stated, please think of the last seven days only when answering these questions.
PRESS <ENTER> TO CONTINUE
1    Continue

*{Ask all children aged < 16}*

**Sch7D**

Can I just check, in the last seven days, that is since last *(day / date)*, did you/ (child's name) go to school?
| 1 | Yes | "Yes" |
| 2 | NoHol | "No, I was on holiday" |
| 3 | NoSick | "No, I was sick" |
| 4 | NoHome | "No, I don't go to school (home-educated)" |
| 5 | NoOth | "No, any other reason" |

**IF (Sch7D = Yes) AND (SchType = Nurs..Other) THEN**
**MBreakO**

On the days when you/he/she was/were at school in the last seven days, did you/he/she usually spend the morning break outside?
1    Yes
2    No

**IF (Sch7D = Yes) AND (SchType = Nurs..Other) THEN**
**LBreakO**
On the days when you/he/she were at school in the last seven days, for how much of your/ (child's name)'s lunch break was/were you/he/she usually outside?
...READ OUT AND CODE ONE ONLY...
1	All	"All or most of it"
2	Half	"About half of it"
3	None	"Or, very little or none of it?"

*{End of specific questions for children aged < 16}*

**ASK ALL**
**OutS2M**
Showcard II
In the last month, how much time **per day** did you usually spend outdoors during the daylight hours?
Please do not include going to and from work, school, or time spent in outdoor physical activities
1	None	"No time"
2	LessM15	"Less than 15 mins"
3	M15to30	"15 to 30mins"
4	M30to60	"30mins to 1 hour"
5	H1to2	"1 to 2 hours"
6	H3to4	"3 to 4 hours"
7	MoreH4	"More than 4 hours"

**OutS2S**
Showcard II
How much time **per day** do you usually spend outdoors during the daylight hours in summer?
Please do not include going to and from work, school, or time spent in outdoor physical activities
1	None	"No time"
2	LessM15	"Less than 15 mins"
3	M15to30	"15 to 30mins"
4	M30to60	"30mins to 1 hour"
5	H1to2	"1 to 2 hours"
6	H3to4	"3 to 4 hours"
7	MoreH4	"More than 4 hours"

**OutS2W**
Showcard II
How much time **per day** do you usually spend outdoors during the daylight hours in winter?
Please do not include going to and from work, school, or time spent in outdoor physical activities
1	None	"No time"
2	LessM15	"Less than 15 mins"
3	M15to30	"15 to 30mins"
4	M30to60	"30mins to 1 hour"
5	H1to2	"1 to 2 hours"
6	H3to4	"3 to 4 hours"
7	MoreH4	"More than 4 hours"

**SunCrm**

In sunny weather, in both the UK and abroad, do you protect your skin from the sun, for example with clothing or suncream?
1   Often
2   Sometimes
3   Rarely
4   Never

**SunBrn**

In sunny weather, in both the UK and abroad, do you get blistering after being burned in the sun?
1   Often
2   Sometimes
3   Rarely
4   Never

**SunTn**

In sunny weather, in both the UK and abroad, do you actively seek a suntan?
1   Often
2   Sometimes
3   Rarely
4   Never

**Hair**

What is your/his/her natural (undyed) hair colour?
INTERVIEWER: IF RESPONDENT ANSWERS 'GREY', ASK 'What was it before becoming grey?'
IF RESPONDENT ANSWERS 'BALD', AKS 'What was it before becoming bald?'
INTERVIEWER: IF ASKED, WE ARE INTERESTED IN HAIR AND SKIN COLOUR BECAUSE WE GET MOST OF OUR VITAMIN D THROUGH EXPOSURE TO SUNLIGHT (ONLY SOME COMES FROM OUR DIET). BY KNOWING HAIR AND SKIN COLOUR, THE AMOUNT OF TIME SPENT OUTSIDE, AND ALSO DIETARY DETAILS, WE CAN WORK OUT HOW MUCH VITAMIN D IS FORMED IN THE SKIN.
1   Black      "Black"
2   Red        "Red / Ginger"
3   Blond      "Blond / Fair"
4   LBrown     "Light brown / Mouse"
5   DBrown     "Dark brown"
6   Auburn     "Auburn"
7   None       "None of these"

**Skin**

Which of the following best describes your/his/her natural skin colour. By natural colour I mean before exposure to the sun.
Is it...READ OUT...
INTERVIEWER: IF ASKED, WE ARE INTERESTED IN HAIR AND SKIN COLOUR BECAUSE WE GET MOST OF OUR VITAMIN D THROUGH EXPOSURE TO SUNLIGHT (ONLY SOME COMES FROM OUR DIET). BY KNOWING HAIR AND SKIN COLOUR, THE AMOUNT OF TIME SPENT OUTSIDE, AND ALSO DIETARY DETAILS, WE CAN WORK OUT HOW MUCH VITAMIN D IS FORMED IN THE SKIN.
1   White      "White"
2   Brown      "Brown"
3   Black      "Black"
4   Olive      "Or, olive?"
5   Other      "Other"

**IF (Skin = White OR Olive) THEN**
**SkTyp**
Would you say your/his/her type of skin...
...READ OUT...
1       NeverT          "Never tans"
2       DiffT           "Tans with difficulty"
3       EasyT           "Or tans easily?"
4       NotKno          "DO NOT READ OUT - Not known"

**ASK ALL**
**Holi12m**
In the past year, have/has you/(child's name) been on a sun holiday or trip to a sunny place for two days or more? This could be a sun holiday abroad or in the UK.
INTERVIEWER: IT NEEDS TO HAVE BEEN SUNNY FOR TWO DAYS OR MORE WHILE RESPONDENT WAS AWAY.
1       Yes
2       No

**IF (Respondent 2 within 'Core Address') AND (Holi12m = Yes) THEN**
**SameHolS**
Were any of these holidays the same as the ones *(Respondent one's name)* has already told me about? That is to the same place at the same time as *(Respondent one's name)*.
INTERVIEWER: IF YES: PROBE AND CODE ALL THAT APPLY FROM LIST BELOW
*[list of holidays given by respondent one]*

**IF (Holi12m = Yes) AND Respondent 1 or Respondent 2 within 'Core Address' has been on holidays that are not the same as Respondent 1) THEN**
**SunHM**
Thinking of the *{first/second/third/ fourth}* sun holiday you/he/she took in the last year, in which month was this holiday?
INTERVIEWER: IF HOLIDAY SPANS MORE THAN ONE MONTH, RECORD THE MONTH IN WHICH THE HOLIDAY BEGAN.
1       January
2       February
3       March
4       April
5       May
6       June
7       July
8       August
9       Sept            "September"
10      October
11      November
12      December

**IF (Holi12m = Yes) AND Respondent 1 or Respondent 2 within 'Core Address' has has been on holidays that are not the same as Respondent 1)) THEN**
**HolC**
What country did you/he/she visit on this trip?
INTERVIEWER: IF UK / GREAT BRITAIN, CHECK IF ENGLAND, SCOTLAND, WALES OR NORTHERN IRELAND.
INTERVIEWER: RECORD NAME OF COUNTRY.
INTERVIEWER: IF MORE THAN ONE, CODE THE COUNTRY WHERE RESPONDENT SPENT THE MOST TIME.

INTERVIEWER: INCLUDE VISITS TO FRIENDS AND FAMILY.
: STRING [30]

**IF (Holi12m = Yes)**
**AnyMore**
INTERVIEWER: ARE THERE ANY MORE SUN HOLIDAYS TO RECORD?
1        Yes
2        No


**IF (AnyMore = Yes) THEN go back to SunHM**


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# Child Physical Activity
### *FOR RESPONDENTS AGED 2-15*
### *FOR CHILDREN AGED 2-12 PARENT WILL ANSWER ON BEHALF OF CHILD.*
### *CHILDREN AGED 13-15 TO ANSWER FOR THEMSELVES.*

</div>


**IF (AGE =2 – 15 years) THEN**
**ChIntro**
Now I'd like to ask you some questions about things that (you have /name of child has) done that involve physical activity. This may be things that (you have/he has/she has) done at school, nursery, playgroup or things that (you have/he has/she has) done in the evenings and at weekends.
INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE.
1..1

**Sch7D**
Can I just check, in the last seven days, that is from **(date of interview – 7) to yesterday**, did (you/name of child) go to school, nursery or playgroup?
1        School          "Yes, school"
2        Nursery        "Yes, nursery"
3        Playgroup      "Yes, playgroup"
4        No              "No"
***Note: If Sch7D = No, route straight to Sports and Activities section (WDIntro).***

**IF (Sch7D= School, Nursery OR Playgroup) THEN**
**SchDays**
In the last seven days (that is from **(date of interview – 7) to yesterday**), on how many days did
(you / name of child) go to (school / nursery / playgroup)? INTERVIEWER: Enter number of days.
INTERVIEWER: Do not include work experience or extra-curricular activities as going to school.
Range: 1..6

**IF (SchDays > 0) THEN**
**JWlkCyc**
Still thinking about the last seven days, (that is from **(date of interview – 7) to yesterday**), did (you / name of child) walk or cycle all or part of the way **to or from** (school / nursery / playgroup)?
INTERVIEWER: Include walking to or from the bus stop or the train station, or walking part of the way after driving ("park and stride") but only when they were on their way to or coming

back from school. If a child uses a scooter on their journey to or from school this should be recorded as walking.

| 1 | Walking | "Yes –Walking" |
|---|---------|----------------|
| 2 | Cycling | "Yes – Cycling" |
| 3 | Both | "Yes – Both" |
| 4 | No | "No" |

**IF (JWlkCyc= Walking OR Both) THEN**
**JWlkDT**
In the last seven days on how many days did (you /name of child) walk all or part of the way **to** (school / nursery / playgroup)?
Range: 0..6

**JWlkDF**
And on how many days did (you / name of child) walk all or part of the way home **from** (school / nursery / playgroup)?
Range: 0..6

**IF (JWlkDT > 0 or JWlkDF > 0) THEN**
**JWlkTim**
How long does it usually take (you / name of child) to walk **to/from** (school / nursery / playgroup)?
INTERVIEWER: An average time per day is being sought. If journeys to and from school/nursery/playgroup are different lengths then enter and average.
Enter number of **minutes**.
If none, enter 0.
Range: 0..120

**IF (JwlkCyc = Cycling OR Both) THEN**
**JCycDT**
In the last seven days, on how many days did (you / name of child) cycle all or part of the way **to** (school / nursery / playgroup)?
Range: 0..6

**JcycDF**
And on how many days did (you / name of child) cycle all or part of the way home **from** (school / nursery / playgroup)?
Range: 0..6

**IF (JcycDT > 0 or JcycDF > 0) THEN**
**JCycTim**
How long does it usually take (you / name of child) to cycle **to/from** (school / nursery / playgroup)?
INTERVIEWER: An average time per day is being sought. If journeys to and from school/nursery/playgroup are different lengths then enter and average.
Enter number of **minutes**.
Range: 0..120

**IF (Sch7D = School) THEN**
**SchlBr**
SHOW CARD JJ
I would like you to think about (your / name of child's) school breaks in the last seven days, that is from (**date of interview – 7) to yesterday**. Apart from time spent eating, which

activity on this card did (you / name of child) do **most often** in (your / his / her) morning, lunchtime and afternoon breaks?

| | | |
|---|---|---|
| 1 | Sit | "Sitting down" |
| 2 | Hang | "Hanging around" |
| 3 | Walk | "Walking" |
| 4 | Running | "Running around or playing games for example skipping, hide and seek, football or netball" |

**IF (SchlBr = 3) THEN**
**WalkPace**
Which of the following best describes (your / name of child's) usual walking pace ...READ OUT...

| | | |
|---|---|---|
| 1 | Slow | "...a slow pace," |
| 2 | Steady | "…a steady average pace," |
| 3 | Brisk | "...a fairly brisk pace," |
| 4 | Fast | "...or, a fast pace?" |

*ASK ALL AGED 2-15*
**WDIntro**
SHOW CARDS KK AND LL
I would now like to ask you some questions about whether (you / name of child ) has/have done any of the physical activities listed on these two showcards in the last 7 days.
INTERVIEWER: Show respondent cards KK and LL.
I will first ask you about the informal activities on Showcard KK and then about the more formal activities on Showcard LL.
INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE
1.. Continue

**NSWA**
**SHOW CARD KK**
Firstly, please think about **informal** activities. Since last (**day of week seven days ago**), (have you / has name of child) done any activities listed on this card on weekdays (outside school hours)?
INTERVIEWER: By outside school hours we mean anything **not** done in lessons and school breaks. The respondent **should** include activities done in after school clubs.
1 Yes
2 No

*Note: If NSWA = No, route to WendWA2.*

**IF (NSWA = Yes) THEN**
**NSWA2**
(Weekdays)
**SHOW CARD KK**
Which ones?
CODE ALL THAT APPLY

| | | |
|---|---|---|
| 1 | Cycl | "Cycling (but not to or from school)" |
| 2 | Walking | "Walking (but not to or from school / nursery / playgroup)" |
| 3 | Housework | "Hoovering, cleaning car, gardening, etc" |
| 4 | HopScotch | "Hopscotch" |
| 5 | Trampo | "Bouncing on trampoline" |
| 6 | Play | "Playing around, e.g. kicking a ball around, catch, hide and seek" |
| 7 | Skate | "Skating / Skateboarding / using a scooter" |
| 8 | Dance | "Dancing, including dance lessons" |
| 9 | Rope | "Skipping rope" |

**(for each response at NSWA2)**
**NSPAD**
On which weekdays since last (day 7 days ago) did (you / name of child) do (name of activity)?
CODE ALL THAT APPLY:
1       Monday
2       Tuesday
3       Wednesday
4       Thursday
5       Friday


**(for each response at NSPAD)**
**NSPATH(i)**
How long did (you / name of child) spend in total doing (name of activity) on (day)?
INTERVIEWER: Record **hours** spent below.
Enter 0 if less that 1 hour.
Record minutes at next question.
Range: 0..20

**(for each response at NSPAD)**
**NSPATM(i)**
How long did (you / name of child) spend in total doing (name of activity) on (day)?
INTERVIEWER: Enter number of **minutes.**
If an exact hour, enter 0 for minutes.
Range: 0..59

*Note:  NSPATH(i) and NSPATM(i) repeated for each day coded at NSPAD.*
*NSPAD to NSPATM repeated for each activity coded at NSWA2.*

**WendWA2**
**SHOW CARD KK**
I would now like to ask you about any activities (you / name of child) did (last weekend).
(Last weekend) did (you  / name of child) do any activities listed on this card?
1       Yes
2       No

**IF(WendWA2 = Yes) THEN**
**WEPWA2**
(Weekend)
**SHOW CARD KK**
Which ones?
INTERVIEWER: CODE ALL THAT APPLY.
1       Cycl            "Cycling (but not to or from school)"
2       Walking         "Walking (but not to or from school / nursery / playgroup)"
3       Housework       "Hoovering, cleaning car, gardening, etc"
4       HopScotch       "Hopscotch"
5       Trampo          "Bouncing on trampoline"
6       Play            "Playing around, e.g. kicking a ball around, catch, hide and seek"
7       Skate           "Skating / Skateboarding / using a scooter"
8       Dance           "Dancing, including dance lessons"
9       Rope            "Skipping rope"

**(For each response at WEPWA2)**
**WEPAD**
(Weekend)
On which days did (you / name of child) do (name of activity)?
INTERVIEWER: CODE ALL THAT APPLY
1        Saturday
2        Sunday


 **(For each response at WEPAD)**
**WEPAH(i)**
How long did (you / name of child) spend in total doing (name of activity) on (day)?
INTERVIEWER: Record **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at next question.
Range: 0..20


**(For each response at WEPAD)**
**WEPAM(i)**
How long did (you / name of child) spend in total doing (name of activity) on (**day**)?
INTERVIEWER: Enter number of **minutes.**
If an exact hour, enter 0 for minutes.
Range: 0..59


*Note:  WEPAH(i) and WEPAM(i) repeated for each day coded at WEPAD.*
*WEPAD to WEPAM repeated for each activity coded at WEPWA2.*


**NSWB**
SHOW CARD LL
Now, please think about **formal** activities.  Since last (**day of week 7 days ago**), (have you /
has name of child) done any activities listed on this card on weekdays (outside school
hours)?
INTERVIEWER: By outside school hours we mean anything **not** done in lessons and school
breaks. The respondent **should** include activities done in after school clubs.
1        Yes
2        No


**IF (NSWB =Yes) THEN**
**NSpWB**
(Weekdays)
SHOW CARD LL
Which ones?
INTERVIEWER: CODE ALL THAT APPLY.
1        Footb          "Football / Rugby / Hockey /Lacrosse"
2        Netb           "Netball / Basketball / Handball"
3        Cricket        "Cricket/ Rounders"
4        Athl           "Running, jogging, athletics"
5        SwimLap        "Swimming laps"
6        SwimSp         "Swimming (splashing about)"
7        Gymn           "Gymnastics"
8        GymWtT         "Workout with gym machines / Weight training"
9        Aero           "Aerobics"
10       Tenn           "Tennis / Badminton / Squash"

**(For each response at NSpWB)**
**NSWBD**
On which weekdays in the last week did (you / name of child) do (name of activity)?
CODE ALL THAT APPLY:
1      Monday
2      Tuesday
3      Wednesday
4      Thursday
5      Friday

**(For each response at NSWBD)**
**NSWBH(i)**
How long did (you /name of child) spend in total doing/playing (name of activity) on (day)?
INTERVIEWER: Recond **hours** spent below.
Enter 0 if less that 1 hour.
Record mintues at next question.

**(For each response at NSWBD)**
**NSWBM(i)**
How long did (you /name of child) spend in total doing/playing (name of activity) on (day)?
INTERVIEWER: Enter number of **minutes**.
If an exact hour, enter 0 for minutes,
*Note: NSWBH(i) and NSWBM(i) repeated for each day coded at NSWBD.*
*NSWBD to NSWBM(i) repeated for each activity coded at NSpWB.*

**WendWB2**
**SHOW CARD LL**
I would now like to ask you about any activities (you / name of child) did (last weekend).
(Last weekend) did (you / name of child) do any activities listed on this card?
1      Yes
2      No

**IF (WendWB2 = Yes) THEN**
**WendWB**
(weekend)
SHOW CARD LL
Which ones?
CODE ALL THAT APPLY.
1      Footb        "Football / Rugby / Hockey /Lacrosse"
2      Netb         "Netball / Basketball / Handball"
3      Cricket       "Cricket/ Rounders"
4      Athl          "Running, jogging, athletics"
5      SwimLap    "Swimming laps"
6      SwimSp     "Swimming (splashing about)"
7      Gymn        "Gymnastics"
8      GymWtT    "Workout with gym machines / Weight training"
9      Aero          "Aerobics"
10     Tenn          "Tennis / Badminton / Squash"

**(For each response at WendWB)**
**WendWBD**

(weekend)
On which days in the last week did (you /name of child) do (name of activity)?
CODE ALL THAT APPLY
1       Saturday
2       Sunday

**(For each response at WendWBD)**
**WendWBH(i)**
How long did (you / name of child) spend in total doing/playing (name of activity) on (**day**)?
INTERVIEWER: Record **hours** spent below.
Enter 0 if less that 1 hour.
Record minutes at next question.
Range: 0..20

**(For each response at WendWBD)**
**WendWBM(i)**
How long did (you / name of child) spend in total doing/playing (name of activity) on (**day**)?
INTERVIEWER: Enter number of minutes,
If an exact hour, enter 0 for minutes.
Range: 0..59

*Note:   WendWBH(i) and WendWBM(i) repeated for each day coded at WendWBD.*
*WendWBD to WendWBM(i) repeated for each activity coded at WendWB.*

**IF (Total time spent on activities on each day of week >= 480 minutes) THEN**
**Chk(Mon-Sun)**
Can I check you mentioned that you spent (number of hours and minutes spent on activities
in total on day of week) doing these activities on (day of week).
[*list of activities mentioned and time spent on them*]
This seems a lot are you sure this is correct?
1       Yes
2       No

*Note: Check repeated for each day of week*

*ASK ALL AGED 2-15*
**NSOth2**
SHOW CARDS KK AND LL
In the last seven days, that is from (date of interview – 7) to yesterday, (have you / has name
of child) done any other similar activities **not** listed on these two cards **on weekdays**?
INTERVIEWER: If 'Yes', record brief details of the (first/second/third/fourth/fifth) activity at
the next question.
1       Yes
2       No

**IF (NSOth2 = yes) THEN**
**NOSpEx2**
(weekdays)
INTERVIEWER: Record brief details of the (first / second / third / fourth / fifth) other sport or
exercise activity.
Type in first few letters of the sport to enter coding frame.
Type 'other' if the sport is not listed.
Type 'xxx' (for not listed/don't know) if unable to code.

On exiting coding frame press 'Enter' to move to next question.

Text: Maximum 50 characters

**IF (NOSpEx2 = Other OR Not listed OR Don't know) THEN**
**OSpEx2**
(Weekdays)
INTERVIEWER: Enter brief description of this sport
String: [80]

*Note: repeat NSOth2 to OSpEx2 for up to 5 activities.*

**IF (NSOth2 = Yes) THEN**
**NSOthD2**
On which weekdays during the last seven days did (you / name of child) do (activity from NOSpEx2)?
CODE ALL THAT APPLY:
1      Monday
2      Tuesday
3      Wednesday
4      Thursday
5      Friday

**(For each response at NSOthD2)**
**NSOthT2H(i)**
How long did (you / name of child) spend doing/playing (activity from NOSpEx2/ OSpEx2) on (day)?
INTERVIEWER: Record **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at the next question.
Range: 0..20

**(For each response at NSOthD2)**
**NSOthT2M**
How long did (you / name of child) spend doing/playing (activity from NOSpEx2/ OSpEx2 ) on (day)?
INTERVIEWER: Enter number of **minutes**
If an exact hour, enter 0 for minutes. Range: 0..59
**END DO**

**IF (NSOth2 = Yes) THEN**
**Inten**
(Weekdays)
When (you / name of child) did/played (activity from NOSpEx2/OSpEx2) was it hard enough to make (you /him/her)) out of breath or sweaty?
1      Yes
2      No

*Note: NOSpEx2 to Inten repeated for each activity coded at NOSpEx2/OSpEx2.*

*ASK ALL AGED 2-15*
**WEOth2**
Did (you / name of child) do any other similar activities not listed on these two cards (**last weekend**)?

INTERVIEWER: If 'Yes' record brief details of the (first/second/third/fourth/firth) other sport of activity at the next question.  IF 'Yes', RECORD BRIEF DETAILS OF ALL OTHER SPORTS AND ACTIVITIES  IN THE NEXT QUESTION.
1       Yes
2       No

**IF (WEOth2 = yes) THEN**
**WEOspEx2**
(Weekend)
INTERVIEWER: Record brief details of the (first / second / third / fourth / fifth) other sport or exercise activity.
Type in first few letters of the sport to enter coding frame.
Type 'other' if the sport is not listed.
Type 'xxx' (for not listed/don't know) if unable to code.
On exiting coding frame press 'Enter' to move to next question.

Text: Maximum 50 characters

**IF (WEOSpEx2 = Other OR Not listed OR Don't know) THEN**
**OSpEx2**
(Weekend)
INTERVIEWER: Enter brief description of this sport
String: [80]


*Note: WEOth2 to OSpEx2 are repeated for up to five activities.*

**WEOthD**
On which days did (you / name of child) do (activity from WEOspEx2/OSpEx2)?
CODE ALL THAT APPLY
1       Saturday
2       Sunday

 **(For each response at WEOthD)**
**WEOthTH(i)**
How long did (you / name of child) spend doing/playing  (activity from WEOspEx2/OSpEx2) on (**day**)?
INTERVIEWER: Record **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at next question.
Range: 0..20

**(For each response at WEOthD)**
**WEOthTM(i)**
How long did (you / name of child) spend doing/playing  (activity from WEOspEx2/OSpEx2) on (**day**)?
ENTER NUMBER OF MINUTES.  IF AN EXACT HOUR, ENTER 0 FOR MINUTES
INTERVIEWER: Enter number of **minutes.**
If an exact hour, enter 0 for minutes.
Range: 0..59

**IF (WEOth2 = Yes) THEN**
**Inten3**
(weekend)

When (you / name of child) did/played (activity from WEOspEx2/OSpEx2) was it hard enough to make (you / him / her) out of breath or sweaty?
1      Yes
2      No

*Note: WEOth2 to Inten3 repeated for each activity coded at WEOspEx2..*

**IF (NSWA2 = 1, 5, 6, 7, 8, or 9) OR (WEPWA2 =1, 5, 6, 7, 8, or 9) THEN**
**ExcMusCI**
You told us that you/ (name of child) did the following activities last week:
[list of informal activity recorded at NSWA2, WEPWA2]
During the last week, was the effort of any of these activities usually enough to make you/(name of child) muscles feel some tension, shake or feel warm?
1      Yes
2      No

**IF (NSpWB = 1-10) OR (WendWB = 1-10) THEN**
**ExcMusCF**
You told us that you/(name of child) did the following activities last week:
[list of formal activity recorded at NSpWB, WendWB]
During the last week, was the effort of any of these activities usually enough to make your/ (name of child) muscles feel some tension, shake or feel warm?
1      Yes
2      No

**IF(Sch7D = School) THEN**
**IntroST**
Now I'd like to ask some questions about time that (you / name of child) might have spent sitting down. For these questions, I'd like you to think about what you/he/she have/has (you have / name of child has) done in the last seven days, that is from (**date of interview –7**) to yesterday.
Firstly I would like to ask you about any activities (you have / name of child has) done after school on weekdays, from last (**day 7 days ago**) to yesterday.
INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE
1..1

**IF(Sch7D = Nursery OR Playgroup) THEN**
**IntroST**
Now I'd like to ask some questions about time that (name of child) might have spent sitting down. For these questions, I'd like you to think about what you/he/she have/has done in the last seven days, that is from (**date of interview –7**) to yesterday. Firstly I would like to ask you about any activities (you/ name of child) have/has done on weekdays, from last (**day 7 days ago**) to yesterday.
INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE
1..1

**TVWkH**
On weekdays from last (**day 7 days ago**) to yesterday, how much time did (you / name of child) **usually** spend each day sitting watching TV including DVDs or videos?
INTERVIEWER: Recond **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at next question.
Range: 0..20

**TVWkM**

INTERVIEWER: Enter number of **minutes.**
If an exact hour, enter 0 for minutes.
Range: 0..59

**SedWkH**

Still thinking about **weekdays**, from last (**day 7 days ago**) to yesterday, how much time did (you / name of child) usually spend each day sitting down doing other any other activity?
INTERVIEWER: Examples of activities include reading, doing homework, drawing, using a computer or playing video games.
Record **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at next question.
Range: 0..20

**SedWkM**

INTERVIEWER: Enter number of **minutes.**
If an exact hour, enter 0 for minutes.
Range: 0..59

**TVWEH**

Last weekend how much time did (you / name of child) usually spend each day sitting watching TV including DVDs or videos?
INTERVIEWER: Record **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at next question.
Range: 0..20

**TVWEM**

Last weekend how much time did (you / name of child) usually spend each day sitting watching TV including DVDs or videos?
INTERVIEWER: Enter number of **minutes**.
If an exact hour, enter 0 for minutes.
Range: 0..59

**SedWEH**

Still thinking of last weekend, how much time did (you / name of child) usually spend each day sitting down doing other any other activity?
INTERVIEWER: Examples of activities include reading, doing homework, drawing, using a computer or playing video games.
Record **hours** spent below.
Enter 0 if less than 1 hour.
Record minutes at next question.
Range: 0..20

**SedWEM**

INTERVIEWER: Enter number of **minutes.**
If an exact hour, enter 0 for minutes,
Range:0..59

**Normal**

Last week, that is from (**date of interview – 7**) to yesterday (were you / was name of child)
...READ OUT...

1       ...more active than usual
2       less active than usual or
3       about the same as usual?

**IF (Age 2-12) THEN**
**Involve**
INTERVIEWER: How involved was (name of child) in answering the physical activity questions?
1       Child was not present
2       Child was present but did not participate
3       Child was present and helped proxy answer **a few** questions
4       Child was present and helped proxy answer **some** questions
5       Child was present and helped proxy answer **most** questions


# DIARY COLLECTION
# & PHYSICAL ACTIVITY QUESTIONNAIRE PLACEMENT
### *DIARY COLLECTION: ALL RESPONDENTS*
### *RPAQ PLACEMENT: RESPONDENTS AGED 16 AND OVER*


**IF (Age≥16) AND (Respondent number = 1) THEN**
**DiaryDA**
INTERVIEWER: BRIEFLY GO THROUGH THE DIARY JUST TO CHECK HOW MANY DIARY DAYS (**respondent one's name**) COMPLETED.
RECORD NUMBER OF DIARY DAYS COMPLETED HERE.
ENTER '0' IF NO DIARY DAYS WERE COMPLETED.
Range: 0..4

**IF (Respondent number = 1) AND (DiaryDA < 3) THEN**
**NoCAPI2A**
INTERVIEWER: (Respondent **one's** name) has not completed at least 3 days of the food diary so the physical activity self-completion, the rest of CAPI2 and introduction to the Nurse visit are not necessary for this respondent.
**Please do NOT provide the £30 voucher/gift card**
PRESS <ENTER> TO CONTINUE
1       Continue

**IF (Age≥16) AND (Respondent number = 2) THEN**
**DiaryDC**
INTERVIEWER: BRIEFLY GO THROUGH THE DIARY JUST TO CHECK HOW MANY DIARY DAYS (respondent **two's** name) COMPLETED.
RECORD NUMBER OF DIARY DAYS COMPLETED HERE.
ENTER '0' IF NO DIARY DAYS WERE COMPLETED.Range: 0..4

**IF (Age ≤ 15) AND (Respondent number = 2) THEN**
**DiaryDC**
INTERVIEWER: BRIEFLY GO THROUGH THE DIARY JUST TO CHECK HOW MANY DIARY DAYS (respondent **two's** name) COMPLETED.
REMEMBER TO USE THE YOUNG PERSON'S FOOD ATLAS WHEN REVIEWING DIARIES FOR RESPONDENTS AGED 15 YEARS AND UNDER.
RECORD NUMBER OF DIARY DAYS COMPLETED HERE.

ENTER '0' IF NO DIARY DAYS WERE COMPLETED.
Range: 0..4

**IF  (Person Respondent = 2) AND (DiaryDC < 3) AND (Age ≥ 16) THEN**
**NoCAPI2C**
INTERVIEWER: (respondent **two's** name) has not completed at least 3 days of the food diary so the physical activity self-completion, rest of CAPI2 and introduction to the Nurse visit are not necessary for this respondent.
**Please do NOT provide the £30 voucher/gift card**
PRESS <ENTER> TO CONTINUE
1        Continue

**IF  (Person Respondent = 2) AND (DiaryDC < 3) AND (Age ≤ 15) THEN**
**NoCAPI2C**
INTERVIEWER: (respondent **two's** name) has not completed at least 3 days of the food diary so the rest of CAPI2 and introduction to the Nurse visit are not necessary for this respondent.
**Please do NOT provide the £30 voucher/gift card**
PRESS <ENTER> TO CONTINUE
1        Continue

**IF (Age≥16) AND (Respondent number = 1) AND (DiaryDA ≥ 3) THEN**
**DiarChkA**
(**Respondent one's name**), I would like you to answer some questions by completing this booklet. The questions cover physical activity in your everyday life in the last 4 weeks.
INTERVIEWER: Complete the front page of the booklet for (respondent one's name).
AName···········Point··Address··Check letter··Person number··FROM·······TO
INTERVIEWER:
- Give (respondent one's name) the Physical Activity self-completion booklet and explain how to fill it in.
- While the respondent completes the Physical Activity self-completion booklet, check their diary and decide what extra detail you will need to prompt for.
- When the respondent has completed the Physical Activity self-completion, go through the **diary** with the respondent and probe for any missing information.
**[**if the child respondent is 16 or over and has completed at least 3 diary
days**]**(INTERVIEWER: YOU ALSO NEED TO DO THE SAME WITH THE CHILD
RESPONDENT(child's name))
PRESS <ENTER> TO CONTINUE
1        Continue

**DietFBA**
(Respondent one), would you like to be sent some information about some of the major foods and nutrients in your diet based on the information you have provided during the interviews? The information will tell you how you compare with current consumption in the UK and how your intake of nutrients fits with UK recommendations for a healthy diet. It will also provide some useful resources for finding out more about eating a healthy diet.
INTERVIEWER: INFORMATION  WILL BE SENT FROM THE OFFICE WITHIN 6 MONTHS.
INTERVIEWER: SHOW RESPONDENT EXAMPLE  OF DIETARY FEEDBACK IN YOUR LAMINATE  PACK.
1        Yes      "Yes, feedback required"
2        No       "No, feedback not required"

**IF (DietFBA = Yes) THEN**
**AddrChkA**
We have this name for you ...

Title:
Forename:
Surname:
Is this correct?
INTERVIEWER: THIS IS TO ENSURE THAT ANY LETTERS, REQUESTED BY
RESPONDENTS (SUCH AS DIETARY FEEDBACK FORMS), ARE SENT TO THE
CORRECT RESPONDENTS.
1        Yes
2        No

**IF (AddrChkA = No) THEN**
**TtlA**
Firstly, what is your title?
1        Mr
2        Mrs
3        Ms
4        Miss
5        Other   "Other title"

**IF (TtlA = Other) THEN**
**TtlTxtA**
INTERVIEWER: Enter the other **title**
: STRING [15]

**IF (AddrChkA = No) THEN**
**ForNameA**
And your **first name**?
: STRING [20]

**IF (AddrChkA = No) THEN**
**SurNameA**
And your **surname**?
: STRING [20]

**IF (Age ≥16) AND (Respondent Number = 2) AND (DiaryDC ≥ 3) THEN**
**DiarChkC**
(**Respondent two's name**), I would like you to answer some questions by completing this
booklet. The questions cover physical activity in your everyday life in the last 4 weeks.
INTERVIEWER: Complete the front page of the booklet for (Respondent two's name).
AName··········Point··Address··Check letter··Person number··FROM·······TO
INTERVIEWER:
- Give *(Respondent two's name)* the Physical Activity self-completion booklet and explain
how to fill it in.
- While the respondent completes the Physical Activity self-completion booklet, check their
diary and decide what extra detail you will need to prompt for.
- When the respondent has completed the Physical Activity self-completion, go through the
**diary** with the respondent and probe for any missing information.
PRESS <ENTER> TO CONTINUE
1        Continue

**DietFBC**
(Respondent two), would you like to be sent some information about some of the major
foods and nutrients in your / (child's name)'s diet based on the information you have
provided during the interviews? The information will tell you how your / (child's name)'s
compare(s) with current consumption in the UK and how your / (child's name)'s intake of

nutrients fits with UK recommendations for a healthy diet. It will also provide some useful resources for finding out more about eating a healthy diet.
INTERVIEWER: INFORMATION WILL BE SENT FROM THE OFFICE WITHIN 6 MONTHS.
INTERVIEWER: SHOW RESPONDENT EXAMPLE OF DIETARY FEEDBACK IN YOUR LAMINATE PACK.
1       Yes       "Yes, feedback required"
2       No        "No, feedback not required"

**IF (DietFBC = Yes) THEN**
**AddrChkC**
We have this name for you ...
Title:
Forename:
Surname:
Is this correct?
INTERVIEWER: THIS IS TO ENSURE THAT ANY LETTERS, REQUESTED BY RESPONDENTS (SUCH AS DIETARY FEEDBACK FORMS), ARE SENT TO THE CORRECT RESPONDENTS.
1       Yes
2       No

**IF (AddrChkC = No) THEN**
**TtlC**
Firstly, what is your / (child's name)'s title?
1       Mr
2       Mrs
3       Ms
4       Miss
5       Other   "Other title"

**IF (TtlC = Other) THEN**
**TtlTxtC**
INTERVIEWER: Enter the other **title**
: STRING [15]

**IF (AddrChkC = No) THEN**
**ForNameC**
And your / (child's name)'s **first name**?
: STRING [20]

**IF (AddrChkC = No) THEN**
**SurNameC**
And your / (child's name)'s **surname**?
: STRING [20]

**IF (Respondent number = 1) AND (DiaryDA ≥ 3) THEN**
**RPAQChkA**
INTERVIEWER: RECORD WHETHER (**respondent one's name**) COMPLETED THE PHYSICAL ACTIVITY SELF-COMPLETION.
INTERVIEWER: IF COMPLETED THEN GO THROUGH THE COMPLETED PHYSICAL ACTIVITY SELF-COMPLETION WITH (**respondent one's name**) AND PROBE FOR ANY MISSING INFORMATION.
1       Yes
2       No
3       Missing

**IF  (RPAQChkA = Yes) THEN**
**SlpWkAH**
Over the last seven days, that is since (date), how long did you **usually** sleep for on week nights. That is **Sunday to Thursday** nights?
INTERVIEWER. Enter hours in this question followed by minutes in the next question (SlpWkAM)
INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT  IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME  SPENT VARIES  WIDELY FROM NIGHT  TO NIGHT,  CODE 'DON'T KNOW (CTRL K) '.
IF RESPONDENT WORKED ON NIGHT  SHIFTS DURING THE LAST TWO WEEKS ENTER AVERAGE  TIME SLEPT DURING THE DAY.
Range: 0..24

**SlpWkAM**
... and enter minutes
Range: 0..59

**IF  (RPAQChkA = Yes) THEN**
**SlpWkEAH**
And over the last seven days, how long did you **usually** sleep for on weekend nights. That is Friday and Saturday nights?
INTERVIEWER. Enter hours in this question followed by minutes in the next question (SlpWkEAM)
INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT  IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME  SPENT VARIES  WIDELY FROM NIGHT  TO NIGHT,  CODE 'DON'T KNOW (CTRL K)'.
IF RESPONDENT WORKED ON NIGHT  SHIFTS DURING THE LAST TWO WEEK ENDS ENTER AVERAGE  TIME SLEPT DURING THE DAY.
Range: 0..24

**SlpWkEAM**
... and enter minutes
Range: 0..59

**IF (Respondent number = 2) AND (DiaryDA ≥ 3) AND (Age ≥ 16) THEN**
**RPAQChkC**
INTERVIEWER: RECORD WHETHER *(Respondent two)* COMPLETED THE PHYSICAL ACTIVITY  SELF-COMPLETION.
INTERVIEWER: IF COMPLETED THEN GO THROUGH THE COMPLETED PHYSICAL ACTIVITY  SELF-COMPLETION WITH **(Respondent two)** AND PROBE FOR ANY MISSING  INFORMATION.
1       Yes
2       No
3       Missing

**IF  (RPAQChkC = Yes) THEN**
**SlpWkCH**
Over the last seven days, that is since (date), how long did you *(Respondent two)* **usually** sleep for on week nights. That is **Sunday to Thursday** nights?
INTERVIEWER. Enter hours in this question followed by minutes in the next question (SlpWkCM)

INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K)'.
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEKS ENTER AVERAGE TIME SLEPT DURING THE DAY.
Range: 0..24

**SlpWkCM**
... and enter minutes
Range: 0..59

**IF (RPAQChkC = Yes) THEN**
**SlpWkECH**
And over the last seven days, how long did you *(Respondent two)* **usually** sleep for on weekend nights. That is Friday and Saturday nights?
INTERVIEWER. Enter hours in this question followed by minutes in the next question (SlpWkCM)
INTERVIEWER: ONLY INCLUDE TIME RESPONDENT IS ASLEEP. AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW (CTRL K) '.
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST TWO WEEK ENDS ENTER AVERAGE TIME SLEPT DURING THE DAY.
 : 0..24

**SlpWkECM**
... and enter minutes
Range: 0..59

**IF (AGE <16) AND (DiaryDC ≥ 3) THEN**
**DiarChk2**
INTERVIEWER: Now go through the diary with *(Respondent two)* and probe for any missing information
Please remember to use the **Young Person's Food Atlases** when reviewing the diary.
PRESS <ENTER> TO CONTINUE
1        Continue



**IF (AGE <16) AND (DiaryDC ≥ 3) THEN**
**DietFBC2**
(Respondent two's name/adult answering on behalf of child), would you like to be sent some information about some of the major foods and nutrients in your / (child's name)'s diet based on the information you have provided during the interviews? The information will tell you how your / (child's name)'s compare(s) with current consumption in the UK and how your / (child's name)'s intake of nutrients fits with UK recommendations for a healthy diet. It will also provide some useful resources for finding out more about eating a healthy diet.
INTERVIEWER: INFORMATION WILL BE SENT FROM THE OFFICE WITHIN 6 MONTHS.
INTERVIEWER: SHOW RESPONDENT EXAMPLE OF DIETARY FEEDBACK IN YOUR LAMINATE PACK.
1        Yes      "Yes, feedback required"
2        No       "No, feedback not required"

**IF (DietFBC2 = Yes) THEN**

**AddrChkC2**

We have this name for you ...
Title:
Forename:
Surname:
Is this correct?
INTERVIEWER: THIS IS TO ENSURE THAT ANY LETTERS, REQUESTED BY
RESPONDENTS (SUCH AS DIETARY FEEDBACK FORMS), ARE SENT TO THE
CORRECT RESPONDENTS.
1      Yes
2      No

**IF (AddrChkC2 = No) THEN**
**TtlC2**

Firstly, what is your / (child's name)'s title?
1      Mr
2      Mrs
3      Ms
4      Miss
5      Other   "Other title"

**IF (TtlC2 = Other) THEN**
**TtlTxtC2**

INTERVIEWER: Enter the other **title**
: STRING [15]

**IF (AddrChkC2 = No) THEN**
**ForNameC2**

And your / (child's name)'s **first name**?
: STRING [20]

**IF (AddrChkC2 = No) THEN**
**SurNameC2**

And your / (child's name)'s **surname**?
: STRING [20]

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# NHS CENTRAL REGISTER
# & CANCER REGISTRY CONSENT FORM
### *FOR RESPONDENTS AGED 16 AND OVER*

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**IF (Age ≥ 19) THEN**
**NHSCanA**

We would like your consent for us to send your name, address and date of birth to two
National Health Service registers. These are the NHS Central Register and the NHS Cancer
Registry.
Please read this form, it explains more about what is involved.
INTERVIEWER: GIVE THE RESPONDENT THE NHSCR CONSENT FORM AND ALLOW
THEM TIME TO READ THE INFORMATION.
1      Con          "Consent given"
2      NoCon        "Consent not given"

**IF (NHSCanA = Con) THEN**
**NHSSigA**
Before I can pass on your details, I have to obtain written consent from you.
INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the consent form.
Serial: Check Letter: Person Number: 1
Ask the respondent to sign and date the form.
Give the **bottom** copy of the form to the respondent.
Code whether signed consents obtained.
1       Central         "NHS Central Register and Cancer Registry consent obtained"
2       None            "No signed consents"

**IF (Age = 16-18) THEN**
**NHSCanC**
We would like your consent for us to send your name, address and date of birth to two National Health Service registers. These are the NHS Central Register and the NHS Cancer Registry.
Please read this form, it explains more about what is involved.
INTERVIEWER: GIVE THE RESPONDENT THE NHSCR CONSENT FORM AND ALLOW THEM TIME TO READ THE INFORMATION.
1       Con             "Consent given"
2       NoCon           "Consent not given"

**IF (NHSCanC = Con) THEN**
**NHSSigC**
Before I can pass on your details, I have to obtain written consent from you.
INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the consent form.
Serial: Check Letter: Person Number: 2
Ask the respondent to sign and date the form.
Give the **bottom** copy of the form to the respondent.
Code whether signed consents obtained.
1       Central         "NHS Central Register and Cancer Registry consent obtained"
2       None            "No signed consents"

# RECONTACT QUESTIONS
## *FOR ALL RESPONDENTS*

**IF (Age ≥ 19) THEN**
**ReConA**
If at some future date the Department of Health (DoH) of Food Standards Agency (FSA) wanted to conduct a further study from the results of this survey, would you be willing to be recontacted to help again?
INTERVIEWER: IF ASKED, THERE ARE NO **CURRENT** PLANS FOR FURTHER STUDIES, BUT THERE MAY BE IN THE FUTURE.
1       Yes
2       No

**IF (Age = 16-18) THEN**
**ReConC**

If at some future date the FSA or Department of Health wanted to conduct a further study from the results of this survey, would you be willing to be recontacted to help again?
INTERVIEWER: IF ASKED, THERE ARE NO **CURRENT** PLANS FOR FURTHER STUDIES, BUT THERE MAY BE IN THE FUTURE.
1  Yes
2  No


**IF (ReconA = Yes) OR (ReconC = Yes) THEN**
**EmailCon**
**ASK ADULT**
Would you be willing to be recontacted by email?
1  Yes
2  No


**IF (EmailCon=Yes) THEN**
**Email**
Thank you, and can I take your email address please?
INTERVIEWER: REPEAT EMAIL ADDRESS BACK TO RESPONDENT AND CHECK SPELLING.
: STRING [150]


**IF (ReConA = Yes) OR (ReConC = Yes) THEN**
**StabAdd**
**ASK ADULT**
Just in case we have difficulty in getting in touch with you - could you give us the name and/or phone number of someone who knows you well?
INTERVIEWER: IF NECESSARY, PROMPT: Perhaps a relative or friend who is unlikely to move?
COLLECT **ADDRESS** DETAILS IF POSSIBLE AND RECORD IN THE FOLLOWING QUESTIONS.
1  Agreed  "Agreed to provide stable contact"
2  Refused  "Refused to provide stable contact"


**IF (StabAdd = Agreed) THEN**
**StName**
INTERVIEWER: Please enter the name of the contact person.
: STRING [30]


**IF (StabAdd = Agreed) THEN**
**StRel**
INTERVIEWER: Please enter the relationship to the respondent.
PROBE FULLY.
: STRING [30]


**IF (StabAdd = Agreed) THEN**
**StTelNum**
INTERVIEWER: Please enter the stable/contact address.
Telephone Number
Include standard code.
: STRING [20]


**IF (StabAdd = Agreed) THEN**
**StAdd**
Could we also take down an address for them?
1  Yes

2       No

**IF (StAdd =Yes) THEN**
**StAdd1**
INTERVIEWER: Please enter the stable/contact address.
Address line 1:
: STRING [30]

**IF (StAdd =Yes) THEN**
**StAdd2**
INTERVIEWER: Please enter the stable/contact address.
Address line 2:
: STRING [30]

**IF (StAdd =Yes) THEN**
**StAdd3**
INTERVIEWER: Please enter the stable/contact address.
Address line 3:
: STRING [30]

**IF (StAdd =Yes) THEN**
**StAdd4**
INTERVIEWER: Please enter the stable/contact address.
Address line 4:
: STRING [30]

**IF (StAdd =Yes) THEN**
**StAdd5**
INTERVIEWER: Please enter the stable/contact address.
Address line 5:
: STRING [30]

**IF (StAdd =Yes) THEN**
**StAddPC**
INTERVIEWER: Please enter the stable/contact address.
Postcode:
: STRING [8]

**IF (StabAdd = Agreed) THEN**
**StInfo**
INTERVIEWER: Please enter **any other information** about the stable/contact address.
: STRING [100]

**IF (StabAdd = Agreed) THEN**
**ConSt**
INTERVIEWER: Please read the stable contact below, and confirm whether correct.
Name : StName
Relationship : StRel
Address : StAdd1
Postcode : tAddPc
Telephone : StTelNum
Other info: Stinfo
1       Correct         "Details correct"
2       NotCorr         "Details **not** correct"

**IF (StabAdd = Agreed) THEN**
**StabDisp**
INTERVIEWER: Give the respondent the Stage 1 survey leaflet and read out:
If we needed to contact this person in order to find your new contact details, it would be helpful if they knew about the National Diet and Nutrition Survey.
Please could you pass this leaflet onto them, and let them know that you have given permission for us to contact them, and for them to pass your new contact details on to us.
PRESS <ENTER> TO CONTINUE
    1        Continue

## Iodine Spot Urine Sample
### FOR RESPONDENTS AGED 4 AND OVER

**IF (Age ≥ 4) THEN**
**IUrSt**
INTERVIEWER: NOW FOLLOWS THE IODINE SPOT URINE MODULE.
Press 1 and <ENTER> to continue
1        Cont            "Press 1 and ENTER to continue"

**IUrInt**
We want to measure the levels of iodine in the body. Iodine is an important nutrient. To do this we would like to collect a small sample of your /(child's name)'s urine. We cannot get this information from your/their food diary or in any other way.
1        Cont            "Press 1 and ENTER to continue"

**IUrEli1**
SEE SHOWCARD MM
Due to the way that the samples are analysed we are unable to take them from some people.
Answering yes or no: Do/Does you/(child's name) fall into <u>any</u> of the categories on this card?
1        Yes
2        No

**IUrEli2**
SEE SHOWCARD MM
Due to the way that the samples are analysed we are unable to take them from some people.
Answering yes or no: Do/Does you/(child's name) fall into <u>any</u> of the categories on this card?
1        Yes
2        No

**IF (Sex=female AND IUrEli1= Yes) THEN**
**IUrTime**
Would you/(child's name) be interested in providing a sample at another visit?
    1    Yes
    2    No

**IF (IUrEli1 = No) OR (IUrEli2 = No) THEN**
**IUrLeaf**
Please read this leaflet, it explains about what taking part in the spot urine sample involves.
INTERVIEWER: PLEASE GIVE THEM THE SPOT URINE LEAFLET GIVE THEM TIME TO
READ IT AND ASK ANY QUESTIONS.
1 Continue


**IF (IUrEli1 = No) OR (IUrEli2 = No) AND (Age ≥ 16) THEN**
**IUrAgr**
Are you willing to give a urine sample?
1 Yes
2 No


**IF (IUrEli1 = No) OR (IUrEli2 = No) AND (Age = 4 - 15) THEN**
**IUrAgr**
Are you willing for (child's name) to give a urine sample?
INTERVIEWER: YOU ARE RECORDING PARENTAL CONSENT, CHECK ALSO CHILD IS
WILLING.
INTERVIEWER: IF EITHER PARENT OR CHILD NOT WILLING RECORD 2.
1       Agree    "Respondent agrees to give urine sample",
2       Refuse   "Respondent refuses to give urine sample",
3       Unable   "Unable to obtain urine sample for reason other than refusal"


**IF (IUrPAgr = Refuse or Unable) THEN**
**IUriYRef**
INTERVIEWER: GIVE REASON(s) FOR REFUSAL
CODE ALL THAT APPLY
1       Sensi       "Embarrassed/sensitive about providing sample",
2       Justbeen    "Went to toilet too recently to provide sample",
3       DiffSamp    "Knows they would have difficulty providing a sample for reason
                     other than having just been to toilet",
4       NoTime      "No time/busy/already spent enough time on this survey",
5       Yuk         "Doesn't like the thought of doing it",
6       Concern     "Concerns about how sample will be used/store",
7       NotUnd      "Respondent did not understand the procedure",
8       Other       "Other (SPECIFY AT NEXT QUESTION)")


**IF (IUriYRef =Other) THEN**
**IUrYRfO**
INTERVIEWER: WRITE IN OTHER REASON FOR REFUSAL
: STRING[100]


**IF (IUrAgr= Agree)  AND (Age ≥ 16) THEN**
**IUrConA**
INTERVIEWER: EXPLAIN THE NEED FOR WRITTEN CONSENT.
GIVE THE RESPONDENT THE WHITE CONSENT FORM.
RESPONDENT MUST READ AND INITIAL THE STATEMENTS THEY AGREE TO
BEFORE SIGNING.
LEAVE THE BOTTOM COPY WITH THE RESPONDENT; SEND THE TOP COPY TO
BRENTWOOD.

INTERVIEWER: DETAILS FOR CONSENT FORM …
Serial number:
Check letter:
Respondent number:
Sex:
Date of Birth:
1        Continue

**IF (IUrAgr= Agree) AND (Age = 4-15) THEN**
**IUrConC**
INTERVIEWER: EXPLAIN THE NEED FOR WRITTEN CONSENT.
GIVE THE RESPONDENT PARENT/ LEGAL GUARDIAN THE BLUE CONSENT FORM.
PARENT/ LEGAL GUARDIAN MUST READ AND INITIAL THE STATEMENTS THEY
AGREE TO BEFORE SIGNING.
GIVE THE BLUE ASSENT FORM TO CHILD AND ASK THEM TO CIRCLE YES OR NO
NEXT TO STATEMENTS THEN SIGN NAME IF YOU THINK THEY CAN READ AND
UNDERSTAND.
LEAVE THE BOTTOM COPIES WITH THE RESPONDENT; SEND THE TOP COPY TO
BRENTWOOD.
INTERVIEWER: DETAILS FOR CONSENT FORM …
Serial number:
Check letter:
Respondent number:
Sex:
Date of Birth:
1        Continue

**IF (IUrAgr= Agree) AND (Age = 4-15) THEN**
**IUrAss**
INTERVIEWER: HAS CHILD SIGNED THE BLUE ASSENT FORM?
1        Yes            "Yes"
2        No             "No"
3        NotAsked       "**Interviewer code only:** Did not ask child to sign form"

**IF (IUrAgr= Agree) THEN**
**IUrCon2**
INTERVIEWER: WAS WRITTEN CONSENT GIVEN TO OBTAIN A URINE SAMPLE FOR
THE MEASUREMENT OF IODINE?
1        Yes
2        No

**IF (IUrCon2 = Yes) THEN**
**IUrCon3**
INTERVIEWER: WAS WRITTEN CONSENT GIVEN FOR ANY REMAINING URINE TO BE
STORED AND USED IN FUTURE RESEARCH?
1        Yes
2        No

**IF (IUrCon2 = Yes) THEN**
**IUrSN**

INTERVIEWER: PLEASE WRITE THE FULL DETAILS BELOW ON THE TUBE LABEL AND PACKAGING LABEL USING THE PERMANENT MAKRKER PROVIDED. YOU MUST NOT USE BIRO OR ANY THER TYPE OF PEN AS THIS MAY SMUDGE.
Serial number:
Collection date:
Date of birth:1 Continue

**IF (IUrCon2 = Yes) THEN**
**IUrInst**
INTERVIEWER: Give respondent the Tube, Case and Gloves

EXPLAIN HOW TO PROVIDE SAMPLE.
TELL RESPONDENT/PARENT:
TAKE IODINE SPOT URINE LEAFLET WITH THEM – INSTRUCTIONS ON THE INSIDE/ ON BACK.
DO NOT OPEN TUBE UNTIL IN BATHROOM
DO NOT PUT FINGERS IN TUBE
ONCE SAMPLE PROVIDED, RESPONDENT TO SCREW LID ON.
USE DRY TOILET PAPER TO WIPE SPILLAGES ON TUBE
DO NOT USE WET WIPES OR ANY OTHER CLEANING PRODUCT.
PLACE TUBE (WITH SAMPLE) IN SEALABLE BAG AND GIVE TO YOU

INTERVIEWER: THROUGH BAG, CHECK LID SCREWED ON TIGHT. PLACE BAG CONTAINING TUBE IN CASE.

PRESS <ENTER> TO CONTINUE
    1       Continue

**IF (IUrCon2 = Yes) THEN**
**IUrSam**
INTERVIEW: HAS RESPONDENT PROVIDED A URINE SAMPLE?
CHECK CASE CLOSED AND PLACE BACK IN JIFFY BAG (ADDRESSED TO HNR) AND SEAL.
INTERVIEWER: POST TODAY.
1     Yes         "Urine sample obtained",
2     Refused     "Urine sample refused",
3     NoTry       "Urine sample not attempted",
4     TryNot      "Attempted but not obtained"

**IF (IUrSam = Refused, NoTry ) THEN**
**IUriNoOb**
INTERVIEWER: GIVE REASON(s) FOR REFUSAL
CODE ALL THAT APPLY
1    Sensi      "Embarrassed/sensitive about providing sample",
2    JustBeen   "Went to toilet too recently to provide sample",
3    DiffSamp   "Knows they would have difficulty providing a sample for reason other than having just been to toilet",
4    NoTime    "No time/busy/already spent enough time on this survey",
5    Yuk        "Doesn't like the thought of doing it",
6    Concern    "Concerns about how sample will be used/store",
7    NotUnd    "Respondent did not understand the procedure",
8    Other      "Other (SPECIFY AT NEXT QUESTION)")

**IF (IUriNoOb =Other) THEN**
**IUrYNOO**

INTERVIEWER: WRITE IN OTHER REASON FOR REFUSAL
: STRING[100]


**IF ((IUrEli1 = Yes) OR (IUrEli2 = Yes) OR (IUrAgr = Refuse/Unable) OR (IUrCon2 = No))
THEN
NoIUri**
INTERVIEWER: NO URINE SAMPLE TO BE TAKEN.
1 Continue


**IUrEnd**
INTERVIEWER: END OF THE IODINE SPOT URINE MODULE.
Press 1 and <ENTER> to continue.
    1   Continue


---

# Tracer Water

## *(ALL RESPONDENTS IN REQUIRE AGE/SEX CELLS WITH VALID HEIGHT & WEIGHT MEASUREMENTS AND COMPLETED AT LEAST THREE DIARY DAYS)*

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**IF (Basic Address) THEN
DispDLW**
INTERVIEWER: This is the point where a decision is made about whether respondents are eligible for the Tracer Water follow up.
To be eligible for Tracer Water we must have reliable height and weight measurements, have and still need people in the right age and sex groups to fill our quotas (Quota look up file last updated on **(Date)**).
SUMMARY OF CAPI MODULES COMPLETED AND TRACER WATER STATUS
[*list of modules and their completion status*]

Whether eligible and required for Tracer Water.
P1:    Tracer Water: Yes/No
P2:    Tracer Water: Yes/No
Press 1 and <ENTER> to continue
OR
USE <Ctrl + Enter> IF YOU WANT TO SELECT ONE OF THE OUTSTANDING CAPI
MODULES BEFORE A DECISION ABOUT TRACER WATER IS MADE.
1      Cont          "Press 1 and ENTER to decide eligibility now"
2      Code88     "Do not use unless agreed by office"

**IF (Young Person Boost address) THEN
DispDLWB**
INTERVIEWER: This is the point where a decision is made about whether respondents are eligible for the Tracer Water follow up.
To be eligible for Tracer Water we must have reliable height and weight measurements and still need someone in the right age and sex groups to fill our quotas (Quota look up file last updated on **(Date)**).
SUMMARY OF CAPI MODULES COMPLETED AND TRACER WATER STATUS
[*list of modules and their completion status*]

Whether eligible and required for Tracer Water.
P1:     Tracer Water: Yes/No
P2:     Tracer Water: Yes/No
Press 1 and <ENTER> to continue
OR
USE <Ctrl + Enter> IF YOU WANT TO SELECT ONE OF THE OUTSTANDING CAPI
MODULES BEFORE A DECISION ABOUT TRACER WATER IS MADE.
1       Cont            "Press 1 and ENTER to decide eligibility now"
2       Code88          "Do not use unless agreed by office"


**IF (Reliable ht/wt measurements and Spot Urine introduced for respondent one) THEN
P1SetDLW**
INTERVIEWER: YOU SHOULD ONLY HAVE ENTERED '88' AT THE PREVIOUS
QUESTION BECAUSE ADVISED TO DO THIS BY THE OFFICE OR A SUPERVISOR.
Do you want to make this person eligible to take part in the Tracer water follow up?
(This question allows you to choose whether someone is to be asked to take part in the
Tracer Water study or not. This is normally done automatically but on a few occasions it is
necessary to override the automatic selection.)
1       Yes     "Make eligible for the Tracer water study"
2       No      "Do not make eligible"


**IF (Reliable ht/wt measurements and Spot Urine introduced for respondent two) THEN
P2SetDLW**
INTERVIEWER: YOU SHOULD ONLY HAVE ENTERED '88' AT THE PREVIOUS
QUESTION BECAUSE ADVISED TO DO THIS BY THE OFFICE OR A SUPERVISOR.
Do you want to make this person eligible to take part in the Tracer Water follow up?
(This question allows you to choose whether someone is to be asked to take part in the
Tracer water study or not. This is normally done automatically but on a few occasions it is
necessary to override the automatic selection.)
1       Yes     "Make eligible for the Tracer water study"
2       No      "Do not make eligible"


**NeedFUp**
INTERVIEWER: THE FOLLOWING RESPONDENTS ARE CURRENTLY ELIGIBLE FOR
THE TRACER WATER FOLLOW UP STUDY:
(Names of respondents)
THE TRACER WATER FOLLOW-UP STUDY TO ALL ELIGIBLE RESPONDENTS AND
HAND THEM THE APPROPRIATE LEAFLETS. ALLOW THEM TIME TO READ THE
LEAFLETS.
(INTERVIEWER: Note that eligibility may change when updates of the numbers needed are
received from the office. Eligibility at the time when Tracer Water first introduced is what
matters so don't worry if it looks different if you happen to return to this section later.
PRESS <ENTER> TO CONTINUE
1       Continue




**IF (respondent one) THEN
P1DLWAgr**
INTERVIEWER: IS **(respondent one's name)** WILLING TO TAKE PART IN THE TRACER
WATER FOLLOW-UP?
IF 'YES' THEN RESPONDENT MUST SIGN THE (GREEN) TRACER WATER CONSENT
FORM WHEN YOU RETURN TO ADMINISTER THE DOSE.
YOU WILL NEED TO LEAVE THE BOTTOM COPY WITH THE RESPONDENT AND **KEEP
THE TOP COPY** TO SEND TO BRENTWOOD.

INTERVIEWER: DETAILS FOR CONSENT FORM…
Serial number:
Check letter:
Respondent number:
Sex
Date of birth:
1       Yes
2       No
3       NotAsked    "**Interviewer code only**: Did not ask respondent if they would take part"

**IF (respondent two) AND (Age ≥ 4) THEN**
**P2DLWAgr**
INTERVIEWER: IS **(respondent two's name)** WILLING TO TAKE PART IN THE TRACER
WATER FOLLOW-UP?
IF 'YES' YOU MUST OBTAIN WRITTEN CONSENT THEN RESPONDENT MUST SIGN
THE (YELLOW/GREEN) TRACER WATER CONSENT FORM WHEN YOU RETURN TO
ADMINISTER THE DOSE.
FOR RESPONDENTS AGED 4-15 YEAR THE PARENT/GUARDIAN MUST SIGN THE
YELLOW PARENTAL CONSENT FORM AND THE (respondent two's name) CAN SIGN
THE YELLOW ASSENT FORM.
RESPONDENTS AGED 16-18 YEARS MUST SIGN THE GREEN TRACER WATER
CONSENT FORM,
YOU WILL NEED TO LEAVE THE BOTTOM COPY WITH THE RESPONDENT AND **KEEP
THE TOP COPY** TO SEND TO BRENTWOOD.
INTERVIEWER: DETAILS FOR CONSENT FORM…
Serial number:
Check letter:
Respondent number:
Sex:
Date of birth:
1       Yes
2       No
3       NotAsked    "**Interviewer code only**: Did not ask respondent if they would take part"

**IF (P1DLWAgr = NotAsked) THEN**
**P1DLWNAY**
INTERVIEWER: PLEASE RECORD HERE WHY YOU DID NOT ASK THE RESPONDENT
TO TAKE PART IN THE TRACER WATER SUBSTUDY.
PLEASE NOTE THAT UNLESS THIS RESPONDENT TAKING PART IN TRACER WATER
WILL TAKE YOU OVER YOUR DEADLINE, YOU **MUST** ASK THE RESPONDENT IF THEY
WILL TAKE PART IN THE TRACER WATER SUBSTUDY. GO BACK TO PREVIOUS
QUESTION AND ASK RESPONDENT IF NECESSARY.
: STRING [60]

**IF (P2DLWAgr = NotAsked) THEN**
**P2DLWNAY**
INTERVIEWER: PLEASE RECORD HERE WHY YOU DID NOT ASK THE RESPONDENT
TO TAKE PART IN THE TRACER WATER SUBSTUDY.
PLEASE NOTE THAT UNLESS THIS RESPONDENT TAKING PART IN TRACER WATER
WILL TAKE YOU OVER YOUR DEADLINE, YOU **MUST** ASK THE RESPONDENT IF THEY
WILL TAKE PART IN THE TRACER WATER SUBSTUDY. GO BACK TO PREVIOUS
QUESTION AND ASK RESPONDENT IF NECESSARY.
: STRING [60]

**IF (P1DLWAgr = No) THEN**

**P1DLWRef**
INTERVIEWER: PLEASE RECORD REASON WHY RESPONDENT REFUSED TO TAKE PART IN TRACER WATER SUBSTUDY.
: STRING [60]

**IF (P2DLWAgr = No) THEN**
**P2DLWRef**
INTERVIEWER: PLEASE RECORD REASON WHY RESPONDENT REFUSED TO TAKE PART IN TRACER WATER SUBSTUDY.
: STRING [60]

**IF (P1DLWAgr = Yes) OR (P2DLWAgr = Yes) THEN**
**FUpReview**
INTERVIEWER: Give (the/both respondent(s)) a **pre-dose kit**. Write the serial number and respondent number on the label on the bottle and complete section 1 on the Respondent protocol – recording sheet.
LEAVE PRE-DOSE KIT AND MAKE A PROVISIONAL APPOINTMENT TO RETURN FOR THE FOLLOW UP(S).
REMEMBER TO LEAVE AT LEAST 3 WORKING DAYS FOR DELIVERY OF TRACER WATER DOSES.
YOU WILL NEED TO CALL HNR AS SOON AS POSSIBLE, TO CONFIRM THAT THE RESPONDENT(S) (IS/ ARE) STILL NEEDED FOR THE TRACER WATER FOLLOW-UP.
When you call HNR they will need to be given the information displayed at question **HNRInfo** in the **TRACER WATER (DLW)** parallel block.
USE THE **TRACER WATER (DLW)** PARALLEL BLOCK TO RECORD THE OUTCOME OF YOUR CALL TO HNR AND TO RECORD PROGRESS WITH THE TRACER WATER FOLLOW UP.
PRESS <ENTER> TO CONTINUE
    1   Continue

**IF (P1DLWAgr = Yes) OR (P2DLWAgr = Yes) THEN**
**PreDose**
INTERVIEWER: Leave the pre-dose sample bottle with respondent(s).
If they are needed for the tracer water sub study they will need to provide a urine sample before drinking the tracer water dose.
1      Left          "Pre dose kit left",
2      NotLeft      "Pre dose kit not left"

*DLW Admin*
**IF ( Tracer Water confirmed) THEN**
**DLWVis**
INTERVIEWER: DID YOU VISIT **(Respondent's Name)** TO ADMINISTER THE TRACER WATER DOSE?
1      Yes
2      No

**IF (DLWVis = Yes) THEN**
**DLWCon1**
INTERVIEWER: WAS WRITTEN CONSENT GIVEN FOR DRINKING A SMALL VOLUME OF TRACER WATER AND THEN PROVIDING SAMPLES OF URINE FOR ANALYSIS?
1      Yes
2      No

**IF (DLWCon1 = Yes) THEN**
**DLWCon2**

INTERVIEWER: WAS WRITTEN CONSENT GIVEN FOR ANY REMAINING URINE TO BE STORED AND USED IN FUTURE RESEARCH?
1    Yes
2    No

**IF (Respondent 2) THEN**
**DLWAss**
INTERVIEWER: HAS CHILD SIGNED THE YELLOW ASSENT FORM?
1    Yes
2    No
3    NotAsked    "Interviewer code only: Did not ask child to sign form"

**IF (DLWVis = Yes) THEN**
**DLWDose**
INTERVIEWER: HAS **(Respondent's Name)** TAKEN THE TRACER WATER DOSE?
**IF NOT TAKEN DOSE** - EXPLAIN WHY AT NEXT QUESTION.
IF BOTTLE NOT OPENED, CALL HNR TO ARRANGE FOR RETURN OF TRACER WATER DOSING KIT.
1    Yes   "Yes, respondent drank Tracer Water dose"
2    No    "No, respondent did not drink Tracer Water dose"

**IF (DLWDose = No) THEN**
**DLWNDose**
INTERVIEWER: PLEASE EXPLAIN WHY **(Respondent's Name)** DID NOT DRINK THE TRACER WATER DOSE
: String [40]

**IF (DLWDose = Yes) THEN**
**DLWChk**
INTERVIEWER: RECORD WHETHER MIDWEEK TELEPHONE CHECK HAS BEEN DONE.
1    Yes
2    No

**IF (DLWChk = Yes) THEN**
**DLWChKY**
**(Respondent's Name)**
INTERVIEWER: RECORD DATE OF MIDWEEK CHECK
DATE SHOULD BE ENTERED AS DDMMYYYY, E.G. 31012013.
: DATETYPE

**IF (DLWDose = Yes) THEN**
**DLWFin**
**(Respondent's Name)**
INTERVIEWER: RECORD WHETHER CHECKED AND COLLECTED TRACER WATER SAMPLES.
1    Yes
2    No

**IF (DLWFin = No) THEN**
**DLWFinN**
**(Respondent's Name)**
INTERVIEWER: RECORD WHY SAMPLES NOT CHECKED AND COLLECTED.
: String [40]

**IF (DLWFin = Yes) THEN**
**DLWFinY**
**(Respondent's Name)**
INTERVIEWER: RECORD DATE SAMPLES CHECKED AND COLLECTED.
DATE SHOULD BE ENTERED AS DDMMYYY, E.G. 31012013.
: DATETYPE

**IF (DLWFin = Yes) THEN**
**DLWPost**
**(Respondent's Name)**
INTERVIEWER: RECORD WHETHER TRACER WATER SAMPLES AND URINE
COLLECTION FORM HAVE BEEN SENT BACK TO HNR. REMEMBER TO SEAL
SAMPLES SECURELY, FOLLOWING PROTOCOL.
1       Yes
2       No

**IF (DLWPost = Yes) THEN**
**DLWPostY**
**(Respondent's Name)**
INTERVIEWER: RECORD DATE SAMPLES SENT BACK TO HNR
DATE SHOULD BE ENTERED AS DDMMYYYY, E.G. 31012013.
: DATETYPE

**IF (DLWFin = Yes) THEN**
**DLWProm**
**(Respondent's Name)**
INTERVIEWER: DID YOU GIVE THE RESPONDENT A £30 GIFT CARD AS A TOKEN OF
OUR APPRECIATION?
1       Yes
2       No

**IF (DLWFin = Yes) THEN**
**DLWCon**
INTERVIEWER: DID YOU COLLECT THE (GREEN/YELLOW) TRACER WATER
CONSENT FORM, SIGNED BY THE RESPONDENT?
REMEMBER **TO SEND THE TOP COPY TO BRENTWOOD**
1       Yes
2       No

# NURSE INTRODUCTION
## *ALL RESPONDENTS*

**ASK ALL**
**NursInt**
We would like you to help us with the second stage of this study. This is a visit by a qualified
nurse to collect some medical information and, if you agree, carry out some measurements.
The nurse would like to come round in a couple of months and explain some more about
what is involved and answer any questions you have. May I get him/her to contact you in a
couple of months?
INTERVIEWER: REMEMBER TO GIVE THE RESPONDENT THE STAGE 2 LEAFLET,
APPROPRIATE FOR THEIR AGE.

INTERVIEWER: IF ASKED FOR DETAILS: For example, the nurse, with your agreement, will take some general measurements such as blood pressure, ask about prescribed medications and so on. The information the nurse collects is information we can not get from any other source.
INTERVIEWER: IF ASKED: The nurse will contact the respondent within 2-4 months.
INTERVIEWER: **Always** mention the nurse by name (if known).
INTERVIEWER: If respondent is **unsure** then code '3 Unsure' here. The nurse will still contact the respondent but will be aware that the respondent was unsure about the nurse visit.
Press <F9> for help explaining about the nurse visit.

1       Agree           "Agreed nurse could contact"
2       Refuse          "Refused nurse contact"
3       Unsure          "Unsure"

**IF (NursInt = Refuse) THEN**
**NurseRef**
RECORD REASON WHY RESPONDENT REFUSED NURSE CONTACT.

0       Avail           Own doctor already has information"
1       Time            "Given enough time already to this survey/expecting too much"
2       Busy            "Too busy, cannot spare the time (if Code 1 does not apply)"
3       Enough          "Had enough of medical tests/medical profession"
4       Worried         "Worried about what nurse may find out/'might tempt fate'"
5       Scared          "Scared of medical profession/ particular medical procedures
                        (e.g. blood sample)"
6       NoReas          "Not interested/Can't be bothered/No particular reason"
7       Other           "Other reason (specify)"

**IF (NurseRef = Other) THEN**
**NsRefO**
INTERVIEWER: PLEASE SPECIFY OTHER REASON FOR REFUSAL.
: STRING [30]

# NatCen
## Social Research

# NATIONAL DIET AND NUTRITION

# SURVEY

# PROMPT CARDS

1       English

2       Scottish

3       Welsh

4       Northern Irish

5       British

6       Other

1       White British – English/ Welsh/ Scottish/ Northern Irish

2       Irish

3       Gypsy or Irish Traveller

4       Any other white background

5       Mixed – White and Black Caribbean

6       Mixed – White and Black African

7       Mixed – White and Asian

8       Any other mixed background

9       Asian or Asian British – Indian

10     Asian or Asian British – Pakistani

11     Asian or Asian British – Bangladeshi

12     Any other Asian/Asian British background

13     Black or Black British – Caribbean

14     Black or Black British – African

15     Any other Black/Black British background

16     Chinese

17     Arab

18     Any other

| | |
|---|---|
| 1 | Husband/Wife |
| 2 | Civil partner |
| 3 | Partner/Cohabitee |
| 4 | Natural son/daughter |
| 5 | Adopted son/daughter |
| 6 | Foster child |
| 7 | Stepson/stepdaughter |
| 8 | Son-in-law/daughter-in-law |
| 9 | Natural parent |
| 10 | Adoptive parent |
| 11 | Foster parent |
| 12 | Step-parent |
| 13 | Parent-in-law |
| 14 | Natural brother/sister |
| 15 | Half-brother/sister |
| 16 | Step-brother/sister |
| 17 | Adopted brother/sister |
| 18 | Foster brother/sister |
| 19 | Brother/sister-in-law |
| 20 | Grand-child |
| 21 | Grand-parent |
| 22 | Other relative |
| 23 | Other non-relative |

1       Own outright

2       Buying it with the help of a mortgage or loan

3       Pay part rent and part mortgage (shared ownership)

4       Rent it

5       Live here rent-free (including rent-free in relative's or friend's property)

6       Squatting

| | |
|---|---|
| 1 | Large supermarket, including home delivery from supermarket |
| 2 | Mini supermarket, e.g. Tesco Metro |
| 3 | Local/Corner shop (including newsagents) |
| 4 | Garage forecourt |
| 5 | Independent greengrocer |
| 6 | Independent butcher |
| 7 | Independent baker |
| 8 | Independent fishmonger |
| 9 | Market (including stalls or farmer's market) |
| 10 | Farm |
| 11 | Home delivery (including vegetable boxes – not from a supermarket) |
| 12 | Other |

1       More than once a day

2       Once a day

3       2 or 3 times a week

4       Weekly

5       2 or 3 times a month

6       Monthly

7       Every 2 months

8       Less often than every 2 months

1        Freshly made from old potatoes

2        Freshly made from new potatoes

3        Frozen, fried

4        Oven ready chips

5        Microwave chips (e.g. McCain Microchips)

6        Make chips another way

7        Do not prepare/eat chips

| 1 | Higher degree, e.g. MSc, MA, MBA, PGCE, PhD |
|---|---|
| 2 | Level 5 NVQ / SVQ |
| 3 | BTEC Advanced Professional Diploma/Certificate |
| 4 | First degree, e.g. BSc, BA, BEd, MA at first degree level |
| 5 | Level 4 NVQ / SVQ |
| 6 | HNC / HND |
| 7 | BTEC Higher National or Professional Diploma/Certificate |
| 8 | RSA or OCR Higher |
| 9 | GCE 'A'-level |
| 10 | A2 |
| 11 | AVCE |
| 12 | SCE Advanced Higher Grades |
| 13 | SCE Higher Grades (A-C) |
| 14 | CSYS |
| 15 | Key Skills Level 3 |
| 16 | Level 3 NVQ / SVQ |
| 17 | ONC / OND |
| 18 | BTEC Advanced or National Diploma/Certificate |
| 19 | RSA or OCR Advanced Diploma |
| 20 | City & Guilds Advanced Craft / Part 3 |
| 21 | Advanced GNVQ; Vocational A Level |
| 22 | Advanced Modern Apprenticeship |
| 23 | GCSE grade A*-C |

**CARD H**

| 24 | GCE 'O'-level passes |
|----|----------------------|
| 25 | CSE grade 1 |
| 26 | SCE O Grades (A-C) |
| 27 | SCE Standard Grades (1-3) |
| 28 | School Certificate / Matriculation |
| 29 | Key Skills Level 2 |
| 30 | Level 2 NVQ / SVQ |
| 31 | BTEC Intermediate or First Diploma/Certificate |
| 32 | RSA Diploma |
| 33 | City & Guilds Craft / Part 2 |
| 34 | Intermediate GNVQ |
| 35 | Foundation Modern Apprenticeship |
| 36 | GCSE grade D-G |
| 37 | CSE grade 2-5 |
| 38 | SCE O Grades (D-E) |
| 39 | SCE Standard Grades (4-7) |
| 40 | SCOTVEC National Certificate Modules |
| 41 | Key Skills Level 1 |
| 42 | Level 1 NVQ / SVQ |
| 43 | BTEC Foundation or Introductory Diploma/Certificate |
| 44 | RSA Stage 1-3 |
| 45 | City & Guilds Part 1 |
| 46 | Foundation GNVQ; Foundation VCE |
| 97 | Other qualifications |

1    Earnings from employment or self-employment

2    State retirement pension

3    Pension from former employer

4    Personal Pensions

5    Job-Seekers Allowance

6    Employment and Support Allowance

7    Income Support

8    Pension Credit

9    Working Tax Credit

10   Child Tax Credit

11   Child Benefit

12   Housing Benefit

13   Council Tax Benefit

14   Other state benefits

15   Interest from savings and investments (e.g. stocks &  shares)

16   Other kinds of regular allowance from outside your

     household (e.g. maintenance, student's grants, rent)

17   No source of income

| | |
|---|---|
| A | £15,000 - £19,999 |
| B | £30,000 - £34,999 |
| C | Under £5,000 |
| D | £45,000 - £49,999 |
| E | £25,000 - £29,999 |
| F | £5,000 - £9,999 |
| G | £20,000 - £24,999 |
| H | £10,000 - £14,999 |
| I | £75,000 - £99,999 |
| J | £35,000 - £39,999 |
| K | £50,000 - £74,999 |
| L | £100,000 or more |
| M | £40,000 - £44,999 |

1    Every day or nearly every day

2    2 or 3 times a week

3    Once a week

4    2 or 3 times a month

5    Once a month or less

1        5 or more times per week

2        3 to 4 times per week

3        1 to 2 times per week

4        1 to 2 times per month

5        Rarely or never

1       Never

2       Less than once per month

3       On 1 to 3 days per month

4       On 1 to 2 days per week

5       On 3 to 4 days per week

6       On 5 to 6 days per week

7       Every day in the last month

| 1 | Sprats |
|---|---|
| 2 | Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi)) |
| 3 | Cassava chips/Cassava crisps |
| 4 | Seaweed (includes hijiki, wakame) |
| 5 | Sushi (includes purchased sushi) |
| 6 | Papaya (includes fresh and canned) |
| 7 | Dried papaya |
| 8 | Game (includes venison, rabbit, pheasant, partridge, wood pigeon, hare or wild boar) |
| 9 | Non cow's milk (includes rice milk, soya milk, sheep's milk, goat's milk or oat milk) |
| 10 | Fish eggs (e.g. caviar, cod's roe) |
| 11 | Smoked sausages |
| 12 | Goji berries |
| 13 | Fish liver (not oil) |
| 14 | Dark chocolate i.e. 50% or higher cocoa solids |
| 15 | Okra |
| 16 | Brown crab meat |

1       Less than once per month

2       On 1 to 3 days per month

3       On 1 to 2 days per week

4       On 3 or more days per week

**CARD P**

| | |
|---|---|
| 1 | Pheasant |
| 2 | Partridge |
| 3 | Quail |
| 4 | Wood pigeon |
| 5 | Rabbit |
| 6 | Venison |
| 7 | Hare |
| 8 | Grouse |
| 9 | Other |

1       Rice milk

2       Soya milk

3       Sheep's milk

4       Goat's milk

5       Oat milk

6       Other

| | |
|---|---|
| 1 | Kabanos |
| 2 | Kielbasa |
| 3 | Bratwurst |
| 4 | Cervelat or Summer Sausage |
| 5 | Andouille |
| 6 | Knackwurst |
| 7 | Linguica |
| 8 | Chorizo |
| 9 | Mortadella |
| 10 | Hot Dogs |
| 11 | Bologna |
| 12 | Other |

1       Meat or meat products (not including poultry)

2       Chicken or other poultry and dishes containing them

3       Fish or seafood and fish and seafood dishes

4       Eggs

5       Milk (including yoghurt)

6       Cheese

7       Salad vegetables (e.g. lettuce, cucumber, tomato)

8       Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)

9       Root vegetables (e.g. carrots, parsnips)

10      Fresh fruit

11      Nuts

12      Offal

13      Other

1       Orange

2       Lemon

3       Kiwi fruit

4       Grapefruit

5       Mango

6       Banana

7       Lime

8       Pineapple

9       Soft citrus fruit (satsumas / mandarins / clementines)

10      Melon

**CARD U**

1       Every day / most days

2       Once or twice a week

3       Once or twice a month

4       Less than once a month

1       All of the peel or skin

2       Most of the peel or skin

3       Around half of the peel or skin

4       Around a quarter of the peel or skin

5       Less than a quarter of the peel or skin

1    Vision (e.g. due to blindness or partial sight).

2    Hearing (e.g. due to deafness of partial hearing).

3    Mobility, such as difficulty walking short distances, climbing

     stairs, lifting & carrying objects.

4    Learning or concentrating or remembering.

5    Mental health

6    Stamina or breathing difficulty

7    Social or behavioural issues (for example, due to neuro
     diverse conditions such as Autism, Attention Deficit or
     Aspergers' Syndrome)

8    Other impairment

1       No difficulty

2       A little difficulty

3       A fair amount of difficulty

4       A great amount of difficulty

1       Sliced bread

2       Crusty bread

3       Cheese

4       Tomatoes

5       Raw carrots

6       Cooked green vegetables

7       Lettuce

8       Sliced cooked meats

9       Well-cooked Steaks

10      Apples

11      Oranges

12      Nuts

| | |
|---|---|
| 1 | Almost every day |
| 2 | 5 or 6 days a week |
| 3 | 3 or 4 days a week |
| 4 | 1 or 2 times a week |
| 5 | 1 or 2 times a month |
| 6 | Once every couple of months |
| 7 | 1 or 2 times a year |
| 8 | Not at all in the last 12 months |

1        Normal strength beer / lager / cider / shandy

2        Strong beer / lager / cider

3        Spirits or liqueurs

4        Sherry or martini

5        Wine

6        Alcopops / pre-mixed alcoholic drink

7        Other alcoholic drinks

8        Low alcohol drinks only

1.  Higher degree, e.g. MSc, MA, MBA, PGCE, PhD

2.  Level 5 NVQ / SVQ

3.  BTEC Advanced Professional Diploma/Certificate

4.  First degree, e.g. BSc, BA, BEd, MA at first degree level

5.  Level 4 NVQ / SVQ

6.  HNC / HND

7.  BTEC Higher National or Professional Diploma/Certificate

8.  RSA or OCR Higher

9.  GCE 'A'-level

10. A2

11. AVCE

12. SCE Advanced Higher Grades

13. SCE Higher Grades (A-C)

14. CSYS

15. Key Skills Level 3

16. Level 3 NVQ / SVQ

17. ONC / OND

18. BTEC Advanced or National Diploma/Certificate

19. RSA or OCR Advanced Diploma

20. City & Guilds Advanced Craft / Part 3

21. Advanced GNVQ; Vocational A Level

22. Advanced Modern Apprenticeship

23. GCSE grade A*-C

24.     GCE 'O'-level passes

25.     CSE grade 1

26.     SCE O Grades (A-C)

27.     SCE Standard Grades (1-3)

28.     School Certificate / Matriculation

29.     Key Skills Level 2

30.     Level 2 NVQ / SVQ

31.     BTEC Intermediate or First Diploma/Certificate

32.     RSA Diploma

33.     City & Guilds Craft / Part 2

34.     Intermediate GNVQ

35.     Foundation Modern Apprenticeship

36.     GCSE grade D-G

37.     CSE grade 2-5

38.     SCE O Grades (D-E)

39.     SCE Standard Grades (4-7)

40.     SCOTVEC National Certificate Modules

41.     Key Skills Level 1

42.     Level 1 NVQ / SVQ

43.     BTEC Foundation or Introductory Diploma/Certificate

44.     RSA Stage 1-3

45.     City & Guilds Part 1

46.     Foundation GNVQ; Foundation VCE

97      Other qualifications

1       A nursery school

2       A primary school (including infant school, junior school)

3       A secondary school (including sixth form in a school) /

        High school

4       A middle school

5       A sixth form college / Higher Education college

6       Other

7       Home-educated

1       Cooked school meal

2       Cold school meal (including sandwiches, salads)

3       Packed lunch (from home)

4       Buy lunch from shop / café

5       Go home

6       Do not eat lunch

1       Free school meal (at lunchtime)

2       Reduced price or subsidised school meal (at lunchtime)

3       Free school milk

4       Subsidised school milk

5       Free fruit

6       Free food BEFORE school

7       Free food AFTER school

8       Other

- Vitamin D (single or with other vitamins or minerals e.g. calcium and vitamin D)

- Folic acid (single or with other vitamins or minerals)

- Multivitamins containing vitamin D and/or folic acid

| | |
|---|---|
| 1 | Less than once a month |
| 2 | 1 to 3 times a month |
| 3 | Once a week |
| 4 | 2 to 4 times a week |
| 5 | Once a day |
| 6 | 2 to 3 times a day |
| 7 | 4 or more times a day |

## Supplement examples

- Multivitamins with/without Iron or other Minerals

- Vitamin C

- Vitamin B complex

- Selenium

- Calcium

- Cod liver oil

- Omega 3 fish oil

- Flaxseed oil

- Oil of Evening Primrose

- Menopause formulas

- Echinacea

- L – Arginine capsules

- Glucosamine with/without chondroitin

- Garlic

- Ginkgo Biloba

1   No time

2   Less than 15 mins

3   15 to 30 mins

4   30 mins to 1 hour

5   1 to 2 hours

6   3 to 4 hours

7   More than 4 hours

1    Sitting down

2    Hanging around

3    Walking

4    Running around or playing games for example skipping, hide and seek, football or netball

## INFORMAL ACTIVITIES

1    Cycling (but not to or from school)

2    Any walking (but not to or from
School / nursery / playgroup)

3    Hoovering, Cleaning car, Gardening, etc

4    Hopscotch

5    Bouncing on trampoline

6    Playing around, e.g. kicking a ball around, catch, hide and
seek

7    Skating / Skateboarding / using a scooter

8    Dancing, including any dance lessons

9    Skipping with a skipping rope

# SPORTS, GAMES AND OTHER ORGANISED ACTIVITIES

1    Football / Rugby / Hockey / Lacrosse

2    Netball / Basketball / Handball

3    Cricket / Rounders

4    Running / jogging / athletics

5    Swimming laps / lengths

6    Swimming (splashing about)

7    Gymnastics

8    Workout with gym machines / Weight training

9    Aerobics

10   Tennis / Badminton / Squash

PLEASE ANSWER YES OR NO

YOU DO NOT NEED TO PROVIDE ANY FURTHER DETAILS

I am on a period day

I use a urinary catheter

I am pregnant

I am breastfeeding