

N1340/W3: Young Children's Dietary Survey
BLOOD QUESTIONNAIRE

[Serial number label]

Explain purpose and outline procedure for taking blood sample

Hand 'Information Sheet for Parents' to parent(s) - (Z1)

Explain that parent(s) will have opportunity to discuss purpose and procedure with person taking blood

B1. May I make an appointment to call back with the person who would be taking the blood sample?

Yes, willing for sample to be taken

1

Yes, wishes to discuss further/
think about it

2

Yes, other conditional answer

3

No, outright refusal

4

Blood not introduced, no blood taker available

5

B2

(a)

Dental recall

(T)

(a) Give reasons for refusal and specify conditional answers

B2. Applies to all "willing" or "conditional" - B1 coded 1, 2 or 3

DNA, outright refusal X

Dental recall

(T)

Leave 'Information Sheet' (Z1) with parent(s) and make appointment to call with blood taker

Day: _____ day _____ th

Time: _____ am/pm

VISIT WITH BLOOD TAKER

B3 Allow parent(s) to discuss purpose and procedure with blood taker

Are you willing for your child to have a blood sample taken?

Yes

1 — B4

No

2 — (a)

(a) Give reasons for refusal

B4 Applies to all willing for sample to be taken

DNA, not willing . . . X

Dental recall
Ⓟ

Explain requirement for written consent
Obtain signatures on Dunn Unit consent form (Z2)

TICK

- signed by parent
- signed by witness
- signed by interviewer

} — B5

Written consent refused

1 — (a)

(a) Give reasons for refusal

Dental recall
Ⓟ

B5 Explain purpose of GP consent form (X)
Obtain signatures on GP consent form - top and carbon

Write in code from GP consent form (range 1-5) →

B6. Outcome: ring code

Attempted, obtained blood

1

Attempted, did not obtain blood

2

Not attempted

3 (a)

B7

(a) Specify reasons why blood sample not attempted

A vertical rectangular box, divided into two sections. The top section is shorter and contains the numbers 1, 2, and 3. The bottom section is longer and is currently empty.

B7 Applies if blood sample obtained or attempted

DNA, not attempted

| |
|---|
| 1 |
|---|

Dental recall
Ⓟ

Date sample obtained/last attempted

| Day | Month | Year |
|-----|-------|-------|
| | | 9 3 |

B8

B8 Time sample obtained/last attempted
(Use 24hr clock)

| Hours | Mins |
|-------|------|
| | |

B9

B9 Number of attempts made to obtain sample

1
2

1
2

B10 Site of attempt(s) to obtain sample

Specified answers:

1st attempt site

2nd attempt site

| | 1st attempt | 2nd attempt |
|---------------------|-------------|-------------|
| Venepuncture - arm | 1 | 1 |
| Venepuncture - hand | 2 | 2 |
| Finger prick | 3 | 3 |
| Other (specify) | 4 | 4 |

B11 Amount of blood obtained

None
Less than 1ml
Other (specify mls)

9
8

Consult blood taker

B12. Were there any difficulties in attempting to obtain/obtaining the sample?

Yes, difficulties 1 - (a)

No, no difficulties 2 - Check list

(a) Specify difficulties

GO TO CHECK LIST

| Interviewer check list: | | | Tick |
|-------------------------|--------------------------|------------------------------------------------------|------|
| * | Blood consent form (Z2) | : to blood taker | --- |
| * | GP consent form (X) | : top copy to blood taker carbon to HQ | --- |
| * | GOSH analysis card | : complete with serial no. label - to blood taker | --- |
| * | Set of serial no. labels | : to blood taker | --- |

NOW GO TO DENTAL RECALL (T)

N1340/W4

Serial no. label

DENTAL RECALL SHEET

Interviewer Auth No

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Today's Date:

| DAY | MONTH | YEAR |
|-----|-------|------|
| | | 9 3 |

Interviewer's name

1. Ask mother or mother figure
INTRODUCE DENTAL FOLLOW UP

I would like to come back in a few weeks time to ask you some questions about your child's dental habits. I would also like to bring a dentist with me to carry out a short examination of his/her teeth.
Would it be alright if I called on you again ?

- Yes, (agreed to interview and examination)
- Yes, (agreed to interview only)
- Yes, other/conditional
- No, unconditional

| CODE | |
|------|-------|
| 1 | → (i) |
| 2 | → (i) |
| 3 | → (i) |
| 4 | → 5 |

(i) May I contact you by telephone if necessary ?
 Yes

| |
|---|
| 1 |
|---|

 → TEL NO

No

| |
|---|
| 2 |
|---|

 → 2

2. If coded 1, 2 or 3 at Q1, enter informant's name, and toddler's name and date of birth.
Copy per. no from household box.

MOTHER/ MOTHER FIGURE

| | | | |
|--------|-------------|----------|---------|
| PER NO | MRS/MISS/MR | INITIALS | SURNAME |
| | | | |

CHILD

| | | |
|------------|---------|-----------------------------------|
| FIRST NAME | SURNAME | (Date of birth) DAY MONTH YEAR |
| | | |

3. Does address differ in any way from address list ?
 CODE
 Yes 1
 No 2

If yes, give full details below

4. Is the child or the informant moving in the next 4 months ?
 CODE
 Yes 1
 No 2

If yes, give address and approx date of move below

5. IF Q1 IS CODED 2, 3, OR 4, RECORD COMMENTS

Appendix B

Blood consent forms



Dunn Nutrition Centre

patron HRH The Princess Royal

Dunn Nutrition Group
MRC Laboratories
Fajara
Nr Banjul P O Box 273
The Gambia
West Africa

Dunn Clinical Nutrition Centre
100 Tennis Court Road
Cambridge
CB2 1QL

Please reply to
Dunn Nutritional Laboratory
Downhams Lane
Milton Road
Cambridge
CB4 1XJ

telegrams Tropmedres Banjul

fax (0223) 460089
tel (0223) 312334

tel (0223) 426356
fax (0223) 426617
telex 818448 (DUNN UK)

INFORMATION FOR PARENTS

The Departments of Health and the Ministry of Agriculture, Fisheries and Food have decided that there is a need to measure the amount and type of food young children are eating in Great Britain. The Social Survey Division of the Office of Population Censuses and Surveys is undertaking these measurements and will be inviting you to record the amount of food your child eats, as well as measuring your child's height and weight.

As part of the survey we would also like to take a small sample of blood from your child's arm.

The Medical Research Council's Dunn Nutrition Unit have been asked by the Departments of Health and the Ministry of Agriculture, Fisheries and Food to take responsibility for the arrangements associated with obtaining the blood samples. We are working closely with the Social Survey Division and we together with Great Ormond Street Hospital will be analysing the blood samples.

The blood will be taken by a suitably trained person who is qualified and skilled in taking blood from small children. He or she will be accompanied by the Social Survey interviewer and they will take time to put your child at ease. We are asking for a sample to be taken from the child's arm because this is less painful than a finger prick. If you would prefer your child to have a finger prick then we are happy to do so.

We would be grateful if you would agree to your child providing us with a sample of blood. This is a very important aspect of the survey as the analysis of all the blood samples will tell us a lot about the health of the children in the survey in relation to what they eat and their body measurements. You are, of course, free to choose not to consent to a blood sample being taken.

The blood sample will be sent to the medical laboratories for a number of analyses, including levels of haemoglobin, ferritin and vitamins, it will not be used to look for infections such as AIDS.

Haemoglobin is the red pigment in the blood which carries oxygen. A low level of haemoglobin in the blood is called anaemia. One reason for a low level of haemoglobin may be shortage of iron. Ferritin is a measure of the body's iron stores.

If any of these measurements are abnormal we will, if you agree, inform your general practitioner, who will be able to advise you about treatment.



Dunn Nutrition Group
MRC Laboratories
Fajara
Nr Banjul P O Box 273
The Gambia
West Africa

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100 Tennis Court Road
Cambridge
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YOUNG CHILDRENS DIETARY SURVEY

Consent for a Minor to take part in research
(Ages under 16)

NAME OF CHILD
DATE OF BIRTH

I,
acting as the parent/guardian of the above-named child give my consent to his/her taking part in the
research project named above, and providing a blood sample

- I understand that the research is designed to add to medical knowledge, and will add to
medical knowledge which will help other children
- I have read the note of explanation about the study
This is attached and I have had time to consider it Yes/No
I have had the study explained to me by Yes/No
- I have been told that I may withdraw my consent at any stage without giving a
reason, and without prejudice to the treatment of my child Yes/No

Signed

I also consent to the blood sample taken being analysed for haematological status, vitamin status,
trace elements, fats, albumin and markers of immune function The sample will not be tested for HIV
(i.e. AIDS tests)

Signed

I also consent to any remaining blood being stored and that it may be analysed in other ways

Signed

Witness I confirm that the parent/guardian of
has given consent to the study freely and readily

Signed
(A witness should not be a member of the project team)

I confirm that I have explained to the parent/guardian the nature of this study, and have given adequate
time to answer any questions concerning it

Signed
(Senior investigator or member of the project team acting on their behalf)
(Survey Interviewer)

N1340 Young Children's Dietary Survey - GP consent form

| | | | |
|--|--|---|---|
| | | 9 | 3 |
|--|--|---|---|

Today's date

| |
|--|
| |
|--|

Serial number label

Name of child

first name

surname

Sex of child

Boy / Girl
delete as appropriate

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Child's date of birth

Address:

Name of child's GP Dr

Address:

I consent to

- (i) The Social Survey Division of the Office of Population Censuses and Surveys informing the Medical Research Council's Dunn Nutrition Unit of the above information

Signature of parent/guardian

- (ii) The Medical Research Council's Dunn Nutrition Unit writing to my child's GP informing him/her of my participation in this survey

Signature of parent/guardian

- (iii) The Medical Research Council's Dunn Nutrition Unit informing my child's GP of the results of the haemoglobin analysis, and of any abnormality in iron status or levels of vitamin A and vitamin D

Signature of parent/guardian

| INTERVIEWER USE ONLY | ring code |
|-----------------------|-----------|
| Full consent given | 1 |
| No GP | 2 |
| Consent (i) refused | 3 |
| Consent (ii) refused | 4 |
| Consent (iii) refused | 5 |

Appendix C

Sample design

Sample design and response

1 Requirements of the sample

A representative sample of children aged 1½ to 4½ years living in private households in Great Britain was required

In determining the sample size, account was taken of the need to achieve adequate numbers for analysis by sex within three age groups, 1½ to 2½, 2½ to 3½ and 3½ to 4½ years, and a requirement to achieve dietary records for approximately equal numbers of these six sex/age cohorts. No oversampling would be required as the sex and age groups are approximately equally distributed in the population. Account also needed to be taken of the resources required for the survey, particularly the high unit cost of using a weighed intake dietary methodology, and the relatively large number of calls that would need to be made to each participating household. Bearing these factors in mind, it was decided that about 1500 dietary records should be obtained.

It was recognised that the survey would be very onerous for the parents and carers of young children, involving their commitment over a period of time. It was therefore decided that only one eligible child per household should be included in the survey. Because there is likely to be considerable similarity between the diets of children of similar ages in the same household, by selecting only one child in a household a greater variety of diets would be covered in a sample of 1500. It was also thought likely that collecting dietary information from more than one child in the same household would produce less accurate data. For example, food weights might be duplicated across eligible children in the household, rather than each child's food being weighed individually.

2 Selection of eligible households

A number of sampling frames were evaluated, but none were found which contained only households with children aged 1½ to 4½ years. One of the sampling frames evaluated was the Department of Social Security's (DSS) Child Benefit Register. However this was found to have a number of deficiencies which made it unsuitable for use at the time as a sampling frame for this survey. In particular the selection of a suitable primary sampling unit was made difficult by the way in which addresses were held on the Register and the fact that not all the addresses had a postcode. DSS could not estimate the number of deficient addresses and hence the potential sample bias could not be assessed. Thus the Postcode Address File (PAF) was used, with a sample of addresses being selected and households containing an eligible child being identified from response to a postal questionnaire.

To achieve 1500 four-day weighed intake records the sample size took account of

- a) the proportion of households in Great Britain containing a child aged 1½ to 4½ years - estimated to be 8.9% from combined data from the General Household Surveys for 1988 and 1989^{1,2},
- b) an assumed overall response rate of 70%, and

- c) the proportion of addresses on the PAF which are ineligible because they are not private households or do not exist because they have either been demolished, not yet built or are empty - about 12%.

It was estimated that a set sample of 28000 addresses would be required to achieve 1500 dietary records.

In selecting addresses a stratified multi-stage, random probability design was used. The stages in the selection of the sample were as follows:

(i) in order that addresses would be clustered giving areas of an economic size for interviewers to work, postal sectors, which are similar in size to wards, were selected as primary sampling units. All postal sectors in England, Wales and mainland Scotland³ were stratified by region, then according to the proportion of heads of household in socio-economic groups (SEGs) 1 to 5 and 13, and by the proportion of females in private households who were aged 16 and over and economically active⁴. The regional stratification differentiated between metropolitan and non-metropolitan areas within standard regions, and the Scottish Highlands were defined as a separate stratum in order to ensure at least one selection from this area. One hundred postal sectors were systematically selected, with the chance of selection of each sector being proportional to its size, as given by the number of delivery points in the sector.

(ii) Because dietary habits may be seasonally related, fieldwork was required to cover a 12 month period. For organisational reasons it was decided to conduct the survey in four fieldwork waves of approximately 10 to 12 weeks each. The 100 postal sectors were systematically allocated to one of four waves of fieldwork, ensuring as far as possible a similar distribution of all regions in each wave.

As the proportion of children aged 1½ to 4½ years is known to vary by area, possibly affecting the number of achieved interviews per wave, an attempt was made to allocate areas to waves in a way which would minimise this variability. This was done by stratifying selected areas by the proportion of pensioners and the proportion of females in private households who were aged 16 and over and economically active⁵.

Thus in each wave, fieldwork took place in 25 postal sectors throughout Great Britain.

(iii) For each of the 25 postal sectors in each wave, 280 addresses were systematically selected with a random start from the small users' file of the PAF.

(iv) Approximately three months before the beginning of each wave of fieldwork, each selected address was sent a sift form which asked for details of the sex and date of birth of every person living in the household. In order to avoid any response bias the accompanying letter did not mention an interest in any specific age group or the subject matter of the survey. A reminder letter was sent two weeks and four weeks after the date of the original mailing to those who had not responded. Residual non-responding addresses were subsequently called on by an interviewer who attempted to collect the same information. Sift procedures were carried out as close as possible to the start of each wave of fieldwork to minimise the number of households which might move. The sift form and letter is reproduced in *Appendix A*.

Response to the postal and interviewer sift stages is shown at the end of this Appendix

3 Multi-household addresses

Most addresses listed on the PAF contain only one private household, a few, such as institutions, contain no private households. In England and Wales about 3.5% are known to contain more than one household but there is no indication on the PAF of how many households are contained at any address. For Scotland the PAF contains a multi-household indicator which is used in the selection of households.

In order to identify concealed multi-household addresses in England and Wales a question was asked on the sift form⁶. All multi-household addresses were visited by interviewers who listed all households and selected one using a random number grid. Interviewers had four different multi-household selection grid sheets which were used consecutively to vary the chance of selection of a household relative to the number of households found at the address and these are reproduced in *Appendix A*.

This procedure gave each household an equal chance of selection at a multi-household address. However the probability of selecting one household at a multi-household address was dependent on the number of households identified at the address, whereas addresses containing only one household had a unitary probability of selection. Because the sift procedures meant that only one household was selected at a multi-household address there is a bias in the selection of households, but this is small as only a small proportion of addresses contain concealed multi-households.

As in the postal sift, details of the sex and date of birth of all members of the selected household were then recorded.

4 Ineligible addresses

Children living in non-private households, such as residential hospitals and care units, were not eligible for the survey. The small users' file of the PAF excludes any delivery point which receives more than 25 items of mail a day and hence excludes most large institutions and non-residential addresses, some small institutions may however be included on the small users' file. These were identified at the sift stage, and excluded as ineligible.

5 Selection of eligible children

A child's eligibility (being aged between 1½ and 4½ years) was determined by taking the mid-point of the fieldwork wave as the reference date of birth.⁷ Households containing an eligible child were identified from completed sift forms. If more than one eligible child was present in the household, all eligible children were listed and one selected at random.

Each wave of fieldwork covered a ten to twelve week period, and as the mid-point of the fieldwork period was taken as the reference date of birth for defining eligibility, a few children in this survey were slightly older than 4½ years or slightly younger than 1½ years.

at the time of interview.

Where a child was included in the interview sample but subsequently found to be ineligible, mainly because the date of birth had been recorded wrongly, no interview was carried out.

In a very small number of cases at the main interview stage the selected child was found to have a medical condition which affected his or her diet, or growth and development. Interviews were conducted as for other children, but details of the condition (anonymised) were referred to DH and advice taken as to whether it was appropriate to include such children on the database.

6 Response to the postal and interviewer sift stages

Figure 1 represents the various stages in the identification of households containing an eligible child. At the postal sift households containing an eligible child were identified from returns from single-household addresses; multi-household addresses, along with non-responding addresses were issued to interviewers. Response rates for the sift stages are based on the number of private households identified, known as the eligible sample.

Response to the postal sift stage was 74%; the same response rate was achieved for the interviewer follow up. Overall response was increased by about a quarter, from 74% to 93%, as a result of the interviewer follow up. Only 4% of residents refused to co-operate with the postal sift and interviewer follow up. [Table 1]

Table 1 also shows the interviewer follow up boosted the number of households identified as containing an eligible child by 370; overall 8.3% of eligible addresses were found to contain a household with an eligible child. This is only slightly lower than the GHS and comparisons between this survey and the GHS provide no evidence of any bias in the preschool children's survey sample (see *Chapter 3 of the National Diet and Nutrition Survey: children aged 1½ to 4½ years Report, Volume 1*).

Response rates to the sift stages were very similar by wave, although in Wave 1 (July to September 1992) there was a higher number of ineligible addresses than in the other waves, as Table 2 shows. This was due to a large number of derelict addresses being selected in one sector in that wave.

A total of 2101 households containing eligible children were identified by the sift stages.

Not all informants completed all elements of the survey. The maximum response is defined as those agreeing to the initial questionnaire interview and Table 3 shows that this was achieved for 88% of the interview sample; only 7% of households refused to take part in any aspect of the survey.

The maximum response rate is almost constant across fieldwork waves, the varying numbers of co-operating cases reflecting variation in the number of eligible children identified in the different waves at the sift stages.

References and notes

- 1 Breeze E Trevor G Wilmot A *1989 General Household Survey* HMSO (London 1991)
- 2 Foster K Wilmot A Dobbs J *1988 General Household Survey* HMSO (London 1990)
- 3 Areas of Scotland excluded from the sample were the Orkneys, Shetlands, Western Isles and other Scottish Islands Also excluded from the sampling frame were the Channel Islands, Isle of Man and the Scilly Isles
- 4 As 1991 Census data was not available when stratification took place, 1981 Census variables were used to stratify postal sectors
- 5 1981 Census variables were used in the allocation of postal sectors to waves of fieldwork
- 6 For the definition of household see the Glossary
- 7 Eligible dates of birth were

| wave | fieldwork dates | mid-point | eligible dates of birth |
|------|----------------------|-----------|-------------------------|
| 1 | 28/06/92 to 03/10/92 | 15/08/92 | 15/02/88 to 14/02/91 |
| 2 | 05/10/92 to 03/01/93 | 18/11/92 | 18/05/88 to 17/05/91 |
| 3 | 04/01/93 to 03/04/93 | 17/02/93 | 17/08/88 to 16/08/91 |
| 4 | 05/04/93 to 04/07/93 | 19/05/93 | 19/11/88 to 18/11/91 |
- 8 Gregory JR Collins DL Davies PSW, Hughes JM Clarke PC *National Diet and Nutrition Survey children aged 1½ to 4½ years Volume 1 Report on the diet and nutrition survey* HMSO (London 1995)

Figure 1 Postal and interviewer follow up sift stages

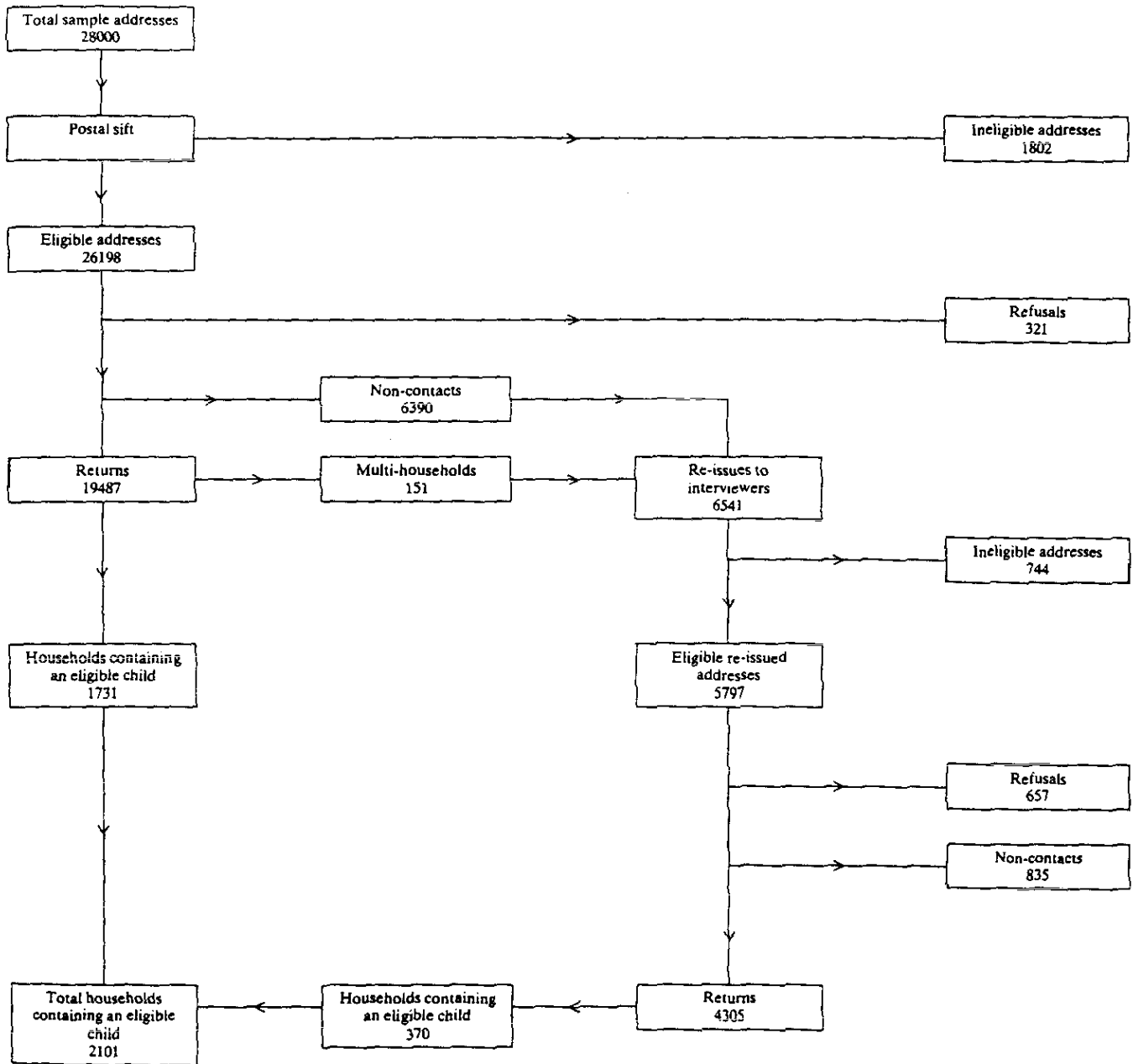


Table 1 Response to the postal sift and interviewer follow up of non-responders and multi-households

(i) POSTAL SIFT

| | No | % |
|----------------------------------------------------------------------------------------------------|-------|-----|
| Total sample addresses | 28000 | 100 |
| Ineligibles | 1802 | |
| Eligible addresses | 26198 | 100 |
| Refusals | 321 | 1 |
| Non-contacts (re-issued to interviewers) | 6390 | 24 |
| Returns multi-household addresses (re-issued to interviewers) | 151 | 1 |
| Returns single household addresses | 19336 | 74 |
| Single household addresses identified from returns to the postal sift containing an eligible child | 1731 | 6.6 |

(ii) INTERVIEWER FOLLOW UP

| | No | % |
|----------------------------------|------|-----|
| Addresses issued to interviewers | 6541 | 100 |
| Ineligibles | 744 | |
| Eligible addresses | 5797 | 100 |
| Refusals | 657 | 11 |
| Non-contacts | 835 | 14 |
| Returns | 4305 | 74 |

(iii) OVERALL RESPONSE

| | No | % |
|--------------------------------------------------------------------------|-------|-----|
| Total sample addresses | 28000 | 100 |
| Ineligibles | 2546 | |
| Total eligible addresses | 25454 | 100 |
| Refusals | 978 | 4 |
| Non-contacts | 835 | 3 |
| Returns | 23641 | 93 |
| Total households identified from returns as containing an eligible child | 2101 | 8.3 |

Table 2 Response rates for sift stages (combined) by fieldwork wave*

| | Wave of fieldwork | | | | | | | | | |
|--------------------------------------------------------|-------------------|------|--------|------|--------|------|--------|------|-------|------|
| | Wave 1 | | Wave 2 | | Wave 3 | | Wave 4 | | Total | |
| | No. | % | No. | % | No. | % | No. | % | No. | % |
| Total sample addresses | 7000 | 100 | 7000 | 100 | 7000 | 100 | 7000 | 100 | 28000 | 100 |
| Ineligible addresses | 834 | 12 | 575 | 8 | 505 | 7 | 632 | 9 | 2546 | 9 |
| Eligible addresses sample | 6166 | 100 | 6425 | 100 | 6495 | 100 | 6368 | 100 | 25454 | 100 |
| Refusals | 270 | 4 | 246 | 4 | 257 | 4 | 205 | 3 | 978 | 4 |
| Non-contacts | 206 | 3 | 223 | 3 | 194 | 3 | 212 | 3 | 835 | 3 |
| Returns: of which | 5690 | 93 | 5956 | 93 | 6044 | 93 | 5951 | 94 | 23641 | 93 |
| addresses containing at least one eligible child | 474 | 7.7% | 544 | 8.5% | 559 | 8.6% | 524 | 8.2% | 2101 | 8.3% |

* Wave 1: July - September 1992
 Wave 2: October - December 1992
 Wave 3: January - March 1993
 Wave 4: April - June 1993

Table 3 Maximum response rate by fieldwork wave*

| | Wave of fieldwork | | | | | | | | | |
|---------------------------|-------------------|-----|--------|-----|--------|-----|--------|-----|-------|-----|
| | Wave 1 | | Wave 2 | | Wave 3 | | Wave 4 | | Total | |
| | No | % | No | % | No | % | No | % | No | % |
| Interview sample | 474 | 100 | 544 | 100 | 559 | 100 | 524 | 100 | 2101 | 100 |
| Non-contacts | 1 | 0 | 6 | 1 | 5 | 1 | - | - | 12 | 1 |
| Movers | 14 | 3 | 25 | 5 | 13 | 2 | 24 | 5 | 76 | 4 |
| Refusals | 33 | 7 | 41 | 7 | 38 | 7 | 42 | 8 | 154 | 7 |
| Response to questionnaire | 426 | 90 | 472 | 87 | 503 | 90 | 458 | 87 | 1859 | 88 |

Wave 1 July - September 1992
 Wave 2. October - December 1992
 Wave 3 January - March 1993
 Wave 4 April - June 1993

C

C

Appendix D

Diary methodology

Dietary methodology: details of the recording and coding procedures

1 Choice of dietary methodology

A number of different methodologies can be used to collect data on food consumption. These include weighed intake records, duplicate diets, 24-hour recall methods and food frequency questionnaires. Recall methods and food frequency questionnaires may include methods to estimate the quantity of food items eaten by reference, for example, to food models or photographs, but generally they do not involve direct weighing.

Each method has advantages and disadvantages, and in deciding which to adopt a number of factors need to be considered. These include the aims of the study, the precision required for the results, the age and ability of the population, the likely effect of the methodology on the quality of the data, and on co-operation and response rates, and the resources available.

The weighed intake methodology is the preferred method for collecting quantitative information on food and drink consumption when estimates of nutrient and energy intakes are required for individuals, with sufficient precision to be related to health indices, such as nutritional status as measured by blood analytes. Distributions of nutrient and energy intakes for groups can also be calculated. The method avoids recall errors and, for foods eaten at home, minimises estimates of quantities consumed, if carried out properly^{1, 2}.

Nevertheless the method has disadvantages, it requires a high level of motivation from subjects assisted by regular calls from interviewers. Precision scales must be provided. It is resource intensive and expensive, it requires an adequate level of comprehension by the subject, and, the most frequent criticism, it may cause changes in eating habits, or lead to under-recording. However, the feasibility study indicated that the method was feasible, and produced good quality information³.

Weighed intake methods provide information on a subject's current intake, whereas recall methods and food frequency questionnaires, because they generally cover a longer reference period, may be more likely to reflect a subject's usual diet.

2 Recording in the 'home record' diary

Parents were asked to start a new diary page at the beginning of each day and record the day and date on every page used. Each food or group of foods was preceded by an entry for a container, such as a plate, bowl or cup, which was first weighed. The scales were then set to zero and the first food item put on the plate and weighed⁴, the scales were then 'zeroed' again and subsequent items added and weighed in the same way. Each food item was recorded in the diary on a separate line, with a full description including brand information, as shown on the example page of the 'home record' diary, reproduced in *Appendix A*.

Foods eaten straight from containers for some food items like yogurt, which are usually eaten directly from the container, it was difficult or inappropriate to follow this recommended method for weighing and recording. Therefore foods such as yoghurts were initially weighed as a complete item, container plus contents, and then the container was reweighed empty or with any leftovers. Such entries were later re-written to the standard format by the interviewer or office coders.

Second helpings were weighed and recorded in the same way as the initial serving; the plate, with any items remaining was put on the scales and the scales zeroed. Each second serving of a food was then added to the plate and weighed and recorded separately. These items were then flagged for the attention of the nutritionists who combined the weights of first and second helpings giving an overall weight for each food item consumed.

Items too light to be weighed; for items which were too light to be weighed, for example a thin spreading of Marmite, a description of the quantity was recorded.

Leftovers were also recorded. At the end of each eating occasion the plate or container was reweighed with all the leftover items; the total weight was recorded in the leftover column next to the initial entry for the container with a tick in the leftovers column to indicate each food item that was left. Parents were encouraged also to record additional information on leftovers, for example, that half the mashed potato was left or all the serving of carrots. For foods which have inedible parts such as some meats, fish, fruit and nuts, the parent was asked to note whether the weight of leftovers included the weight of inedible parts, such as bones, peel or shells.

Spilt or dropped food. If any item was spilt or dropped after weighing, parents and carers were encouraged wherever possible to recover and reweigh it, for example by scraping food from the child's bib and reweighing it on the original plate together with any other leftovers. In some cases this was not possible, for example, because the spilt food was eaten by the dog, so an estimate was made of how much of the original item was lost, and recorded in the spillage column of the 'home record'.

Recipes for homemade dishes were recorded on the back of the recording sheets in the 'home record' diary. Informants were asked to give as much detail as possible about quantities of ingredients used, including liquids added during cooking, and the cooking method used.

3 Recording in the 'eating out' diary

Where items could not be weighed, generally because they were consumed away from home, a description of each item was required together with information on portion size, price, where it was bought and details of any leftovers. At the coding stage interviewers transcribed the entries from the eating out diary to the home record and split composite items such as sandwiches into their constituent parts (bread, spread and filling).

3.1 Strategies for obtaining information about items which had not been weighed

Weight information for foods eaten away from home which could not be weighed was collected in a variety of ways and added to the record. For items purchased from local shops or cafes, such as cakes, sandwiches and chips, interviewers used the information about price and place of purchase to buy a duplicate item which was either weighed directly or, if it was a composite item, split into its component parts and weighed. Interviewers were also asked to find out further details of foods purchased from takeaway outlets so that they could be correctly coded; for example the type of fat used for frying, and the type of spread used in sandwiches.

Where it was not possible to collect information on the weights of the components of a

composite item, individual weights were estimated by the nutritionists. For prepackaged foods eaten outside the home, for example confectionery and soft drinks, weight information was obtained from the packaging. To encourage parents and carers to keep wrappers and cartons they were given small plastic bags which were then returned to the interviewer.

All estimated weights entered by the record keeper or interviewer were checked by the nutritionists to make sure they were consistent, for example that the weight recorded for a standard 'chocolate' bar corresponded with the weight on the packaging.

4 Children looked after by a childminder or other carer

If the child was looked after by a childminder or went to a nursery where food was served, the interviewer encouraged the parent to give the home record diary and a set of scales to the childminder or nursery teacher. If the parent agreed, and it could be arranged, the interviewer explained the weighing and recording procedure direct to the carer. In other cases the parent explained the procedure. Where carers were not able or willing to weigh the food the child ate, they were asked to record all details in the eating out diary, including a description of the amounts consumed and any leftovers.

5 Checks by the interviewer

Interviewers were required to call back on parents approximately 24 hours after placing the diary. Feasibility work had shown that this call was essential in giving encouragement to parents to continue keeping the record and to help with any problems they were having with the weighing or recording¹. At this call interviewers checked in particular that weights were not being recorded cumulatively, that leftovers were being weighed and recorded correctly, that descriptions of foods consumed were sufficiently detailed, and that composite items were being split before weighing. To help interviewers spot cumulative weights they were provided with a list of typical portion weights for commonly consumed foods, such as breakfast cereals.

Depending on how much support parents appeared to need interviewers made extra calls throughout the recording period, checking for any obvious difficulties in recording and probing for more details of foods that were inadequately described. At these calls interviewers also checked for food items that the parents might have forgotten to record, for example, drinks during the night. In such cases a duplicate item was weighed, recorded in the diary and noted as an estimated weight.

6 Eating pattern check sheet

As part of the checking process interviewers completed an eating pattern check sheet for each child, summarising the number of sweets, savoury snacks, biscuits, drinks and dietary supplements taken each day. This check sheet was designed to alert the interviewer to marked changes in the dietary record from day to day, such as a decline over time in the number of snacks or drinks being recorded, which could then be checked at the next call. At each checking call interviewers took away completed diary pages to be coded, any additional information needed to code the food item could then be asked for at the next visit.

7 Coding

Interviewers were responsible for food and brand coding; this ensured early identification of inadequate descriptions and gave them the opportunity to resolve queries quickly by calling back on informants.

A large amount of detail needed to be recorded in the dietary record to enable similar foods prepared and cooked by different methods to be coded correctly, as such foods will have different nutrient compositions. For example, the nutrient composition of crinkle cut chips made from new potatoes and fried in a polyunsaturated oil is different from the same chips fried in lard. Therefore, depending on the food item, information could be needed on cooking method, preparation and packaging as well as an exact description of the product before it could accurately be coded.

7.1 Food coding

The following information was required in order to code food items:

- * the form in which the food was bought, for example, whether it was fresh, frozen or canned;
- * whether the product was low-fat and whether any fat had been trimmed or skimmed from meat or meat dishes;
- * the cooking method, for example whether the food item had been baked, grilled or fried, and if fried, the type of fat used;
- * whether a coating was used for fish and meat, and whether sauces and gravies were thickened;
- * whether foods had been sweetened and, if so, whether sugar or an artificial sweetener had been used;
- * details of the type of fat and flour used in home-baked items;
- * whether products such as cheese, fish and meat were smoked or not.

MAFF compiled the nutrient databank, details of which are given in *Section 4*, and associated food code list which contained over 3000 food codes. The food code list is reproduced in *Appendix E*. Interviewers were provided with this list and an alphabetical index to help them find particular foods. The code list was regularly updated to take account of products, commonly eaten by young children, which came on the market during the fieldwork period. A separate list of raw foods not expected to occur in food diaries, for example raw chicken, was also provided.

A number of check lists were prepared for interviewers by OPCS and MAFF which helped interviewers correctly code particular food groups which required a lot of detail, for example for soft drinks, and for fats used for spreading where codes differed according to the fat content. These are reproduced in *Appendix A*.

7.2 Composite and recipe items

Composite items which could be split into their constituent parts

Where foods could be split into their individual components they were weighed and recorded separately, for example, a drink of orange squash would be weighed and recorded as orange squash concentrate and water, a sandwich as bread, spread and filling(s)

If such composite items had not been split and weighed separately then the interviewer recorded an estimate of the quantity of each of the constituent parts, this could be a relatively standard amount, such as the number of slices of bread, or could involve a description of the quantity or relative proportions of each component, for example the quantity of each vegetable in a mixed salad. Using this information the OPCS nutritionists apportioned the total weight between the components of the dish.

Recipe items

Informants were asked to record recipes for most home-made dishes, such as chicken casserole or apple crumble. Where such foods were included in the food code list, they were identified by 'R' preceding the code number which indicated that their nutrient values were based on standard recipe ingredients. Recipes were individually checked by the OPCS nutritionists and the type and proportions of ingredients used were compared with those of the standard recipe to which the food code referred. If the ingredients differed from the standard recipe in a way which was nutritionally significant the existing food code was not used and a new food code allocated to the item, the appropriate nutrients for the new recipe code were calculated by MAFF and added to the nutrient database.

Where recipe items were eaten away from the home, for example shepherd's pie eaten at a restaurant, and it was not possible to establish details of the ingredients, the standard food code for that item was used. However interviewers were encouraged to collect details of ingredients used in such recipes as this information enabled items to be coded appropriately. Codes were also included in the food code list for menu items purchased from national fast-food chains for example, MacDonalDs where data on the nutritional content of the foods were available.

7.3 Brand information

Brand information was recorded for all pre-packaged foods. For some food items, for example, confectionery, biscuits and some breakfast cereals, the brand name was needed in order to code correctly the food item.

Artificial sweeteners, herbal teas and herbal infant drinks, soft drinks and mineral waters were the only food items to be brand coded. This was necessary to provide accurate information on non-nutrient components such as sweeteners.

References and notes

- 1 Fehily AM. Epidemiology for nutritionists: four survey methods. *Hum Nutr Appl Nutr* 1983, 37A: 419-425.
- 2 Bingham SA. The dietary assessment of individuals: methods, accuracy, new techniques and recommendations. *Nutr Abstr Rev* (Series A) 1987; 57: 10: 705-742.
- 3 White A, Davies PSW. *Feasibility Study the National Diet and Nutrition Survey of children aged 1½ to 4½ years*. Crown Copyright: OPCS (1994) (NN122).

4. The scales had a digital display and a tare facility, and were calibrated in one gram units up to one kilogram and in two gram units thereafter.

Appendix F

(i) Main and subsidiary groups

(ii) Examples of foods in groups

MAIN AND SUBSIDIARY FOOD GROUPS

Food types are in bold and consist of 1 or more food group

Food groups are expressed as integers

Food subgroups are integers with an alphabetical suffix

1 Pasta, rice and other miscellaneous cereals

1A - Pasta

1B - Rice

1C - Pizza

1R - Other cereals

2 White bread

3 Wholemeal bread

4 Other breads

4A - Soft grain bread

4R - Other bread

5 Wholegrain and high fibre breakfast cereals

6 Other breakfast cereals

7 Biscuits

8 Buns, cakes, pastries and fruit pies

8A - Fruit pies

8R - Buns, cakes and pastries

9 - Puddings and ice cream

9A - Milk puddings

9B - Ice cream

9D - Sponge type puddings

9C - Other puddings

1 - 9 Total cereals and cereal products

10 Whole milk

11 Semi-skimmed milk

12 Skimmed milk

13 Other milk and cream

13A - Infant formula

13R - Other milk and cream

14 Cheese

14A - Cottage cheese

14R - Other cheeses

15 Yogurt and Fromage Frais

15A - Fromage Frais

15R - Yogurt

10 - 15 Total milk and milk products

16 Eggs and egg dishes

17 Butter

18 'Polyunsaturated' margarine and oils

18A - 'Polyunsaturated' margarine

18B - 'Polyunsaturated' oils

19 Low fat spread

19A - 'Polyunsaturated' low fat spread

19R - Low fat spread NOT polyunsaturated

20 Block margarine

21 Other margarines, spreads and oils

21A - Soft margarine (not polyunsaturated)

21B - 'Polyunsaturated' reduced fat spread

21C - Reduced fat spread (not polyunsaturated)

21R - Cooking fats and oils (not polyunsaturated)

17 - 21 Total fats

22 Bacon and ham

23 Beef, veal and dishes

24 Lamb and dishes

25 Pork and dishes

26 Coated chicken and turkey

27 Chicken and turkey dishes

28 Liver and dishes, liver paté and liver sausage

29 Burgers and kebabs

30 Sausages

31 Meat pies and pastries (incl. chicken pies)

32 Other meat and meat products (incl. game and offal; excl. liver)

22 - 32 Total meat and meat products

33 White fish, coated or fried (including fish fingers)

34 Other white fish, shellfish and fish dishes

34B - Shellfish

34A - Other white fish and fish dishes

35 - Oily fish (incl. canned)

33 - 35 Total fish and fish dishes

36 Salad and raw vegetables

36A - Carrots (raw)

- 36B - Other salad and raw vegetables
- 36C - Tomatoes (raw)

- 37 Vegetables (not raw)

- 37A - Peas
- 37B - Runner beans
- 37C - Baked beans
- 37D - Leafy green vegetables (incl broccoli)
- 37E - Carrots (not raw)
- 37F - Fresh tomatoes (not raw)
- 37R - Other vegetables

38 Fried or roast potatoes (incl chips)

- 38A - Potato chips
 - 38B - Other fried or roast potatoes
 - 38R - Other potato products
- 39 Other potatoes
- 42 Savoury snacks

36 - 39 & 42 Total vegetables

40 Fruit and nuts

- 40A - Apples and pears
- 40B - Oranges, tangerines, etc
- 40C - Bananas
- 40D - Canned fruit in juice
- 40E - Canned fruit in syrup
- 40F - Nuts, fruit and nut mixes
- 40R - Other fruit

40 Total fruit and nuts

41 Sugar, preserves and sweet spreads

- 41A - Sugar
- 41B - Preserves
- 41R - Sweet spreads, fillings and icing

43 Sugar confectionery

44 Chocolate confectionery

41, 43 & 44 Total sugar, preserves and confectionery

45 Fruit juice

46 Soft drinks (incl diet or low calorie)

- 46B - Diet soft drinks
- 46A - Other soft drinks
- 46C - Mineral water

47 Spirits and liqueurs

- 47A - Liqueurs
- 47B - Spirits

- 48 Wine

- 48A - Wine (incl. low alcohol wine)
- 48B - Fortified wine

- 49 Beer, cider and perry

- 49A - Beers (incl. low alcohol beers)
- 49R - Cider and perry (incl. low alcohol ciders)

- 51 Tea, coffee and water

- 51A - Coffee (made-up weight)
- 51B - Tea (made-up weight)
- 51R - Water - tap water only

45 - 49 & 51 Total beverages

50 Miscellaneous

52 Commercial infant and toddler foods and drinks

54 Vitamin and mineral supplements

- 54A - tablet form
- 54B - syrup/oil form
- 54C - drops
- 54R - drops

55 Artificial Sweeteners

labelled wrong
 54 s/b 53
 54A → 53A
 54B → 53B
 54C → 53C
 54R → 53R

 55 → 54

Examples of foods included in food groups

| FOOD GROUP | | |
|------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Pasta, rice and other miscellaneous cereals | includes boiled/fried rice, pasta - all types (dried, fresh and canned), Yorkshire pudding, dumplings, pizza |
| 2 | White bread | includes sliced, unsliced, french stick, milk loaf, slimmers' type, white pitta bread and white chapatis, white rolls |
| 3 | Wholemeal bread | includes sliced, unsliced, wholemeal chapatis and pitta breads, wholemeal rolls |
| 4 | Other breads | includes brown bread, granary, soft grain bread, high fibre white, rye, crumpets, muffins, pikelets, brown and granary rolls |
| 5 | Wholegrain and high fibre breakfast cereals | includes All Bran, Branflakes, Shredded Wheat, muesli, porridge, Weetabix |
| 6 | Other breakfast cereals | includes cornflakes, Rice Krispies, Special K, Sugar Puffs, Smacks |
| 7 | Biscuits | all types, including sweet and savoury |
| 8 | Buns, cakes, pastries and fruit pies | includes danish pastry, Chelsea bun, doughnut, Eccles cake, frangipane tart, jam tart, scones (sweet and savoury), sponge cake, fruit cake, meringue, fruit pies (all types) |
| 9 | Puddings and ice cream | includes instant whip, fruit crumble, Arctic roll, batter pudding, custard/blancmange, rice pudding, trifle, mousse, cheesecake, cream desserts, jelly, fruit fool, sponge pudding, milk pudding, sorbets, ice cream |
| 10 | Whole milk | all types including pasteurised, UHT, sterilised, Channel Island |
| 11 | Semi-skimmed milk | all types including pasteurised, UHT, flavoured, canned, milk with added vitamins |
| 12 | Skimmed milk | all types including pasteurised, UHT, sterilised, canned, milk with added vitamins |

FOOD GROUP

| | | |
|----|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 13 | Other milk and cream | includes condensed, evaporated, dried milk, infant formula, goats' milk, sheep's milk, soya milk, milk shakes and all creams. |
| 14 | Cheese | all types including hard and soft cheese, cream cheese, processed cheese, cottage and curd cheese, low fat cheeses. |
| 15 | Yogurt and fromage frais | includes low fat, thick and creamy, soya yogurt, frozen yogurt, 'diet' yogurt and fromage frais, goats' and sheep's milk yogurt, yogurt drink. |
| 16 | Eggs and egg dishes | includes boiled, fried, poached, scrambled, omelette (sweet and savoury), souffle, quiche and flans, scotch egg. |
| 17 | Butter | includes butter ghee |
| 18 | 'Polyunsaturated' margarines and oils | margarines and oils that can make a claim to be high in polyunsaturated fatty acids. |
| 19 | Low fat spread | spreads containing 40% or less fat (includes polyunsaturated and non-polyunsaturated). |
| 20 | Block margarine | |
| 21 | Other margarines, spreads and oils | includes soft margarines (not polyunsaturated) and reduced fat spreads (polyunsaturated and non-polyunsaturated). |
| 22 | Bacon and ham | includes bacon joints and rashers, gammon joints/steaks, ham (all types). |
| 23 | Beef, veal and dishes | includes beef (and veal) joints, steaks, minced beef, stewing steak, beef stew and casserole, meat balls, lasagne, chilli con carne, beef curry dishes, bolognaise sauce. |
| 24 | Lamb and dishes | includes lamb joints, chops, cutlets, lamb curry dishes, Irish stew, lamb stew and casserole. |
| 25 | Pork and dishes | includes joints, chops, steaks, belly rashers, pork stew and casserole, sweet and sour pork, spare ribs. |

FOOD GROUP

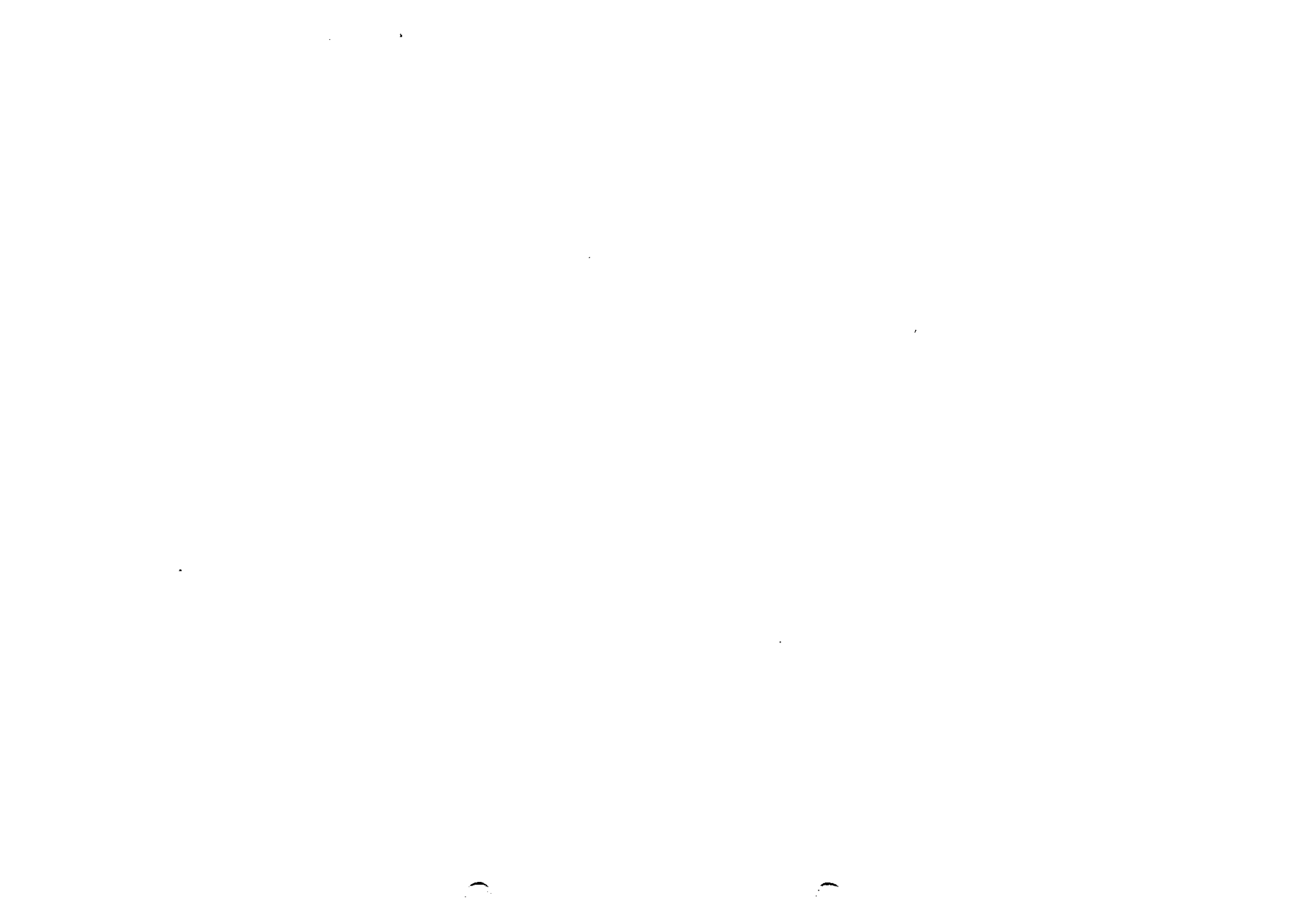
| | | |
|----|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 26 | Coated chicken and turkey | includes chicken and turkey drumsticks, chicken pieces, nuggets, fingers, burgers etc coated in egg and crumb, Kentucky Fried Chicken |
| 27 | Chicken and turkey dishes | includes roast chicken and turkey, barbecued, fried (no coating), pieces, curry, stew and casserole, chow mein, in sauce, spread, chicken/turkey roll |
| 28 | Liver and dishes, liver pate and liver sausage | includes all types of liver (fried, stewed, grilled), liver casserole, liver sausage, liver pate |
| 29 | Burgers and kebabs | includes beefburger, hamburger, cheeseburger (with or without roll), doner/shish/kofte kebab (with pitta bread and salad) |
| 30 | Sausages | includes beef, pork, turkey, polony, sausage in batter, saveloy, frankfurter, pepperami |
| 31 | Meat pies and pastries | includes chicken/turkey pie, vol-au-vent, beef pie, steak and kidney pie, pork pie, veal and ham pie, pasty, sausage roll, meat samosa |
| 32 | Other meat and meat products | includes game (eg duck, grouse, hare, pheasant), rabbit, offal (not liver), faggots, black pudding, meat paste, tongue, luncheon meat, corned beef salami, meat loaf, chop suey |
| 33 | White fish coated or fried including fish fingers | includes cod, haddock, hake, plaice etc, coated in egg and crumb, batter or flour and any fried fish without coating, coated fried cartilaginous fish (eg dogfish, skate), scampi, fillet-o-fish, fish cakes, fish fingers, cod roe fried, prawn balls |
| 34 | Other white fish, shellfish and fish dishes | includes cod, haddock, hake, plaice etc, (poached, grilled, smoked, dried), shellfish, curried fish, fish paste, fish in sauce, fish pie, kedgeree |
| 35 | Oily fish | includes herrings, kippers, mackerel, sprats, eels, herring roe (baked, fried, grilled), salmon, tuna, sardines, taramasalata, mackerel paté |

FOOD GROUP

| | | |
|----|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 36 | Salad and raw vegetables | includes raw leafy green vegetables (eg endive, lettuce, chicory), other raw vegetables (eg cabbage, carrots, tomatoes, radish, spring onion), coleslaw, purchased prepared salad. |
| 37 | Vegetables (not raw) | includes beans/pulses, baked beans, cooked vegetables, vegetable stew and casserole, vegetable curry dishes, tofu, ratatouille, vegetable lasagne and cauliflower cheese, vegieburgers. |
| 38 | Fried or roast potatoes incl. chips | chips (fresh and frozen), oven chips, potato waffles, hash browns, roast, sautéed, croquettes. |
| 39 | Other potatoes | includes boiled, mashed, jacket, potato salad, canned potato, potato based curry, instant potato. |
| 40 | Fruit and nuts | includes fruit cooked (with and without sugar), raw, canned, dried, fruit pie filling (not fruit pie); nuts incl almonds, hazelnuts, mixed nuts, peanuts, peanut butter, bombay mix, seeds (eg sunflower, sesame). |
| 41 | Sugars, preserves and sweet spreads | includes sugar (white and brown), glucose liquid/powder, black molasses, treacle, syrup, honey, jam, marmalade (incl/low sugar varieties), glace cherries, mixed peel, marzipan, chocolate spread, icing, ice cream sauce. |
| 42 | Savoury snacks | includes crisps, other potato and cereal products (eg puffs, rings), Twiglets. |
| 43 | Confectionery - sugar | includes boiled sweets, gums, pastilles, fudge, chews, mints, rock, liquorice, toffee, popcorn. |
| 44 | Confectionery - chocolate | includes chocolate bars, filled bars, assortments. |
| 45 | Fruit juice | includes single fruit and mixed fruit 100% juices; canned, bottled, carton; carbonated, still, freshly squeezed; includes vegetable juice |

FOOD GROUP

| | | |
|----|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 46 | Soft drinks, including diet or low calorie | includes carbonated soft drinks (eg lemonade, coca cola), fruit squash, cordial, fruit drink (concentrated or ready to drink), Ribena, rosehip syrup, mineral water, tonic water |
| 47 | Spirits and liqueurs | includes cream liqueurs, Pernod, Southern Comfort, 70% proof spirits, Pimms |
| 48 | Wine | includes white, red, rose, sparkling, champagne, port, sherry |
| 49 | Beer/cider/perry | includes beer and lager (both non-premium and premium and low alcohol versions), stout, strong ale (bottled, draught and canned), cider and low alcohol cider, Babydam, perry |
| 50 | Miscellaneous | includes sauces, ketchup, condiments, chutney, pickle, gravy, mayonnaise, soup, beverages (not tea or coffee) and herbal tea |
| 51 | Tea, coffee and water | instant and leaf/bean, also lemon tea, vending machine tea and coffee, tap water |
| 52 | Commercial infant and toddler foods and drinks | includes instant and ready to eat foods and drinks specifically manufactured for the infant and young child |
| 53 | Vitamin and mineral supplements | includes vitamin and mineral preparations in tablet, liquid or syrup form, cod liver oil, fluoride supplements |
| 54 | Artificial sweeteners | includes granulated table top sweeteners, liquid, tablet or mini cube sweeteners |



Appendix G

Protocols for making anthropometric measurements

Protocols for making the anthropometric measurements

Measurements taken were height, weight, mid upper-arm circumference, head circumference, and for children under two years, supine length. Weight was recorded to the nearest 100 grams, height and length, mid upper-arm and head circumferences to the nearest millimetre.

As gaining the co-operation of young children in taking measurements can be difficult and more than one attempt is often needed, it was decided that measurements could be taken by the interviewer at any point after the initial interview, and that a particular time of day would not be specified.

If interviewers were unhappy with the accuracy of any measurement they could repeat it until they were satisfied with its accuracy. However only one accurate measurement was required, feasibility work suggested that repeating a measurement to validate its accuracy might affect co-operation as some children would not tolerate remeasuring¹. Interviewers recorded the number of attempts made to obtain each measurement along with any special circumstances which might have affected its accuracy.

The date the measurement was taken and details of reasons for refusal of any measurement were also recorded on the questionnaire.

Interviewers were encouraged to explain to the child what they were doing, for example that they wanted the child to stand up straight or be a statue, and with young or fractious children they tried to get parents and any brothers and sisters to assist.

Interviewers were trained in accurate measurement techniques at the residential briefings. They practised the techniques on each other and on young children recruited from local playgroups. However it was not possible to assess intra-observer variation because it was not feasible to recruit the same children for each briefing, and the children would not tolerate repeated measurements by all interviewers.

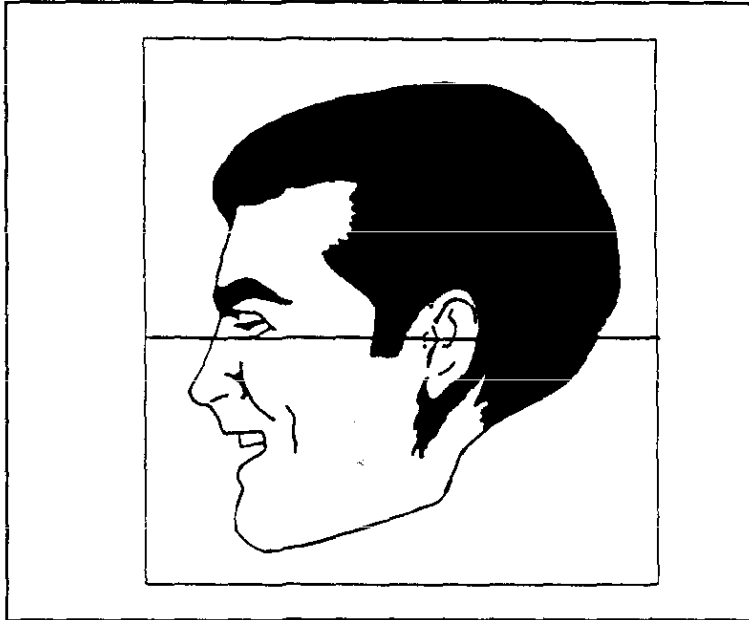
1 Stature (height)

Height was measured using a portable, telescopic stadiometer, with a digital display².

The child was undressed to vest and pants and any nappy removed. Socks were also removed as these made it difficult to see whether the feet remained flat on the floor. Parents were asked not to put their child's hair in elaborate non-permanent styles, such as buns, as this would make measurement difficult and inaccurate.

Careful positioning of the child is crucial to obtaining an accurate measurement and the assistance of the parent was encouraged. The stadiometer was placed on a hard, level surface, switched on and the headplate extended above the height of the child. The child stood on the baseplate with his or her back to the rod. The interviewer then checked that the child's feet were together and flat on the ground, the legs and back were straight and that arms were at the sides. The headplate was then gently lowered until it was a little above the child's head. The head was positioned in the Frankfort plane, (Figure 1) and gentle traction was applied to the head to extend the child to maximum height.

Figure 1



To achieve the correct Frankfort position the bottom of the orbital (eye) socket should be in line with the external auditory meatus, the protruding flap of firm skin on the front edge of the ear above the ear lobe.

After gentle traction had been applied the headplate was lowered onto the child's head, checking that the child's feet were still flat on the baseplate. Once satisfied that the maximum height had been achieved the interviewer pressed the 'hold' button on the stadiometer freezing the measurement; the headplate was then raised above the child, allowing him or her to move away safely, and the measurement was recorded.

The interviewer recorded on the questionnaire any difficulties in making the measurements and any other relevant information, for example posture problems, or known growth deficiency.

Supine length

This was attempted for all children who were under 2 years of age on the day of measuring.

The child was undressed as for the measurement of standing height. The stadiometer was switched on, extended and laid on an even, preferably uncarpeted floor, ideally with the baseplate against a wall or other solid vertical surface.

The child lay with his or her back on the floor and feet against the baseplate. The child's heels were placed together and the interviewer checked that the back and shoulders were on the floor and arms to the sides. The child's head was positioned facing forward with eyes looking up and in the Frankfort plane. Gentle traction was applied as for the measurement of height to stretch the child to the maximum length. The headplate was then moved onto the child's head. Once the interviewer was satisfied with the position of the child the measurement was recorded.

Weight

Weight was taken using Soehnle Quantatron scales calibrated in 100 gram units. The scales were checked for accuracy before being issued to interviewers and the batteries regularly changed.

The scales were placed on a hard, level surface. If only a carpeted surface was available then this was noted on the questionnaire.

The child was undressed to vest and pants and any nappy removed. If this was not possible the additional clothing or nappy being worn was recorded on the questionnaire. The scales were switched on, and when the display showed zero, the child was asked to stand on the scales with feet together, heels on the back edge, arms loosely at the sides, head facing forward and to remain still. The measurement was recorded on the questionnaire.

Mid upper-arm circumference

The measurement was made in two stages. With the left arm bare and at 90° across the body the mid point of the upper arm was located. Using a conventional tape the distance between the inferior border of the acromion and the tip of the olecranon process was measured, and the mid-point marked on the child's arm with a dermatological pen. To measure the circumference at the mid-point the child's arm was positioned loosely at the side. Using an insertion tape of non-stretchable material³ the circumference was measured, ensuring that the tape was horizontal, in contact with the arm around the entire circumference, and without pressure to compress the tissue. The measurement was recorded on the questionnaire.

Head circumference

This measurement was made with the child seated. An insertion tape was passed around the child's head, over the hair, just above the brow ridges and its position adjusted to the maximum circumference. Checking that the tape was horizontal, in contact with the child's head throughout its length, and under tension the reading was taken to the nearest millimetre.

References and Notes

1 White AJ, Davies PSW *Feasibility study for the National Diet and Nutrition Survey of children aged 1½ to 4½ years*. Crown Copyright (OPCS 1994) (NM22)

2 The stadiometer was modified, to OPCS specification from a Rabone building surveyor's measuring device by Glentworth Fabrications Ltd, Molly Millar's Bridge, Molly Millar's Lane, Wokingham, Berkshire, UK

3 The insertion tape used to take mid-upper arm circumference was made by Teaching Aids at Low Cost (TALC) and is commonly used by field workers in developing countries to measure the head circumference of children. Tapes are available from TALC PO Box 49, St Albans, Herts AL1 4AX

Appendix H

Master coding and computing documents

IN CONFIDENCE

Single coded (SC) unless multicoded (MC) indicated

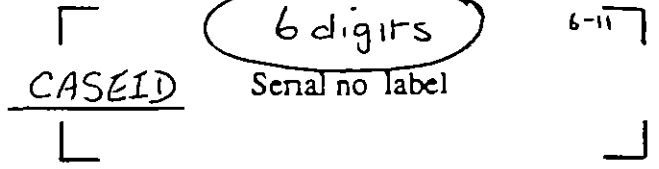
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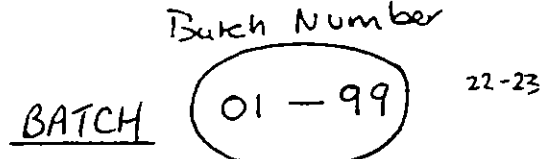
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REC 01 SEQ 01

Variable name in capitals

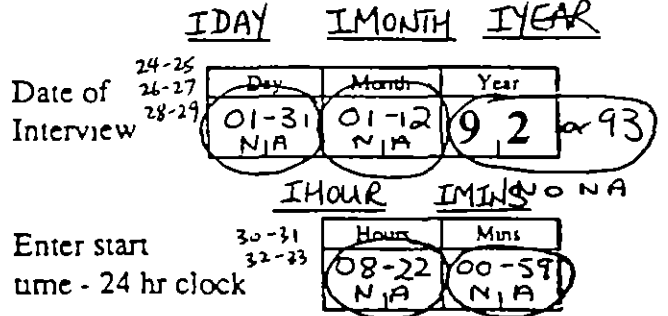


Interviewer name



Authorisation no

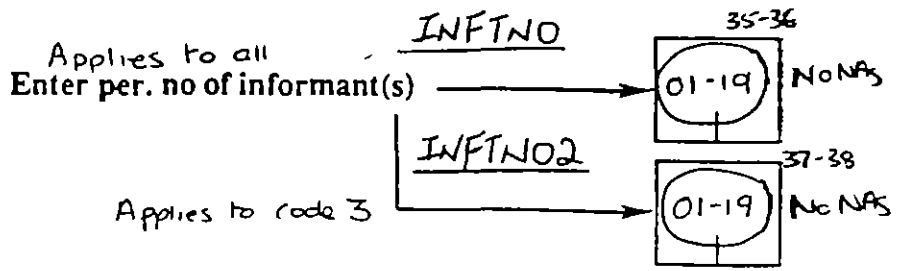
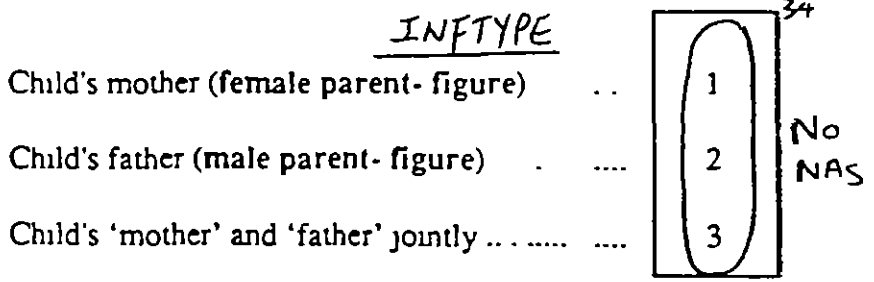
No NAs



INTERVIEWER CODE

(a) Who was interviewed as informant

Code one only



No NAs.

Details of selected child

| First name | Sex | Age | Date of birth | | | Fam. unit CFAMUNIT |
|------------|------|-------|---------------|--------|--------|-----------------------|
| | CSEX | CAGE | CDOB D | CDOB M | CDOB Y | |
| | M F | | Day | Mth | Year | |
| | 1 2 | 01-04 | 01-31 | 01-12 | 88-91 | 1 |

List other household members in relationship to selected child

| Person no. Ring PERSNO | Relationship to selected CHILD RELTOCH | OFF USE B | HOH Ring | Sex | Age | Marital Status | | | | Fam. unit FAMUNIT |
|------------------------------|-------------------------------------------|--------------|----------|-----|-------|----------------|---|---|-------|----------------------|
| | | | HOH | SEX | AGE | MARSTAT | | | | |
| | | | 24 | M F | 26-27 | M | C | S | W/D/S | |
| 01 | | 01-10 | 1 | 1 2 | 00-99 | 1 | 2 | 3 | 4 | 1-9 |
| 02 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 03 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 04 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 05 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 06 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 07 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 08 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 09 | | | | 1 2 | | 1 | 2 | 3 | 4 | |
| 10 | | | | 1 2 | | 1 | 2 | 3 | 4 | |

Maxlines = 19

1. Applies if child's mother is married or cohabiting with no husband/partner in household - Relationship(B) = 1, MARSTAT = 1 or 2 and B ≠ 2 for any other person. DNA, others X

Is (your husband) absent because he usually works away from home, or for some other reason?

Usually works away
 Inc. Armed Forces & Merchant Navy
 Some other reason (specify)
 (no new codes)

| | |
|----|----|
| 49 | Q2 |
| 1 | Q2 |
| NA | |
| 2 | |

PRESENT ACCOMMODATION

Rec 01 Sec 01

Ring codes at Q2 and Q3

2 Type of accommodation occupied by this household C2

Code one from observation, if in doubt ask informant

- whole house, bungalow
- purpose-built flat or maisonette in block
- part of the house/converted flat or maisonette/ rooms in house
- dwelling with business premises
- caravan/houseboat
- Other (specify)
- (No new codes)

S0

| | |
|----|----|
| 1 | Q4 |
| 2 | |
| 3 | Q3 |
| 4 | |
| 5 | |
| NA | Q4 |
| 6 | |

3. To households coded 2 - 4 C3

What is the floor level of the main living part of the accommodation?

- Basement/semi-basement
- Ground floor/street level
- 1st floor
- 2nd floor
- 3th floor
- 4th to 9th floor
- 10th floor or higher

S1

| |
|----|
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |
| NA |
| 6 |
| 7 |

4. Ask or record C4

Is there a garden or other area attached to your accommodation where (CHILD) could play outside?

- Yes
- No

S2

| |
|----|
| 1 |
| NA |
| 2 |

5. Do you have a kitchen, that is a separate room in which you cook?

C5

Yes

No

53

| | |
|------|-----|
| 1 | (a) |
| 2 NA | (b) |

(a) Do you share the kitchen with any other household?

C5A

Yes

No

54

| | |
|------|----|
| 1 | Q6 |
| 2 NA | |

(b) Are you able to cook a hot meal in this accommodation?

C5B

Yes, hot meal

No

Spontaneous: Hot drink only

55

| |
|------|
| 1 |
| 2 NA |
| 3 |

6. Does your household have any of the following items in your (part of the) accommodation?

INCLUDE: Items stored and under repair

Refrigerator? C6A

Deep freezer or fridge freezer? C6B

Microwave oven? C6C

| Yes | No | |
|--------|----|----|
| 1 NA 2 | | 56 |
| 1 NA 2 | | 57 |
| 1 NA 2 | | 58 |

7. Is there a car or van normally available for use by you or any members of your household?

C7

Yes

No

INCLUDE: Any provided by employers if normally available for private use by informant or members of the household. EXCLUDE: Vehicles used solely for the carriage of goods.

59

| | |
|------|-----|
| 1 | (a) |
| 2 NA | Q8 |

(a) Is there one or more than one?

1

2

3 or more

C7A

60

| | |
|------|----|
| 1 | Q8 |
| 2 NA | |
| 3 | |

EATING HABITS. Introduce

8 Do you find (CHILD) particularly easy, about average or particularly difficult to feed for a child of his/her age? C8

Easy 1 (a)
 Average 2NA Q9
 Difficult 3 (a)

61

1
2NA
3

If easy or difficult

(a) In what way is (he/she) (easy/difficult) to feed?

Not coded or keyed

9. How would you describe the variety of foods that (CHILD) generally eats? Does he/she

Running prompt

eat most things
 eat a reasonable variety of things . .
 or is he/she a fussy or faddy eater? .

C9

62

1
NA
2
3

10 Does (CHILD) have

Running prompt

a good appetite
 an average appetite
 or a poor appetite
 for a child of his/her age?

C10

63

1
2
NA
3

11. Do you ever eat any food from (CHILD'S) plate to encourage him/her to eat it?

Yes 1 (a)
 No 2NA Q12

C11

64

1
2NA

(a) How often do you do this? Is it

Running prompt

most mealtimes
 some mealtimes
 or very occasionally?

C11A

65

1
NA
2
3

12. And does (CHILD) ever eat any food from your (or anyone else's) plate?

C12

Yes
No

| |
|------|
| 66 |
| 1 |
| 2 NA |

(a)
Q13

(a) How often does this happen? Is it

C12A

Running prompt

most mealtimes
some mealtimes
or very occasionally?

| |
|------|
| 67 |
| 1 |
| 2 NA |
| 3 |

13. Are there any foods that (CHILD) does not eat because he/she does not like them?

C13

Yes
No

| |
|------|
| 68 |
| 1 |
| 2 NA |

Specify
Q14

IF YES SPECIFY WHICH FOODS

Not Keyed.

14 Do you avoid giving (CHILD) particular foods or drinks because he/she is allergic to them?

C14

Yes
No

| |
|------|
| 22 |
| 1 |
| 2 NA |

(a) - (c)
Q15

If yes

(a) Which foods do you avoid?

Specify

NOT CODED

OR KEYED

(b) What form does the allergy take?

Specify

C14BM1-6

DK/NN=99

| |
|--------------|
| MC=6 |
| 01-15 99 |
| 1 NA 2 |

23-24
25-26
27-28
29-30
31-32
33-34
(c)

(c) Has (CHILD'S) allergy been diagnosed by a doctor?

C14C

Yes
No

35

15. (Apart from these) Are there any (other) foods you do not give (CHILD) for health, religious or any other reasons?

C15

Yes
No

| |
|------|
| 1 |
| 2 NA |

36

(a)
Q16

(a) If yes specify which foods and give reasons

FOOD

.....

.....

.....

.....

.....

.....

NOT CODED
OR KEYED

16. I'd like to ask you about what your child usually has to eat at different times of the day, but first I'd like to find out what times he/she gets up, has breakfast, has lunch and so on.

At what time approximately does(CHILD) usually(EVENT)

Not coded or keyed

Prompt each event for time on weekdays, on Saturdays and on Sundays. Record approx. times in the grid.

| Event | Weekdays | Saturdays | Sundays |
|----------------------------|----------|-----------|---------|
| gets up on at: | | | |
| has breakfast on at: | | | |
| has lunch on at: | | | |
| has tea on at: | | | |
| goes to bed on at: | | | |

17. I'd now like to know, in general terms, what(CHILD) usually has to eat and drink at these different times. For example, at breakfast, does he/she have cereal, or toast, or a cooked breakfast? Some children don't eat breakfast, so if(CHILD) does not have anything at a particular time, please tell me.

What does he/she usually have to eat and drink, if anything

Not coded or keyed

Prompt each event for what eaten on weekdays, on Saturdays and on Sundays. Record brief description in grid.

| Event | Weekdays | Saturdays | Sundays |
|-------------------------------------|-------------|-------------|-------------|
| in bed or before breakfast on | Nil x | Nil x | Nil x |

Not coded or keyed

| Event | Weekdays | Saturdays | Sundays |
|---------------------------------------|-----------------|-----------------|-----------------|
| for breakfast on | Nil x | Nil x | Nil x |
| during the morning on | Nil x | Nil x | Nil x |
| for lunch on | Nil x | Nil x | Nil x |
| during the afternoon on | Nil x | Nil x | Nil x |
| for tea on | Nil x | Nil x | Nil x |
| between tea and bed-time on | Nil x | Nil x | Nil x |
| in bed or during the night on | Nil x | Nil x | Nil x |

DRINKING

18. Does (CHILD) usually drink from C18

Running prompt

a feeder beaker/beaker with spout 1

a plastic cup or beaker 2 NA

an ordinary cup, mug or glass 3

a bottle 4

or from something else? (specify) 5

6-9

37

Q19

Q20

Q19

19. (May I check) Does (CHILD) have a bottle at all these days, even just to go to bed with? C19

Yes, has a bottle 1

No, never has a bottle 2 NA

38

Q20

Q21

20. On average, how many bottles does (CHILD) have a day? C20

Prompt as necessary

Fewer than 1 a day 00

1 a day 01

2 a day 02

3 a day NA

4 a day 03

More than 4 a day (specify) 04

05-19

39-40

21. Does . . . (CHILD) drink tea?

C21

Yes
No

41
1
2 NA

(a)
Q22

(a) Does . . . (CHILD) usually take sugar in tea, is it sweetened with an artificial sweetener, or does . . . (CHILD) drink tea without sugar or sweetener?

C21A

Sugar in tea
Artificial sweetener in tea
Drinks tea unsweetened

42
1
NA
2
3

22. (May I check) does your child drink herbal teas or herbal infant drinks?

C22

Yes, drinks herbal teas or herbal infant drinks
No, drinks neither

43
1
2 NA

(a)(b)
Q23

(a) On average, how often does . . . (CHILD) drink herbal tea or have a herbal infant drink?

C22A

Show card A

More than once a day
Once a day
Most days
At least once a week
At least once a month
Less than once a month

44
1
2
3
NA
4
5
6

(b)

(b) What brands of herbal tea or herbal infant drink are you giving your child at the moment?

C22BM1-5

Record full brand name and flavour of all herbal teas/herbal infant drinks being given

1
2
3

45-47
48-50
51-53
54-56
57-59
MC=5
3 dig
01-19
9 19

45-47
48-50
51-53
54-56
57-59

DK/NA = 999

C22B

DK/NA = 99

60-61

Write in number of brands

23. Does (CHILD) drink coffee?

C23

Yes.....

No.....

| | | |
|----|------|-----|
| 62 | 1 | (a) |
| | 2 NA | Q24 |

(a) Does (CHILD) usually take sugar in coffee, is it sweetened with an artificial sweetener, or does (CHILD) drink coffee without sugar or sweetener?

C23A

Sugar in coffee

Artificial sweetener in coffee

Drinks coffee unsweetened

| | | |
|----|------|--|
| 63 | 1 | |
| | 2 NA | |
| | 3 | |

24. (Apart from in tea and coffee) do you use artificial sweeteners to sweeten any of (CHILD'S) food, either at the table or in cooking?

C24

Yes, uses artificial sweeteners

No, does not use artificial sweeteners

| | | |
|----|------|-----|
| 64 | 1 | (a) |
| | 2 NA | Q25 |

(a) Do you use an artificial sweetener, either at the table or in cooking, to sweeten(ITEM) for(CHILD)?

Prompt each food item and code in grid

- C24A1
Stewed or cooked fruit.....
- C24A2
Fresh fruit
- C24A3
Breakfast cereals
- C24A4
Cakes, biscuits or pastry that are homemade.....
- C24A5
Drinks, other than tea or coffee
- C24A6
Any other food or drink (specify).....
- C24A7
.....
- C24A8
.....

| Yes used | Not used | Not eaten |
|----------|----------|-----------|
| 1 | 2 | NA 9 |
| 1 | 2 | 9 |
| 1 | 2 | 9 |
| 1 | 2 | 9 |
| 1 | 2 | 9 |
| 1 | 2 | 9 |
| 1 | 2 | 9 |
| 1 | 2 | 9 |

65
each line the

66

67

68

69

70

71

72

Maximes = 8

25 Applies if any artificial sweetener used for child
 Code 1 AT Q24 (any food)
 Code 2 AT Q23(a) (in coffee)
 Code 2 AT Q21(a) (in tea)

DNA, no artificial sweeteners usedX

i.e. Q24 = 2 or NA and Q23(a) ≠ 2 and Q21(a) ≠ 2

What brands of artificial sweetener are you using to sweeten ... (CHILD'S) food and drinks at the moment?

Record full name and type - tablet, liquid, granulated, of all artificial sweeteners being used for child

- 1 C2SM1-6
- 2 DK/NA-99
- 3 C25

Write in number of brands →

DK/NA-99

MC=6
 2mg

22-23
 24-25
 26-27
 28-29
 30-31
 32-33

01-19
 919

34-35

26. Do you usually add salt to (CHILD'S) food during cooking? C26

- Yes, includes sea salt
- Yes, uses 'Lo Salt'/salt alternative (not sea salt)
- No, does not use salt in cooking
- Other (specify)
- varies

1
 2
 3
 NA
 4
 5-9

36

27. At the table, do you add salt to (CHILD'S) food C27

Running prompt

- usually
- occasionally
- rarely
- or never?

1
 NA
 2
 3
 4

37

C27A

If uses 'Lo salt' or salt alternative (not sea salt) at table ring code 1 - 3 and ring code

1
 or
 blank

38

28. I would now like to ask you about some foods your child may eat.
 Can you tell me about how often, on average, (CHILD) eats these foods.
 Please choose your answer from this card.

Hand informant Card A Prompt each food listed below and code in grid. For 'seasonal foods' eg ice cream, prompt if necessary "..... at this time of year". *each time the same*

| | | More than once a day | Once a day | Most days | At least once a week | At least once a month | Less than once a month | Never |
|-------------|-----------------------------------------------------------------|----------------------|------------|-----------|----------------------|-----------------------|------------------------|-------|
| <u>C28A</u> | Breakfast cereals ²² | 1 | 2 | 3 | 4 | 5 | 6 | NA 7 |
| <u>C28B</u> | Cakes ²³ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28C</u> | Biscuits ²⁴ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28D</u> | Chocolate ²⁵ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28E</u> | Other sweets ²⁶ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28F</u> | Ice cream or ice lollies ²⁷ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28G</u> | Yogurt (flavoured or plain but not fromage frais) ²⁸ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28H</u> | Cheese or cheese spread ²⁹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28I</u> | Milk ³⁰ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28J</u> | Eggs ³¹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28K</u> | Blackcurrant drinks ³² | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28L</u> | Fruit juice (not squash) ³³ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28M</u> | Fizzy drinks ³⁴ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28N</u> | Fish or shellfish, including fish fingers ³⁵ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28O</u> | Sausages ³⁶ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28P</u> | Liver ³⁷ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28Q</u> | Beef, eg as a roast, steak or mince, in stews etc ³⁸ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28R</u> | Lamb, eg as a roast or chops, in stews etc ³⁹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28S</u> | Pork, eg as a roast or chops, in stews etc ⁴⁰ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28T</u> | Chicken and poultry, eg as a roast, in casseroles ⁴¹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | More than once a day | Once a day | Most days | At least once a week | At least once a month | Less than once a month | Never |
|-------------|--------------------------------------------------------------------------|----------------------|------------|-----------|----------------------|-----------------------|------------------------|-------|
| <u>C28U</u> | Baked beans ⁴² | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28V</u> | Peas, in any form ⁴³ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28W</u> | Leafy green vegetables eg spring greens, sprouts, broccoli ⁴⁴ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28X</u> | Chips ⁴⁵ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28Y</u> | Other potatoes ⁴⁶ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C28Z</u> | Fresh fruit ⁴⁷ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

79. And how often, on average, does (CHILD) eat each of these foods?

Show Card A Prompt each food listed and code in grid.

For 'seasonal foods' prompt if necessary "at this time of year". *each line the same*

if Q29 = 1-6

(a)

| | | More than once a day | Once a day | Most days | At least once a week | At least once a month | Less than once a month | Never | Skin eaten? | | |
|-------------|-----------------------------------------------------------------------------------------------------|----------------------|------------|-----------|----------------------|-----------------------|------------------------|-------|-------------|----|--------------|
| | | | | | | | | | Yes | No | |
| <u>C29A</u> | Raw carrots ⁴⁸ | 1 | 2 | 3 | 4 | 5 | 6 | 7 NA | 1 | 2 | <u>C29AA</u> |
| <u>C29B</u> | Cooked carrots ⁴⁹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AB</u> |
| <u>C29C</u> | Other root vegetables, apart from carrots and potatoes e.g. parsnips, turnips, swedes ⁵⁰ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AC</u> |
| <u>C29D</u> | Button or baby mushrooms ⁵¹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AD</u> |
| <u>C29E</u> | Other mushrooms ⁵² | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AE</u> |
| <u>C29F</u> | Apples (fresh) ⁵³ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AF</u> |
| <u>C29G</u> | Pears (fresh) ⁵⁴ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AG</u> |
| <u>C29H</u> | Soft fruit (e.g. peaches, nectarines, grapes) ⁵⁵ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AH</u> |
| <u>C29I</u> | Citrus fruits (e.g. orange, tangerines, satsumas) ⁵⁶ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AI</u> |
| <u>C29J</u> | Fresh tomatoes ⁵⁷ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AJ</u> |
| <u>C29K</u> | Cucumber ⁵⁸ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | <u>C29AK</u> |

If child eats any of above ask for each food eaten

(a) Can you tell me whether (CHILD) usually eats the skin on (ITEM)

30. Applies if child ever eats potatoes or chips (see Q28) - chip or other potato = 1-6

C30DNA

DNA, never eats potatoes or chips... (chip line = 7 or NA)
(and other potato line = 7 or NA)

1 ⁷⁰ Q31

Does your child eat the skin on (TYPE OF POTATO)
always, sometimes or never?

Prompt each type of potato listed below and code in grid.

each line the same .

| | | Eaten with skin left on | | | Never eaten |
|-------------|---------------------------------------|-------------------------|-----------|-------|-------------|
| | | Always | Sometimes | Never | |
| <u>C30A</u> | Baked/jacket potatoes ⁷¹ | 1 | 2 | 3 | 4 NA |
| <u>C30B</u> | Boiled new potatoes ⁷² | 1 | 2 | 3 | 4 |
| <u>C30C</u> | Boiled old potatoes ⁷³ | 1 | 2 | 3 | 4 |
| <u>C30D</u> | Roast potatoes ⁷⁴ | 1 | 2 | 3 | 4 |
| <u>C30E</u> | Fried potatoes or chips ⁷⁵ | 1 | 2 | 3 | 4 |

31. A lot of shops and supermarkets are selling foods which are labelled as 'organic' or 'organically grown' what do you understand by the term 'organic' or organically grown?



C31M1-3

MC = 3

22-23
24-25
26-27

2chg

DK/NA = 99

28

32. Do you buy any 'organic' foods for your child?

C32

Yes

1

(a)

No

2 NA

Q33

(a) Do you buy organic (ITEM) for your child always, sometimes or never?

Prompt each food listed below and code in grid

| | | Buys for child <i>each line the same</i> | | |
|-------------|-----------------------------------------------------|------------------------------------------|-----------|-------|
| | | Always | Sometimes | Never |
| <u>C32A</u> | Organic fruit 29 | 1 | 2 | NA 3 |
| <u>C32B</u> | Organic vegetables incl dried beans or lentils 30 | 1 | 2 | 3 |
| <u>C32C</u> | Organic cereal products, rice, muesli, pasta etc 31 | 1 | 2 | 3 |
| <u>C32D</u> | Meat 32 | 1 | 2 | 3 |
| <u>C32E</u> | Anything else (specify) 33 | 1 | 2 | 3 |
| <u>C32F</u> | 34 | 1 | 2 | 3 |
| <u>C32G</u> | 35 | 1 | 2 | 3 |

Maximes = 7

33. Do you grow any of your own fruit and vegetables, either in your garden or on an allotment?

C33

Include : salad vegetables
Exclude : herbs

Yes
No

36
1
2 NA

(a)(b)
Q34

(a) Do you grow them without using pesticides?

C33A

Yes, all
Yes, some
No, none

37
1
2
NA
3

(b) Do you grow them without using artificial fertilizers?

C33B

Yes, all
Yes, some
No, none

38
1
2
NA
3

34. Does (CHILD) ever put soil into his/her mouth or eat soil?

C34

Yes
No

39
1
NA
2

35. Thinking about any food you have in the house today, which of the following items do you have here today?

Prompt each type of food listed below and code in grid each time the same

| | | | Has in house | Does not have in house |
|-------------|---------------------------------------|----|--------------|------------------------|
| <u>C35A</u> | A breakfast cereal | 40 | 1 | NA 2 |
| <u>C35B</u> | Bread, or bread rolls | 41 | 1 | 2 |
| <u>C35C</u> | Milk, or liquid or powdered baby milk | 42 | 1 | 2 |
| <u>C35D</u> | A tin of baked beans or spaghetti | 43 | 1 | 2 |
| <u>C35E</u> | Eggs | 44 | 1 | 2 |
| <u>C35F</u> | Biscuits, of any kind | 45 | 1 | 2 |
| <u>C35G</u> | Potatoes | 46 | 1 | 2 |
| <u>C35H</u> | Chocolate, of any kind | 47 | 1 | 2 |
| <u>C35I</u> | Other sweets | 48 | 1 | 2 |

36. Thinking now about different foods that come in cans
 How long, on average, would you keep (ITEM)
 in an opened can before eating/drinking it/them?

Rec 11 Sec 02

Show Card B

Prompt each type of food and code in grid below *each line the same*

| | | Code from Card B | | | | | Spontaneous only | |
|-------------|--------------------------------------------|------------------|-------------|-------------|-------|-----------------|--------------------------|-----------------|
| | | More than a week | 4 or 5 days | 2 or 3 days | 1 day | Use on same day | Never stored in open can | Not eaten/drunk |
| <u>C36A</u> | Canned soft drinks eg cola, lemonade 49 | 1 | 2 | 3 | 4 | 5 | 6 | 7 NA |
| <u>C36B</u> | Canned fruit juice 50 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C36C</u> | Baked beans 51 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C36D</u> | Spaghetti 52 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C36E</u> | Canned soup 53 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C36F</u> | Corned beef 54 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <u>C36G</u> | Canned fish, eg. sardines, tuna 55 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

37. At present are you giving.....(CHILD) fluoride tablets or drops?

C37

Yes.....
No.....

39
1
2
NA

38. And at present (apart from fluoride tablets/drops) are you giving(CHILD) any extra vitamins or minerals, as tablets, pills, powders, syrups or drops?

C38

Yes.....
No.....

40
1
2
NA

39. Applies if taking fluoride tablets/drops and/or supplements.

DNAX
(Qns 37 & 38 coded No) OR NA)

Q40

For each type taken record full description from bottle, including brand name and product licence number; record dose; how often taken, and form.

WRITE IN BLOCK CAPITALS

INCLUDE FLUORIDE

REC 12 SEQ 01

each Supplement the same Max = 10

| SUPPLEMENT 1 | SUPPLEMENT 2 |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Full name, incl brand: | Full name, incl brand: |
| <u>BRAND</u> DK/NA = 99 (from rest of Qn DNA) ²²⁻²³ <input type="text" value="2 dig"/> | <input type="text"/> |
| Dose: no. of tablets, drops, 5ml spoons: | Dose: no. of tablets, drops, 5ml spoons: |
| <u>DOSE</u> DK/NA = 99 ²⁴⁻²⁵ <input type="text" value="2 dig"/> | <input type="text"/> |
| Frequency: no. of times and period eg 3 x day | Frequency: no. of times and period eg 3 x day |
| <u>FREQ</u> DK/NA = 99 ²⁶⁻²⁷ <input type="text" value="2 dig"/> | <input type="text"/> |
| Form: ring code | Form: ring code |
| Drops 1 Pills/tablets 2 Liquid/syrup 3 Powder 4 | Drops 1 Pills/tablets 2 Liquid/syrup 3 Powder 4 |
| <u>FORM</u> | |
| Product licence number (if any) | Product licence number (if any) |
| PLN1 ²⁹⁻³² <input type="text" value="4 digit or blank"/> / ³³⁻³⁶ <input type="text" value="4 digit or blank"/> | PL: <input type="text"/> / <input type="text"/> |

| SUPPLEMENT 3 | SUPPLEMENT 4 | | | | | | | | | | | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---|-----------------|---|--------------|---|----------------|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---|--------------------|---|------------------|---|-----------------|---|
| <p>Full name , incl brand []</p> <p>Dose no of tablets, drops, 5ml spoons []</p> <p>Frequency no of times and period eg 3 x day []</p> <p>Form ring code</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 150px;">Drops</td> <td style="width: 50px;">1</td> </tr> <tr> <td>Pills/tablets .</td> <td>2</td> </tr> <tr> <td>Liquid/syrup</td> <td>3</td> </tr> <tr> <td>Powder</td> <td>4</td> </tr> </table> <p>Product licence number (if any)</p> <p>PL [] / []</p> | Drops | 1 | Pills/tablets . | 2 | Liquid/syrup | 3 | Powder | 4 | <p>Full name , incl brand []</p> <p>Dose no of tablets, drops, 5ml spoons []</p> <p>Frequency no of times and period eg 3 x day []</p> <p>Form ring code</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 150px;">Drops</td> <td style="width: 50px;">1</td> </tr> <tr> <td>Pills/tablets .. .</td> <td>2</td> </tr> <tr> <td>Liquid/syrup ..</td> <td>3</td> </tr> <tr> <td>Powder</td> <td>4</td> </tr> </table> <p>Product licence number (if any)</p> <p>PL [] / []</p> | Drops | 1 | Pills/tablets .. . | 2 | Liquid/syrup .. | 3 | Powder | 4 |
| Drops | 1 | | | | | | | | | | | | | | | | |
| Pills/tablets . | 2 | | | | | | | | | | | | | | | | |
| Liquid/syrup | 3 | | | | | | | | | | | | | | | | |
| Powder | 4 | | | | | | | | | | | | | | | | |
| Drops | 1 | | | | | | | | | | | | | | | | |
| Pills/tablets .. . | 2 | | | | | | | | | | | | | | | | |
| Liquid/syrup .. | 3 | | | | | | | | | | | | | | | | |
| Powder | 4 | | | | | | | | | | | | | | | | |
| SUPPLEMENT 5 | SUPPLEMENT 6 | | | | | | | | | | | | | | | | |
| <p>Full name , incl brand []</p> <p>Dose no of tablets, drops, 5ml spoons []</p> <p>Frequency no of times and period eg 3 x day []</p> <p>Form ring code</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 150px;">Drops</td> <td style="width: 50px;">1</td> </tr> <tr> <td>Pills/tablets</td> <td>2</td> </tr> <tr> <td>Liquid/syrup</td> <td>3</td> </tr> <tr> <td>Powder</td> <td>4</td> </tr> </table> <p>Product licence number (if any)</p> <p>PL [] / []</p> | Drops | 1 | Pills/tablets | 2 | Liquid/syrup | 3 | Powder | 4 | <p>Full name , incl brand []</p> <p>Dose no of tablets, drops, 5ml spoons []</p> <p>Frequency no of times and period eg 3 x day []</p> <p>Form ring code</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 150px;">Drops</td> <td style="width: 50px;">1</td> </tr> <tr> <td>Pills/tablets . .</td> <td>2</td> </tr> <tr> <td>Liquid/syrup . .</td> <td>3</td> </tr> <tr> <td>Powder</td> <td>4</td> </tr> </table> <p>Product licence number (if any)</p> <p>PL [] / []</p> | Drops | 1 | Pills/tablets . . | 2 | Liquid/syrup . . | 3 | Powder | 4 |
| Drops | 1 | | | | | | | | | | | | | | | | |
| Pills/tablets | 2 | | | | | | | | | | | | | | | | |
| Liquid/syrup | 3 | | | | | | | | | | | | | | | | |
| Powder | 4 | | | | | | | | | | | | | | | | |
| Drops | 1 | | | | | | | | | | | | | | | | |
| Pills/tablets . . | 2 | | | | | | | | | | | | | | | | |
| Liquid/syrup . . | 3 | | | | | | | | | | | | | | | | |
| Powder | 4 | | | | | | | | | | | | | | | | |

CHILD'S MEDICAL HISTORY

40. Code or ask:

C40

Is informant child's natural mother?

Yes
No

41
1
2

Q41
No NAs
(a)

(a) Code or ask:

C40A

Is child's natural mother in the household?

Yes
No

42
1
2

No NAs
Q41

41. Thinking back to when (CHILD) was born, was he/she born prematurely (early)?

C41

Don't know /N.A.
Yes/ yes - qualified answer
No

43
9
1
2

Q42
(a)
Q42

(a) How many weeks premature (early) was he/she?

C41A

Less than 1 week
Other: specify no. of weeks
DK/NA = 99

44-45
00
01-
99

42. How much did (s)he weigh at birth?

C42A1

C42A2

46-47
2digs

48-49
00-15

Pounds

ounces

OR

C42B

50-53
4digs

Grams

see Q43

C42DK

NA / Don't know/can't remember

54
OR
1

43. Applies if informant is child's natural mother, (Qn 40 coded 1)

DNA, informant is not child's natural mother
(Q40 = 2)

.....X

Q44

Can I just check, how many children have you had, I mean all those who are living now (no matter what age) plus any who have died since birth including... (CHILD)?

55-56

Exclude stillborn, step, adopted and foster children

C43CHILD

Record number

DK/NA = 99

01-19
9 1/4

(a) If more than one ask Was (CHILD) your first child, your second (or which)?

DNA, only one child
(Q43 = 01)

.....X

Q44

C43A

Record birth order number

DK/NA = 99

01-19
.....
99

57-58

Q44

44. Has (CHILD) ever had an accident which resulted in a hospital admission?

C44

59

Yes
No

1
NA
2

45. Has (CHILD) ever had an operation?

C45

60

Yes
No

1
NA
2

46. Has ... (CHILD) ever stayed in hospital as an inpatient, overnight or longer?

C46

61

Yes
No

1
NA
2

Exclude period after birth unless baby stayed in hospital after mother had left

47. We would like to know about bowel movements of young children (as this is linked to their diets and health) How many times did (CHILD) open his/her bowels yesterday?

C47

62-63

Don't know / NA

None

Write in number of times

09
00
01-08
1

Q48

Q49

Q48

48. Yesterday was his/her poo/stool normal for him/her or abnormal?

C48

normal
abnormal
some normal, some abnormal

64
1NA
2
3

Q49
(a)

(a) In what way was it abnormal? Was it

Individual prompt

C48A
a different colour to normal?
C48B
runnier than normal?
C48C
harder than normal?
C48D
smellier than normal?
C48E
abnormal in any other way? (specify)
C48F
.....
C48G
.....

| Yes | No |
|-----|-----|
| 1 N | A 2 |
| 1 | 2 |
| 1 | 2 |
| 1 | 2 |
| 1 | 2 |
| 1 | 2 |
| 1 | 2 |

65 each line
66 the same
67
68
69
70
71
Max lin - 7

49. Applies if informant is child's natural mother (Q40 = 1)

DNA, informant is not child's natural mother X
(Q40 = 2)

I'd like to ask you about how you fed (CHILD) when he/she was a baby. Did you ever put (CHILD) to the breast?

C49

Yes (even only once)
No

22
1
2NA

Q50
(a)(b)
Q51

(a) For how long did you continue breast feeding (CHILD)?

Please include the time when you were giving breast feeds and other feeds.

Record days
OR weeks
OR months

C49A1 2dig 23-24 days
C49A2 OR 2dig 25-26 weeks
C49A3 OR 2dig 99 27-28 months
DK/NA = 99

(b) Did you ever give (CHILD) baby or infant formula milk, or follow-on milk, like Progress or Junior Milk?

C49B

Yes
No, never

29
1
2NA

Q51
Q53

50 Can I check, when . (CHILD) was a baby did (s)he ever have baby or infant formula milk, or follow-on milk like Progress or Junior Milk (not liquid cow's milk)?

CS0

- Yes
- No, never
- Don't know /NA

30

- 1
- 2
- 3

Q51

Q53

51. At present is . (CHILD), having any baby or infant formula milk, or follow-on milk like Progress or Junior Milk, even just at bedtime?

CS1

- Yes
- No

31

- 1 NA
- 2

Q53

Q52

Exclude liquid cow's milk

52. How old was (CHILD) when he/she stopped having any baby, infant, formula or follow-on milk, even at bedtime?

CS2

Exclude liquid cow's milk

Prompt as necessary

- under 1 month
- 1 month - under 2 months
- 2 months - under 3 months
- 3 months - under 6 months
- 6 months - under 9 months
- 9 months - under 1 year
- 1 year - under 1 1/2 years
- 1 1/2 years - under 2 years
- 2 years - under 2 1/2 years
- 2 1/2 years - under 3 years
- 3 years or older

32-33

- 00
- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08
- 09
- 10
- NA

53. Nowadays, does (CHILD) have cow's milk as a drink?

C53

Yes (b)
 No (a) 54

(a) Has he/she ever had cow's milk as a drink?

C53A

Yes (b)
 No, never Q54

(b) How old was(CHILD) when he/she started having cow's milk as a drink?

Code in grid at bottom of page

not coded here

54. What kind of milk does (CHILD) usually have as a drink these days?

C54

Prompt as necessary

Whole milk Q55
 Semi-skimmed milk (a)
 Skimmed milk
 Powdered baby milk
 Does not drink milk Q55
 Other (specify)
 07-15

extenc - goat/sheeps?
 saya

(a) How old was(CHILD) when he/she first had(TYPE OF MILK) as a drink?

C53B C54A1 C54A2

Applies if Q54=02 Q54=03

Applies if Q53=1 or Q53(1)=1

38-39
 40-41
 42-43

Prompt as necessary

NA / Don't know/can't remember

| | Q53(b) Cow's milk | Q54(a) | |
|--------------------------------------|----------------------|--------------|---------|
| | | Semi-skimmed | Skimmed |
| under 3 months | 01 | 01 | 01 |
| 3 months - under 6 months | 02 | 02 | 02 |
| 6 months - under 9 months | 03 | 03 | 03 |
| 9 months - under 1 year | 04 | 04 | 04 |
| 1 year - under 1 1/2 years | 05 | 05 | 05 |
| 1 1/2 years - under 2 years | 06 | 06 | 06 |
| 2 years - under 2 1/2 years | 07 | 07 | 07 |
| 2 1/2 years - under 3 years | 08 | 08 | 08 |
| 3 years - under 3 1/2 years | 09 | 09 | 09 |
| 3 1/2 years - under 4 years | 10 | 10 | 10 |
| 4 years or over | 11 | 11 | 11 |
| NA / Don't know/can't remember | 12 | 12 | 12 |

55 Apart from as a drink, what kinds of milk do you give (CHILD) on cereal, in puddings etc?

CSSM1-3

MC=3

44-45
46-47
48-49

Prompt as necessary

Code all that apply

- Whole milk
- Semi-skimmed milk
- Skimmed milk
- Powdered baby milk
- Doesn't have any milk
- Other (specify)

- 01
- 02
- 03
- 04
- 05
- 06
- 07-15

SC

extenu' goats/sheeps
saya

56. 'MOTHER'S' EMPLOYMENT

C56DNA

DNA, no mother/female parent-figure in household

56
1

Q68

Did you do any paid work last week - that is in the seven days ending last Sunday - either as an employee or self-employed?

Rec 05 Seq 01

Or

Yes C56
No

22
1
2 NA

Q57

Q58

57. Were you working full or part time?

C57

Full time = more than 30 hrs
Part time = 30 hrs or less

Full time
Part time

23
1
N/A
2

Q62

58. Even though you were not working did you have a job that you were away from last week?

C58

Yes, on maternity leave = 1
Yes, other reason = 3
NO = 2

Yes, incl. maternity leave
No

24
3
1 NA
2

Q62

Q59

59. Last week were you:

C59

- waiting to take up a job that you had already obtained?.....
- Individual prompt looking for work?
- intending to look for work but prevented by temporary sickness or injury?
- Code first that applies (Check: 28 days or less)
- going to school or college full time?
- (aged 16 - 49 only)
- permanently unable to work because of long-term sickness or disability?
- (aged 16 - 59 only)
- retired
- (only if stopped work after 50)
- looking after the home or family?
- Or were you doing something else? (specify)
- (No new codes)

25
1
2
3
4
NA
5
6
7
8

Q60

Q61

60. Apart from the job you are waiting to take up have you ever had a paid job or done any paid work?

C60

Yes
No

26
1
NA
2

Q62

61. May I just check, have you ever had a paid job or done any paid work?

C61

Yes
No

27
1
2 NA

Q62

Q68

62 'MOTHER'S' MAIN LIFE JOB

- has only ever had one job. record details of job
 - has had more than one job. record details of main job
 - has never worked, but waiting to take up new job.
 record details of new job

Job title:

Describe fully work done.

| | | | | | |
|-------------------------------------------------------|----------------|-----------------------------------|-------------|-------|---------|
| | <u>C62SOC</u> | DK/NA = 000 | 000-180-999 | 28-30 | SOC |
| Industry. | <u>C62IND</u> | DK/NA = 999 | 500-817-999 | 31-33 | IND |
| | <u>C62FTPT</u> | Full time | 1 | 34 | |
| | | Part time | NA 2 | | |
| | <u>C62EMP</u> | Employee / NA | 1 | 35 | (a) |
| | | Self-employed | 2 | | (b) |
| (a) If employee: ask or record | <u>C62A</u> | Manager | 1 | 36 | (i) |
| | | Foreman/supervisor | 2 | | |
| | | Other employee / NA | 3 | | |
| (i) How many employees work(ed) in the establishment? | <u>C62AI</u> | 1 - 24 / NA | 1 | 37 | see Q63 |
| | | 25 - 499 . . . | 2 | | |
| | | 500 or more .. | 3 | | |
| (b) If self-employed | <u>C62B</u> | Do (did) you employ other people? | | 38 | |
| | | Yes, Probe 1-24 | 1 | | |
| | | 25 or more | 2 | | |
| | | No employees / NA | 3 | | |

63. Applies if 'mother' currently working i.e. Q56 = 1 or Q58 = 3

C63DNA

DNA, mother not currently working
i.e. Q58 = 2 or 1 or NA

Thinking now about your current job,
on which days of the week do you usually work?

C63

Varies

Does not vary

39

1

Q68

40

1

NA

2

(a)

(a)

Record days and hours worked: if varies,
record days and hours worked last week

| DAY | Works? | | Times worked: (Code all that apply) | | | |
|------------------------|--------|----|-------------------------------------|----------------------------|--------------------------|-----------------------|
| | Yes | No | Morning 06.00 - 12.59 | Afternoon 13.00 - 17.59 | Evening 18.00 - 23.59 | Night 0.00 - 05.59 |
| <u>C63A1</u> Monday | 1 NA 2 | | 1 | 2 | 3 | NA 4 |
| <u>C63B1</u> Tuesday | 1 | 2 | 1 | 2 HC = 4 | 3 | 4 |
| <u>C63C1</u> Wednesday | 1 | 2 | 1 | 2 | 3 | 4 |
| <u>C63D1</u> Thursday | 1 | 2 | 1 | 2 | 3 | 4 |
| <u>C63E1</u> Friday | 1 | 2 | 1 | 2 | 3 | 4 |
| <u>C63F1</u> Saturday | 1 | 2 | 1 | 2 | 3 | 4 |
| <u>C63G1</u> Sunday | 1 | 2 | 1 | 2 | 3 | 4 |

each line the same
C63A2M1-4
C63B2M1-4
C63C2M1-4
C63D2M1-4
C63E2M1-4
C63F2M1-4
C63G2M1-4

64. How many hours a week do you usually work
leaving out meal breaks?

C64

22-23

If varies: record hours
worked last week

98 or more = 98

DK/NA = 99

Number of hours →

01-99

65. Do you go out to work or work at home?

C65

24

Goes out to work

Works at home

Varies on different days

1

NA

2

3

66 When you are working is (CHILD) usually looked after at home or away from home? C66

If sometimes at home, sometimes away, record place child spends most time while mother working

- Looked after at home
- Looked after away from home
- Varies

25

1
NA
2
3

67. At present who looks after ... (CHILD) while you are working? C67M1-6

Code
all
that
apply

- Child's 'mother', at home
- Child's 'mother', takes child to work with her.
- Child's 'father'
- Child's grandparent
- Child's brother/sister
- Other relative of child in household
- Other relative of child outside household
- Friend/neighbour
- Nanny
- Paid childminder
- Nurseryschool/class
- School
- Day Nursery or Creche
- Play group
- Other (specify)

C67M1-6 → HC = Q67 All
 Q67(a) → C67A Main

HC = Q67 All

01
02
03
04
05
06
07
08
NA
09
10
11
12
13
14
15
16-19

Q67(a) Main

01
02
03
04
05
06
07
08
NA
09
10
11
12
13
14
15
16-19

26-27
28-29
30-31
32-33
34-35
36-37

38-39

(a) Applies if more than one person looks after child

Only one X Q68

Who mainly looks after (CHILD) while you are working? →

Code in column above →

68. TO ALL

Show Card C

At present, is (CHILD) going to any of these regularly each week?

Code those attended in grid below; INCLUDE any mentioned at Q67

C68

None attended

GRID at Q68 = NA

8
9

see Q69
see Q69

For each attended ask (a) - (d) and code in grid below

(a) On how many days a week does (CHILD) usually go to the (PLACE/PERSON)?

(b) Does he/she usually go there:

all day

Running prompt

mornings or afternoons only

or some other time?

(c) Does he/she usually have a meal while he/she is there?

(d) Does he/she usually have any drinks or snacks while he/she is there?

OR

REC 13 SEQ 01

applies if Q68 = 1

REC 13 SEQ 01

| | Q68 | | Q68(a) | Q68(b) | | | Q68(c) | | Q68(d) | |
|-----------------------------------------------|--------|----|--------------------------------|---------|-----------------------------|-------|--------|---------|--------|---|
| | NONA's | | No. of days/week child attends | all day | mornings or afternoons only | other | Meals? | Snacks? | | |
| each line the same | Yes | No | | Yes | No | Yes | Yes | No | | |
| Play group/Play school | 1 | 2 | 01-07 | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| Mother and toddler group | 1 | 2 | C68BA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| Nursery school/class | 1 | 2 | C68CA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| Day nursery or creche | 1 | 2 | C68DA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| Primary/Infants school | 1 | 2 | C68EA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| Childminder | 1 | 2 | C68FA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| Other children's group or childcare (specify) | 1 | 2 | C68GA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| | 1 | 2 | C68HA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| | 1 | 2 | C68IA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |
| | 1 | 2 | C68JA | 1 | 2 | 3 | 1 | 2 | 1 | 2 |

REC 13 SEQ 02

69 'FATHER'S' EMPLOYMENT (male parent-figure)
If no 'father' in household, ask about HOH

REC 01 SEQ 04

Enter per no. from h'hold box

C69

01-19

52-53

NONAS

C69DNA

OR

54

DNA, no 'father' and 'mother' is HOH ..

1

Q75 MOTHER

Did (your husband/HOH) do any paid work last week,
that is in the seven days ending last Sunday, either
as an employee or self-employed?

REC 01 SEQ 01

C69A

22

Yes

1

Q74

No

2 NA

Q70

70. Even though (he) was not working, did (he) have a
job that he was away from last week?

C70

23

Yes

1 NA

Q74

No

2

Q71

71. Last week was (he)

C71

24

waiting to take up a job that (he) had already obtained? .

1

Q72

Individual prompt looking for work?

2

intending to look for work but prevented by
temporary sickness or injury?

3

(Check 28 days or less)

going to school or college full time?

4

Code first that applies permanently unable to work because of long-term
sickness or disability?

NA

Q73

(men 16-64, women 16-59 only)
retired?

5

Alone

(for women, only if stopped work after age 50)
looking after the home or family?

6

or was (he) doing something else? (specify)

7

(No new codes)

8

72. Apart from the job (he) is waiting to take up,
has (he) ever had a paid job or done any paid work?

C72

25

Yes... ..

1

Q74

No

NA
2

73. May I just check, has (he) ever had a paid job,
or done any paid work?

C73

26

Yes

1

Q74

No

2 NA

Q75

74. 'FATHER'S'/HOH's CURRENT JOB

- has one job at present: record details of job
- has more than one job at present: record details of main job
- is not currently working: record details of last job
- is waiting to take up job: record details of 'new job'

Job title:

Describe fully work done:

Industry:

C74SOC

DK/NA = 000

27-29
 000
 100
 1999
 SOC

C74IND

DK/NA = 999

30-32
 500
 317
 1999
 IND

C74FTPT

Full time
 Part time

33
 1
 NA
 2

C74EMP

Employee /NA
 Self-employed

34
 1 (a)
 2 (b)

(a) If employee: ask or record

C74A

Manager
 Foreman/supervisor
 Other employee /NA

35
 1
 2 (i)
 3

(i) How many employees work(ed) in the establishment?

C74AI

1 - 24 /NA
 25 - 499
 500 or more

36
 1
 2 Q75
 3

(b) If self-employed:

Does (did) (he) employ other people?

C74B

Yes, Probe: 1-24
 25 or more
 No employees /NA

37
 1
 2 Q75
 3

75. 'PARENTS' EDUCATION

Ask Qns 75 and 76 about 'mother' and 'father' if present in household

| | Rec of SEQ 02 | Mother figure | Father figure | Rec of SEQ 01 |
|-------------------------------|---------------|---------------|---------------|---------------|
| | | 01-19 | 01-19 | |
| Enter per no | | 1 | OR | |
| DNA, no 'mother' .. | | | OR | |
| DNA, no 'father' .. | | | 1 | |
| | | C7SAMUM | C7SADAD | |
| | | 43 | 41 | |
| Not yet finished | | 1 | 1 | |
| 14 or under | | 2 | 2 | |
| 15. | | 3 | 3 | |
| 16 | | NA 4 | NA 4 | |
| 17 | | 5 | 5 | |
| 18 | | 6 | 6 | |
| 19 or over. | | 7 | 7 | |
| No formal education | | 8 | 8 | |

C7SMUM

C7SDAD

Enter per no

DNA, no 'mother' ..

DNA, no 'father' ..

NUNAS

38-39

Q76

How old were you (was your husband) when you (he) finished your (his) continuous full-time education?

DNA - x instead of
DNA - x code 1

76. Please look at this card and tell me whether you (your husband) have (has) any of the qualifications listed. Start at the top of the list and tell me the first one you come to that you have/he has passed

Show Card D

Code first that applies

- Degree (or degree level qualification)
- Teaching qualification
- HNC/HND, BEC/TEC Higher, BTEC Higher
- City and Guilds Full Technological Certificate
- Nursing qualifications (SRN, SCM, RGN, RM RHV, Midwife)
- 'A' levels/SCE higher
- ONC/OND/BEC/TEC not higher
- City and Guilds Advanced/Final
- 'O' level passes (Grades A-C if after 1975)
- GCSE (Grades A-C)
- CSE (Grade 1)
- SCE Ordinary (Bands A-C)
- Standard Grade (Levels 1-3)
- SLC Lower
- SUPE Lower or Ordinary
- School Certificate or Matric
- City and Guilds Craft/Ordinary level
- CSE Grades 2-5
- GCE 'O' level (Grades D & E if after 1975)
- GCSE (Grades D, E, F, G)
- SCE Ordinary (Bands D & E)
- Standard Grade (Level 4, 5)
- Clerical or commercial qualifications
- Apprenticeship
- CSE ungraded
- Other qualifications (specify)
- (No more codes)
- No qualifications

| | Mother figure | Father figure |
|--|---------------|---------------|
| | C76 MUM | C76 DAD |
| | 1 | 1 |
| | 2 | 2 |
| | 3 | 3 |
| | 4 | 4 |
| | NA | NA |
| | 5 | 5 |
| | 6 | 6 |
| | 7 | 7 |
| | 8 | 8 |

C76 MUM

C76 DAD

44
9%

42

9%

1%

3%

1%

1%

23%

77. Do you (does your husband) smoke cigarettes at all?

| | | | | |
|--------------|---------------|---------------|---------------|---------------|
| | REC 05 SEQ 02 | Mother figure | Father figure | REC 06 SEQ 01 |
| Yes ... | C77MUM | 1 NA 2 | 1 NA 2 | C77DAD |
| No | | | | |

Applies if mother/father smoke

(a) About how many cigarettes a day do you (does he) usually smoke?

| | | |
|-----------------------|-------------------|-------------------|
| | C77AMUM | C77ADAD |
| Less than 1 | 00 01-98 99 | 00 01-98 99 |
| No. smoked a day | | |
| NA / Don't know | | |

78. 'MOTHER'S' PLACE OF BIRTH - female parent figure C78DNA

DNA, no 'mother' 1 - Q80

In which country were you born?

- England C78
- Scotland
- Wales
- N Ireland
- Outside UK

DNA - no mother
1 X

79. To which of the groups listed as this card do you consider you belong?

Show Card E

*

- White C79
- Black - Caribbean
- Black - African
- Black - Other
- Indian
- Pakistani
- Bangladeshi
- Chinese
- None of these

| | |
|--------------|-------|
| 1 NA 2 | } Q80 |
| 3 | |
| 4 | } (a) |
| 5 | |
| 6 | } Q80 |
| 7 | |
| 8 | } (a) |
| 9 | |

(a) How would you describe the racial or ethnic group to which you belong?

*

Not coded.

80. Does your household own or rent this house or flat? C80 55-56

| | | | |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--|
| Prompt as necessary | Owns - with mortgage/loan - outright Rents - local authority/new town - housing association - privately unfurnished - privately furnished - from employer - other with payment Rent free | 01 02 03 04 05 N/A 06 07 08 09 | |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--|

81. Can I just check are you (or your husband) currently receiving Family Credit? C81 57

| | | | |
|--|-----------------------|---------------|--|
| | Yes No | 1 N/A 2 | |
|--|-----------------------|---------------|--|

82. And have you (or your husband) drawn Income Support at any time in the last 14 days? C82 58

| | | | |
|--|-----------------------|---------------|--|
| | Yes No | 1 N/A 2 | |
|--|-----------------------|---------------|--|

83. Could you please look at this card and tell me which group represents the gross income of the whole household? C83 59-60

Please include income from all sources before any compulsory deductions such as income tax, national insurance and superannuation contributions.

Show Card F

Remind informant who is included in the household

| | | |
|---------------------------------------------------------------|------------------------|--|
| Group number Don't know / N/A Refused | 01-12 1 88 99 | |
|---------------------------------------------------------------|------------------------|--|

84. Enter finish time for questionnaire 24 hr. clock → C84A

| | 61-62 | Hours | Mins. | 63-64 |
|--|-------|-------|-------|-------------|
| | 08-22 | 00-59 | | |
| | N/A | N/A | | <u>C84B</u> |

CHILD'S ANTHROPOMETRIC MEASUREMENTS

The measurements of height, and supine length for children under age 2, mid-upper arm circumference, head circumference and weight may be made in any order, and at any visit except blood taking

MDNA

If no measurements made ring code _____
and specify reasons →

65

Blank
or

1

GO TO PAGE 47

Applies if code 1 not ringed on page 39.

| | | REC OF SEX CS | |
|-----------------------------------------------------------------------|-----------------------------------|-------------------------|---------------------------|
| | | MLWT1 | MLWT2 |
| M1. Child's weight (kilograms) | 22-23 | 24 | (a) |
| | | 2 digs | 0-9 |
| (a) Date measured | MIADAY M1AMONTH M1AYEAR | 25-26 27-28 29-30 | (c) |
| | | Day | Mth |
| | | 01-31 N/A | 01-12 N/A |
| | | | 9 2 |
| | | | 093 NONAS. |
| (b) If refused, ring code and specify reasons | M1B | OR | 31 |
| | | 19 | next measure- ment M2. |
| (c) Ring code if scales placed on: | M1CM1-2 | Blank or | 32 |
| | | MC=2 | 33 |
| Code all that apply | Uneven floor | 1 | (d) |
| | Carpet | 2 | |
| (d) Ring code to show whether measurement made at: | M1D | | 34 |
| | 1st attempt | 1 | (e) |
| | 2nd attempt | NA 2 | |
| | Other (specify number) | 3-9 | |
| (e) Specify any special circumstances that might have affected weight | M1EM1-3 | MC=3 | 35 36 37 |
| Code all that apply | No special circumstances /NA..... | 9 | SC |
| | Wearing terry nappy | 1 | next measure- ment |
| | Wearing disposable nappy | 2 | |
| | Other (specify) | 3 | |
| | | 4-8 | |

M2SE1

M2SE2

M2 Child's head circumference (cms)

38-39
40

2 digs
1

0-9

(a)

Use standard tape

M2ADAY
M2AMONTH
M2AYEAR

| | | |
|--------------|--------------|-------|
| 41-42 | 43-44 | 45-46 |
| Day | Mth | Yr |
| 01-31 N/A | 01-12 N/A | 9, 2 |

(a) Date measured

(c)

(b) If refused, ring code and specify reasons

M2B

-93 No NAs.

or
1-9
next measurement

(c) Ring code to show whether measurement made at.

M2C

1st attempt

2nd attempt

Other (specify number)

1
N/A
2
3-9

(d)

(d) Specify any special circumstances that might have affected head circumference measurement

M2DMI-3

No special circumstances / N.A ..

Special circumstances (specify below)

HC=3

9

1

2-8

SC
next measurement

M3SZ

M3. Child's mid upper arm circumference (mms)

Use TALC insertion tape

3. digit (a)

S2-S4

M3ADAY
M3AMONTH
M3AYEAR

| | | |
|--------------|--------------|-----|
| Day | Mth | Yr |
| 01-31 N/A | 01-12 N/A | 9 2 |

(a) Date measured

93 No NMS.

(b) If refused, ring code and specify reasons

M3B

1-9

61 next measurement

(c) Ring code to show whether measurement made at:

M3C

- 1st attempt.....
- 2nd attempt.....
- Other (specify number)

1
NA
2
3-9

62

(d)

(d) Specify any special circumstances that might have affected mid upper arm circumference measurement

M3DMI-3

- No special circumstances /NA.....
- Special circumstances (specify below)

MC-3
9
1
2-8

63
64
65

SC next measurement

REC 01 SER 06

M4. Child's standing height (m) → M4HT1 M4HT2

(a) Date measured → M4ADAY M4AMONTH M4AYEAR

(b) If refused, ring code and specify reasons → M4B

(c) Ring code if standing height not measured because child under 0.750m → M4C

(d) Ring code to show whether measurement made at. → M4D

(e) Ring code if height affected by → M4EM1-4

Height not affected / NA

Hairstyle

Turban

Posture - back not straight

Posture - legs not straight

Unable to stand still

Other (specify)

Code all that apply

25-25 ²² 0-1

000-999 (a)

| | | |
|--------------|--------------|-------|
| 26-27 | 28-29 | 30-31 |
| Day | Mth | Yr |
| 01-31 N/A | 01-12 N/A | 9 2 |

br 93 No NAs

32 next measurement

33 next measurement

34 (e)

35
36
37
38 SC

next measurement

M5. Child's supine length (m)

Applies to children under age 2 at time of measuring

MSDNA

DNA, aged 2 or over

39

next measurement or M6

Supine length

MSLN1

MSLN2

9

0-1

000 - 999

(a)

Deduct 0.100 from Digi-Rod display if spacer block used

40
41-43

(a) Date measured

MSADAY
MSAMONTH
MSAYEAR

| | | |
|-------|-------|-------|
| 44-45 | 46-47 | 48-49 |
| Day | Mo | Yr |
| 01 31 | 01-12 | 9 2 |

No NAs to Day, Month and Year

(b) Ring code if spacer block used

MSB

blank
or
1

50

(d)

(c) If refused, ring code and specify reasons

MSC

OR
1-9

51

M6

(d) Ring code to show whether measurement made at:

MSD

1st attempt

2nd attempt

Other (specify number)

1
NA
2
3-9

52

(e)

(e) Ring code if supine length affected by:

MSEM1-4

Supine length not affected /NA...

Hairstyle

Turban

Posture - cannot lie flat

Posture - cannot straighten legs

Unable to lie still

Other (specify)

MC=4
9
1
2
3
NA
4
5
6
7-8

53
54
55
56

next measurement or M6

Code all that apply

M6.

| Check : to be completed in every case | Tick |
|----------------------------------------------------------|------|
| Weight measured or attempted <i>Not coded or keyed</i> → | |
| Head circumference measured or attempted → | |
| Mid upper arm measured or attempted → | |
| Height measured or attempted → | |
| Supine length : DNA - child aged 2 or over → | |
| or measured or attempted → | |

M7. When all measurements made or attempted ask:

Rec of Seq 06

HEIGHT OF NATURAL PARENTS

There is often a link between a child's height and the height of his/her natural parents

CODE OR ASK

M7

57

Are you (and your husband) the natural parents of (CHILD)

No NAs

Code first that applies

- Both are natural parents 1 (a) (b)
- Only mother is natural parent 2 (a)
- Only father is natural parent 3 (b)
- Neither are natural parents 4 go to p 47

(a) Natural mother's height

M7A1

58

| |
|------|
| Feet |
| 3-7 |
| NA |

M7A2

59-60

| |
|--------|
| Inches |
| 0-11 |
| N/A |

M7A3

61-63

| |
|-------|
| cms |
| 3digs |
| N/A |

OR

(b) Natural father's height

M7B1

M7B2

64

| |
|------|
| Feet |
| 3-7 |
| NA |

65-66

| |
|--------|
| Inches |
| 0-11 |
| NA |

M7B3

67-69

| |
|-------|
| cms |
| 3digs |
| NA |

OR

GO TO PICK UP INTERVIEW PAGE 47

70 71 72 73 74
M1INVAL/M2INVAL/M3INVAL/M4INVAL/M5INVAL

| | | | | |
|------------------|------------------|------------------|------------------|------------------|
| blank or 1 | blank or 2 | blank or 3 | blank or 4 | blank or 5 |
|------------------|------------------|------------------|------------------|------------------|

NOT KEIED -
INPUT AT
EDIT STAGE TO
INDICATE M1-MS
MEASUREMENTS
UNACCEPTABLE

FOLLOW-UP QUESTIONNAIRE TO BE ASKED AT PICK-UP CALL

22

REC 01 SEQ 07

F1. Interviewer code

F1

Dietary record refused

Partial dietary record

4 day dietary record

NONAS

- 1
- 2
- 3
- 4-8

(a)

F2

(a) Specify reasons dietary record refused/partial dietary record

code 7 = stay in hospital

Not coded

F2. Applies if partial or 4 day dietary record obtained

23

DNA, no dietary record . . . X

IR FI = 1

F23

Interviewer code

F2

Bowel movements card fully/partially completed

No bowel movements card

NONAS

- 1
- 2

F3

(a)

(a) Specify reasons why no bowel movements card

Not coded or keyed

GO TO F3

Start time for follow-up questionnaire
(use 24hr clock)

| | | | |
|-------|-------|-------|-------|
| 24-25 | Hours | 26-27 | Mins |
| | 08-22 | | 00-59 |
| | N/A | | N/A |

F3. Record or ask

Who weighed and recorded the food and drink entered in the diary? Please include all those people who did any weighing and recording.

Code all that apply

- Child's 'mother'
- Child's 'father'
- Child's brother(s) or sister(s)
- Other relative of child
- Nanny or childminder
- Other (specify)

| | | | |
|----|--------|-----|----|
| | F3M1-5 | F3A | |
| 28 | F3 | (a) | 33 |
| 29 | 1 | 1 | |
| 30 | 2 | 2 | |
| 31 | 3 | 3 | |
| 32 | 4 | 4 | |
| | NA | NA | |
| | 5 | 5 | |
| | 6 | 6 | |
| | 7-9 | 7-9 | |

(a) Applies if more than one person recording/weighing

DNA, one personX

Who did most of the weighing and recording?

RING CODE IN COLUMN ABOVE

F4. Were there any foods that were impossible to weigh?

| | | | |
|-----------|-----------|------|-----|
| <u>F4</u> | Yes | 1 | (a) |
| | No | 2 NA | F5 |

(a) Which foods were these?

Not coded or keyed

F5. Were there any situations, apart from when your child ate away from home, when it was not possible to weigh what your child was eating?

| | | | |
|-----------|-----------|------|-----|
| <u>F5</u> | Yes | 1 | (a) |
| | No | 2 NA | F6 |

(a) What situations were these?

Not coded or keyed

F6 Were there any occasions when you forgot to weigh and record any food or drink that your child had?

F6

Yes
No

| |
|------|
| 36 |
| 1 |
| 2 NA |

(a) (b) (c)
F7

(a) How often did this happen?

F6A

Several times a day
About once a day
Once or twice during the 4 days
Other (specify)
.....
.....

| |
|------|
| 37 |
| 1 |
| 2 NA |
| 3 |
| 4 |
| 5-9 |

(b) What sorts of foods or drink did you forget to weigh?

Not coded
or keyed

F6CM1-3

(c) What did you do if you forgot to weigh something?

Prompt
as
necessary

Code all
that apply

Missed it out completely
Put it in the diary with no weight
Weighed a similar item and entered this
weight in the diary instead
Noted it down in the eating out diary ...
Other (specify)
.....
.....

| |
|----------------|
| 38 39 40 |
| HC=3 |
| 1 |
| 2 |
| NA |
| 3 |
| 4 |
| 5 |
| 6-9 |

F7. Do you consider your child to be a messy eater?

F7

Yes
No

| |
|------|
| 41 |
| 1 |
| 2 NA |

(a)
F9

(a) Did this cause you any problems with keeping the diary?

F7A

Yes
No

| |
|------|
| 42 |
| 1 |
| 2 NA |

(i)
F8

(i) What sorts of problems did you have?

*

Not coded or
keyed

F8. If your child made a mess with their food did you manage to scrape it up and reweigh it as leftovers:

F8

43

Running prompt

- always
- most of the time
- only sometimes
- or never?

1
2
3
NA
4

F9. If your child ever left any of the food he/she was served, did you remember to weigh the leftovers and write the weight of them down in the diary:

F9

44

Running prompt

- always
- most of the time
- only sometimes
- or never?

1
2
3
NA
4

F10. If any food was wasted or eaten by someone else and therefore could not be reweighed as leftovers, did you remember to write this down in the diary:

F10

45

Running prompt

- always
- most of the time
- only sometimes
- or never?

1
2
3
NA
4

F11. During the (4) days that you were weighing and recording your child's food do you think you offered your child more, less or about the same amount of (ITEM) as usual?

Prompt each item listed below and code in the grid

| | DNA, never eats item | Foods offered to your child | | |
|----------------------|----------------------|-----------------------------|------|------|
| | | More | Less | Same |
| <u>F11A</u> Biscuits | 9 | 1 NA | 2 | 3 |
| <u>F11B</u> Sweets | 9 | 1 | 2 | 3 |
| <u>F11C</u> Crisps | 9 | 1 | 2 | 3 |
| <u>F11D</u> Drinks | 9 | 1 | 2 | 3 |
| <u>F11E</u> Snacks | 9 | 1 | 2 | 3 |

46 each line the sum
47
48
49
50

F12. On the whole, do you think that you offered your child

F12

51

Running prompt bigger
smaller
or the same size portions as usual while you were keeping the diary?

1
2
NA
3

F13. During the (4) days do you think your child ate out of the home including at friends or nursery

F13

52

Running prompt more often
less often
or about the same as usual?

1
2
NA
3

F14. While you were weighing and keeping the diary, did you give your child food that was easier to weigh than you would normally give him/her?

F14

53

Yes, easier to weigh . .
No, same as usual

1
NA
2

F15. Do you think you changed your child's normal diet in any other way during the time you were weighing his/her food?

F15

Yes

No

| |
|-----|
| 54 |
| 1 |
| 2NA |

(a)

F16

(a) In what way did you change your child's normal diet?

*

Not coded
or keyed

F16. Do you think you weighed and recorded the food more accurately at:

F16

Running prompt

the beginning of the diary,

or towards the end of the diary

or was there no difference over the (4) days?

| |
|----|
| 55 |
| 1 |
| 2 |
| NA |
| 3 |

F17. Did you always weigh each item or did you sometimes copy down the weight from a previous occasion, for example, the weights of biscuits, drinks or any other item your child has regularly?

F17

Weighed every item

Sometimes copied down weights

| |
|-----|
| 56 |
| 1NA |
| 2 |

F18

(a)

(a) Which items were weights copied over from?

Not coded
or keyed

18 Ask or record

Did the eating out diary have to be left with someone else, for example a childminder or playgroup worker, for them to record food and drink eaten by your child?

F18

Yes

No

57

Rec 01 Sec 07

1

(a)

2 NA

F19

(a) Were there any problems in keeping the eating out diary when your child was with someone else?

F18A

Yes

No

58

1

(i)

2 NA

F19

(i) What were these problems?

*

Not coded
or keyed

F19. Did you have any other problems with the weighing and recording of what your child had to eat and drink during the (4 day) period?

F19

Yes

No

59

1

(a)

2 NA

F20

(a) What were these problems?

*

Not coded
or keyed

F20. (During the past few days/while you were keeping the diary) has(CHILD) been unwell at all; has he/she:

Individual prompt

been teething? F20A Yes No
 had any diarrhoea? F20B 1 NA 2 60
 been sick or vomited? F20C 1 NA 2 61
 been unwell in any other way (specify) F20D 1 NA 2 62
 F20E 1 NA 2 63
 F20F 1 NA 2 64
 1 NA 2 65

(a) Applies if any F20 coded 'yes'

F20ADNA

DNA, not unwell during diary days

1

F21

On which day did he/she have (..... PROBLEM)

REC 01 SEQ 08

F20A1M1-3 F20A2M1-3 F20A3M1-3 F20A4M1-3

| | Day 1 | Day 2 | Day 3 | Day 4 |
|--------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|
| DNA, not unwell this day | 9 ²² ₂₃ ²⁴ | 9 ²⁵ ₂₆ ²⁷ | 9 ²⁸ ₂₉ ³⁰ | 9 ³¹ ₃₂ ³³ |
| DNA, no diary this day | 8 | 8 | 8 | 8 |
| teething | 1 | 1 | 1 | 1 |
| diarrhoea | 2 | 2 | 2 | 2 |
| vomiting | 3 | 3 | 3 | 3 |
| other (specify) | 4 | 4 | 4 | 4 |
| | 5 | 5 | 5 | 5 |
| | 6 | 6 | 6 | 6 |
| | 7 | 7 | 7 | 7 |

each as Day 1.

Sc

(b) Ask for each day on which child was unwell

MC=3

F20B1 F20B2 F20B3 F20B4

Did being unwell affect his/her eating habits on this day?

Yes, eating affected 34 35 36 37
 No, eating not affected 1 NA 2

RECORD COMMENTS AND PROBE AMBIGUITIES

21. Have there been any (other) unusual circumstances which have affected (CHILD'S) eating habits (during the past few days/while you were keeping the diary)?

F21

38

REC 01 SEP 08

Yes

1
2 NA

(a)

No

F22

(a) What has been different about (CHILD'S) eating habits over these days?

*

Not coded or keyed

F22. Is there anything you would like to say about the diary you kept for your child?

Yes (specify)

1
2 NA

No

Not coded or keyed

F22A

F22B

Finish time for follow-up questionnaire (use 24hr clock)

39-40

| Hours | Mins |
|--------------|--------------|
| 08-22 N/A | 00-54 N/A |

41-42

F23

F23. Applies to all

If kept diary ask: Since you started keeping the diary, that is, since last, has (CHILD) been taking any medicines, tablets or pills that have been prescribed for him/her by a doctor?

If no diary ask: At present, is (CHILD) taking any medicines, tablets or pills that have been prescribed for him/her by a doctor?

F23

Yes, taking prescribed medicines

No prescribed medicines

43

1 (a)

2 NA - F24

For each prescribed medicine ask (a)

(a) What is it? Has it a brand name?

Ask to see all containers for prescribed medicines being taken (during recording period/now). Record the full names of each prescribed medicine in the grid below.

PLEASE USE BLOCK CAPITALS

Max = 8

| PRESCRIBED MEDICINE 1 | PRESCRIBED MEDICINE 2 |
|---------------------------------------------------------------------|------------------------------------------|
| Full name: | Full name: <i>each medicine as 1.</i> |
| Brand name: | Brand name: |
| Strength: <i>MEDCODE DK/NA = 99</i> <i>then PL number DNA</i> | Strength: |
| Product licence no: <i>PLNA 24-27</i> <i>PLNB 28-31</i> | Product licence no: <i>265</i> |

PRESCRIBED MEDICINE 3

Full name

Brand name

Strength

Product licence no

P/L /

PRESCRIBED MEDICINE 4

Full name

Brand name

Strength

Product licence no

P/L /

PRESCRIBED MEDICINE 5

Full name

Brand name

Strength

Product licence no

P/L /

PRESCRIBED MEDICINE 6

Full name

Brand name

Strength

Product licence no

P/L /

PRESCRIBED MEDICINE 7

Full name

Brand name

Strength

Product licence no

P/L /

PRESCRIBED MEDICINE 8

Full name

Brand name

Strength

Product licence no

P/L /

F24. INTERVIEWER'S ASSESSMENT SHEET

To be completed in every case where diary kept.

DNA, no diary..... X

Please record your own assessment of the quality of weighing and recording in the home record and eating out diary. Note any circumstances that you think might have affected eating habits or the quality of the diaries

F25

Not coded or
keyed

| 23 INTERVIEWER'S PROGRESS CHECK | Tick if full or partial | Ring if DNA or refused |
|-----------------------------------------------------------------|-------------------------|------------------------|
| Collect home record diary, with any wrappers (E) | ----- | X |
| eating out diary, with any wrappers (F) | ----- | X |
| bowel movements chart (Q) | ----- | X |
| Collect scales (and box), bowl and plate | ----- | X |
| Complete incentive payment letter and form (if 4 day diary) (Y) | ----- | X |
| Complete measurements of child | ----- | X |
| Collect measuring equipment | ----- | |
| Scales | ----- | X |
| TALC tape and pen | ----- | X |
| Tape | ----- | X |
| Digi-rod and block | ----- | X |
| Record measurement of parents' height | ----- | X |

Not coded or keyed

F26. To be completed after asking dental recall questions at final call

REC 01 SEQ 08

Copy code from Q1 on dental recall sheet

F26

44

- Yes, to interview and examination 1
- Yes, to interview only 2
- Yes, other/conditional 3
- No 4
- Dental recall qns not asked 5 (a)

(a) Specify reasons why dental recall qns not asked

Not coded or keyed