

# **LIDNS**

## **Low Income Diet and Nutrition Survey 2003-2005**

### **Coding & Editing Instructions**

A survey carried out on behalf of The Food Standards Agency

National Centre for Social Research  
Department of Epidemiology and Public Health, University College London  
Department of Nutrition & Dietetics, King's College London

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## 1. Introduction

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This document includes two sections:

- Details of the editing and coding to be applied to Computer Assisted Personal Interviewing (CAPI) questionnaires (administered by interviewers and nurses) and of the editing applied to self-completion booklets on the LIDNS.
- Information about the coding and editing of the dietary data from 24 hour recalls.

## 2 CAPI questionnaires and Self-Completion Questionnaires

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This section details the coding and editing to be applied to Computer Assisted Personal Interviewing (CAPI) questionnaires (interviewer and nurse) and editing applied to self-completion booklets on the LIDNS.

### 2.1 Factsheet Definition for CAPI editing

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A factsheet is provided to aid editing of the CAPI questionnaires. It contains household information and information for each individual session and nurse schedule. The majority of questions, which need to be coded, are printed on the FACTSHEET. Coding decisions should be recorded alongside the appropriate questions or at the end of the FACTSHEET, if the question has not been printed. All factsheets also contain a summary of the respondent's eating habits, which is used for coding dietary data.

The tables below show the variables that appear on the factsheet for editing.

#### Interviewer-administered questionnaire

EthOth	Backcode into EthGrp	Ethnic Group
OthAct	Backcode into COthAct	Other type of sport or exercise
OthDrnA	Backcode DrnkTyp	Other type of alcoholic drink drunk
OthAmtA	Backcode DrnkTyp	Other amount of alcoholic drink drunk
OthDrnB	Backcode DrnkTyp	Any other type of alcoholic drink drunk
OthAmtB	Backcode DrnkTyp	Any other amount of alcoholic drink drunk
OthDrnC	Backcode DrnkTyp	Any other type of alcoholic drink drunk
OthAmtC	Backcode DrnkTyp	Any other amount of alcoholic drink drunk
OthFru	Backcode Frutyp 01-17	Other fruit eaten
OthVeg	Backcode Vegtyp01-23	Other vegetables eaten
OBreType	Backcode BreType	Other type of bread eaten
ORolType	Backcode RolType	Other type of rolls eaten
OChaType	Backcode ChaType	Other breads eaten
OChipFat	Backcode ChipFat	Other chips fried in
ORiceFry	Backcode RiceFry	Other rice fried in

NoHitCO	Backcode NoHitBc1-4	Other reason for not obtaining height measurement
NoWatCO	Backcode NowtBc	Other reason for not obtaining weight measurement
OHINRel	Backcode to HiNRel	Other reason for unreliable height measurement
NsRefO	Backcode to NurseRef	Other reason why respondent refused nurse contact
DLAPdO	Backcode to DLAPd	Other period Disability Living Allowance covers
EducPdO	Backcode EducPd	Other period educational grant/bursary covers
ISPCPdO	Backcode ISPCPd	Other period that Income Support/Pension Credit covers
IntPdO	Backcode IntPd	Other period interest covers
JSAPdO	Backcode JSAPd	Other period that Jobseeker's Allowance covers
OFrqEarn	Backcode FrqEarn	Other take-home pay period
ORegPdO	Backcode ORegPd	Other period regular sources of income covers
OthBPdO	Backcode OthBPd	Other period any other benefit cover
PPenPdO	Backcode PPenPd	Other period Private Pension covers
SPenPdO	Backcode SPenPd	Other period State Retirement Pension covers
HBPdO	Backcode HBPd	Other period housing benefit of income covers
CBenPdO	Backcode CBenPd	Other period that child benefit covers
WTCPdO	Backcode WTCPd	Other period that Working Tax Credit covers
CTCPdO	Backcode CTCPd	Other period that Child Tax Credit covers
EPenPdO	Backcode EPenPd	Other period Employer's Pension covers
IncapPdO	Backcode IncapPd	Other period Incapacity Benefit covers
AttPdO	Backcode AttPd	Other period Attendance Allowance
PartnPdO	Backcode PartnPd	Other period amount from former/absent partner covers
GTSPdO	Backcode GTSPd	Other period Government Training scheme(s) covers
RentPdO	Backcode RentPd	Other period rent covers
EducRecO	Backcode EducRec	How do you receive money from the educational grant/bursary?
OLackC6	Backcode LackC6	Other things to spend an extra £10 week
ChWhat	CchWha 01-06	Changes in current diet wanted
ChHow	CchHow 01-03	What would help to make that change to diet
ChWhyNo	CchWhy 01-04	Reasons for no change to diet wanted

CChChWh	CchChW 01-06	Changes in child(ren)s current diet wanted
CChChHow	Cchchh 01-03	Things to help make changes to child(ren)s current diet
CChChWNo	cchchw11-12	Reasons for no change to child(ren)s current diet wanted
HEat	Chleat01-10	Definitions of healthy eating
YEatImp	Cyeatl 01-04	Reasons why healthy eating is important
YNotImp	Cynotl 01-02	Reasons why healthy eating is not important

### Nurse-administered questionnaire

OthNBP	Backcoded to NattBPD1-3	Other reason for not obtaining blood pressure.
OthDifBP	Backcoded to DifBPC1-3	Other reason for difficulty obtaining blood pressure.
OthSam	Backcoded to Sensac 1-2	Other reason for not wanting blood sample results sent to the GP
OthBDif	Backcoded to SamDifC 1-4	Other problems with taking blood sample.
OthRefC	Backcoded to GPRefC 1-2	Other reasons for refusing to allow BP measurements to be sent to the GP
OthWH	Backcoded to WHPNABM1	Other reasons for not attempting waist-hip measurements
OthRefBS	Backcoded to RefBsc 1-4	Other reason for refusing blood sample.
OthNoBSM	Backcoded to NoBSc 1-2	Other reasons for not obtaining a blood sample.

## 2.2 Other Ethnic Groups

**EthOth** Other ethnic group. To be coded back to **EthGrp**.

### 1. White-British

*Include* English, Scottish, Welsh and Cornish.

### 2. Any other white background

*Include* Northern Irish, Cypriot, Gypsy/Romany, Former USSR, Baltic States, Former Yugoslavia, Other European, White South African, American, Australian, New Zealander, Mixed White

### 3. Mixed – White and Black Caribbean

### 4. Mixed – White and Black African

### 5. Mixed – White and Asian

**6. Any other mixed background**

**7. Asian or Asian British - Indian**

*Include Punjabi*

**8. Asian and Asian British – Pakistani**

*Include Kashmiri*

**9. Asian and Asian British – Bangladeshi**

**10. Any other Asian/Asian British background**

*Include East African Asian, Sri Lankan, Tamil, Sinhalese, Caribbean Asian, Nepalese, Mixed Asian (i.e. mixture of descriptions in the Asian section)*

**11. Black of Black British – Caribbean**

*Include Caribbean and West Indian islands (and also Guyana).*

*Do not include Puerto Rican, Dominican and Cuban, which are Latin American*

**12. Black of Black British – African**

*Include Nigerian, Somali, Kenyan, Black South African, Other Black African countries*

**13. Any other Black/Black British background**

*Include Black American, Mixed Black*

**14. Chinese**

*Include Hong Kong*

**15. Any other**

The following ethnic groups SHOULD NOT be coded back to the categories above but should remain as “other”: Japanese, Vietnamese, Filipino, Malaysian, Aborigine, Afghani, Burmese, Fijian, Inuit, Maori, Native American Indian, Thai, Tongan, Samoan, Arab, Iranian, Israeli, Jewish, Kurdish, Latin American (Cuban, Puerto Rican, Dominican, Hispanic), South American (incl. Central American), Moroccan, Other North African, Iraqi, Lebanese, Yemeni, Other Middle Eastern, Mauritian, Seychellois, Maldivian, St Helena.

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**2.3 Adult Physical Activity**

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**OthAct**            Code 'Other' sports to **COthAct**. Do **NOT** backcode 'other' sports to **WhtAct**.

Code 5            *Any other type of dancing:* Includes any answer mentioning 'dancing' (i.e. sequence dancing, tap dancing etc.). Does not include Ice dancing, see code 46 below

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Code 7      *Football/ rugby*: Includes those participating in the sport as referees and linesmen.

Code 10     *Exercises (e.g. press-ups, sit ups)*: Includes any answer mentioning 'exercises' (i.e. back exercises, office exercises etc.) or 'working out'

If more than one sport is mentioned in the same OthAct variable, then just code the first sport mentioned.

Swimming	01	Netball/handball	54
Cycling	02	Orienteering	55
Workout/Exercise Bike/Weight training	03	Polo	56
Aerobics/Keep Fit/Gymnastics	04	Post natal exercise	57
Dancing	05	Power boat	58
Running/Jogging	06	Racketball	59
Football/Rugby	07	Rambling	60
Tennis/Badminton	08	Riding	61
Squash	09	Roller skating	62
Exercise (e.g. press-ups, sit-ups)	10	Rounders	63
Abseiling/ Paraseiling	11	Rowing (inc machine)	64
Adventure playground	12	Sailing (inc dingy)	65
Aquarobics	13	Scuba/subaqua diving	66
American football	14	Shooting	67
Archery	15	Skateboarding	68
Assault course	16	Skiing/dry slope skiing/snowboarding	69
Back packing	17	Skipping	70
Baseball/softball	18	Skirmishing (war games)	71
Basketball	19	Skittles	72
Battle re-enactment	20	Snooker	73
Bowls - indoor, outdoor, crown, green, Petanque	21	Snorkelling	74
Boxing	22	Sumo wrestling	75
Canal cruising (if responsible for working locks)	23	Surfing	76
Canoeing	24	Swing ball	77
Circuit training	25	Table tennis	78
Climbing	26	Tenpin bowling	79
Cricket	27	Territorial Army	80
Croquet	28	Toning table/bed	81
Curling	29	Trampolining	82
Darts	30	Volley ball	83
Diving	31	Walking on a jogging machine/treadmill	84
Dog training	32	Water skiing	85
Drumming (in a group)	33	Weight lifting	86
Fell walking	34	Wind surfing	87

Fencing	35	Wrestling	88
Field athletics	36	Yoga	89
Fishing/ Fly fishing	37	Other light exercise (incl mini-trampoline, harness racing, Alexander Technique)	90
Fives	38	Other moderate exercise (incl tug of war)	91
Golf	39	Other vigorous exercise (incl water-polo, football training, body building)	92
Hang gliding/parachuting	41	Other - Don't know energy level (incl tehouk ball)	98
Hiking	42	Irrelevant answer	99
Hitting punch sack	43		
Hockey	44		
Horse riding	45		
Ice skating/ Ice dancing	46		
Juggling	47		
Kabadi	48		
Kick boxing	49		
Lacrosse	50		
Marathon running	51		
Martial arts (Karate, Tai Chi etc.)	52		
Motor sports (Motor-cross, go-karting, jet-skiing)	53		

## 2.4 Other Alcoholic Drinks

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If a respondent had alcoholic drinks which were coded at **DrnkType** as “Other alcoholic drinks” (DrnkType = 7), this drink (the type and the amount) should be recoded back into one of the six drink categories noted below.

Questions for recording the *type* of other alcoholic drink are OthDrnA, OthDrnB and OthDrnC repeated for seven days of the week.

Questions for recording *amounts* of other alcoholic drinks are OthAmtA, OthAmtB and OthAmtC.

Exclude all low/non-alcoholic drinks. Home made drinks should be coded into the appropriate category.

### Normal beer:

**Include:** Export, Heavy, Black & Tan, Barley Wine, Diabetic Beer, Home Brew Lager, Lager and Lime, Home Brew Beer, Gold Label, Pomagne, Stout, Scrumpy

**Exclude:** Ginger Beer. Non alcoholic lagers - Barbican, Kaliber, Bottles/cans of shandy. Beer with >6% alcohol by volume (code as ‘strong’). Angostura Bitter (code as spirits)



**Strong beer/cider:**

**Include:** Diamond White/Blush/Zest, K, Special Brew Lager, Tennents Super

**Exclude:** Beer etc with less than 6% alcohol by volume (code as 'normal strength').

Angostura Bitter (code as spirits).

*Added for archive: Diamond White is a cider but it is 8% alcohol by volume putting it in the same category as a 'strong beer'. (There is no separate category for 'strong cider'.)*

**Spirits:**

**Include:** Angostura Bitter, Cocktails, Egg Flip, Snowball, Bacardi, Bailey's, Pernod, Sloe Gin, Pimms, Bourbon, Whisky Mac, Schnapps, Liqueurs, Bluemoon, Vodka, Rum, Southern Comfort, Grappa, Tia Maria, Ouzo/Aniseed, Strega, Cherry Brandy, Arak, Irish Velvet, Brandy, 150 proof Moonshine, Gaelic Coffee, Advocaat, Tequila, Amagnac, Clan Dew, Campari, Malibu, Taboo, Pochene (Irish Moonshine), Jello shots/shooters, Vodka Jelly.

**Sherry:**

**Include:** Vermouth, Port, Cinzano, Dubonnet, Bianco, Rocardo, Noilly Prat, Stones Ginger Wine, Home made Sherry, Tonic wine, Sanatogen, Scotsmac and similar British wines fortified with spirits, Port and Lemon, Madeira.

**Wine:**

**Include:** Punch, Mead, Moussec, Concorde, Champagne, Babycham, Saki, Cherry B, Calypso Orange Perry, Home made wine, Thunder bird.

**Exclude:** Non alcoholic wines such as Eisberg

**Alcopops/pre mixed alcoholic drinks:**

Include: Bacardi Breezer, Metz, Smirnoff Ice, Archers Aqua, Baileys Glide, Red Square, Vodka Reef, Two Dogs, Alcola, Shotts, WKD ('Wicked'), Alcoholic Irn Bru, Thickhead, Cola Lips, Mrs Pucker's Alcoholic Lemonade, Woody's, any mention of 'alcoholic lemonade, cola, orangeade, cream soda' etc

**Backcoding amounts**

Amounts of other alcoholic drinks recorded verbatim at OthAmtA (OthAmtB, OthAmtC) should be recoded into the measurement units appropriate for this type of drink.

If the appropriate drinks category is *not already* coded, then information on the amount should be edited into that category's variables. If the respondent already mentioned that s/he had this type of drink on this day, then the amounts should be added together. For example, a respondent had wine and punch on Tuesday. Wine was coded 5 ("Wine") at DrnkType and punch was coded 7 ("Other alcoholic drinks"). The respondent had 2 glasses of wine and 1 glass of punch. You should recode punch back into wine, i.e. at WineNum change 2 (for two glasses) into 3.

After recoding “other” alcoholic drinks, edit DrnkType so that the code for “Other alcoholic drinks” is not chosen anymore. Details of coding decisions should be recorded on the FACTSHEET.

## 2.5 Questions about food

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### Other fruit

**OthFru** Other fruit eaten in the last seven days. To be coded back FruType.

*Note:* nuts (e.g. cashews) are not fruit and, if mentioned, should be deleted from “Other fruit”.

### Other vegetables

**OthVeg** Other vegetable eaten in the last seven days. To be coded back to VegType.

*Note:* potatoes and baked beans are not included in this question. If the “other” vegetable is potato or baked beans, please edit these data as if no other vegetable was eaten (unless some other vegetable is mentioned at OthVeg as well).

*Swede and turnip:* Neeps are the name for Turnip in Scotland, so please code as 33.

If there is any ambiguity over swede/turnip code - eg if an interviewer has typed swede and in brackets turnip, e.g. swede (turnip) - then please leave as “Other vegetables”.

*Cabbage* (code 11) includes all types, e.g red cabbage and Chinese cabbage.

- |    |                           |
|----|---------------------------|
| 1  | Mixed vegetables (cooked) |
| 2  | Mixed vegetables (raw)    |
| 3  | Ackee                     |
| 4  | Asparagus                 |
| 5  | Aubergine                 |
| 6  | Avocado                   |
| 7  | Beetroot                  |
| 8  | Broad beans               |
| 9  | Broccoli                  |
| 10 | Brussels sprouts          |
| 11 | Cabbage (all kinds)       |
| 12 | Carrots                   |
| 13 | Cauliflower               |
| 14 | Celery                    |
| 15 | Coleslaw                  |
| 16 | Courgettes                |

- 17 Cucumber
- 18 Green (runner) beans
- 19 Green salad, lettuce
- 20 Karella
- 21 Leeks
- 22 Mushrooms
- 23 Okra
- 24 Onion
- 25 Peas
- 26 Peppers (green, red, yellow, orange)
- 27 Spinach
- 28 Sweetcorn
- 29 Tomatoes
- 30 Other vegetables
- 31 No vegetables eaten in last 7 days
- 32 Swede
- 33 Turnip / Neeps
- 34 Parsnip
- 35 Mange tout

#### **Other bread / other milk**

**OBreType** "What is the other type of bread you usually eat?" To be coded back to **BreType**.

- 1. White
- 2. Brown
- 3. Wholemeal/wholewheat/oven wheaten  
*Includes malted wheat (not weight watchers).*
- 4. Granary
- 5. Wheatgerm
- 6. Other
- 7. White slimmers bread  
Use white slimmers bread as default if only slimmers/diet/nimble detail is given and white /wholemeal is not specified.
- 8. Wholemeal slimmers bread
- 9. White bread with added wheatgerm  
This code is for white bread which has added grain e.g. Hovis Best of Both. Use this code if interviewer has indicated white and whole or white and brown bread together.

Malted danish, weight watchers malted bread/danish should be coded as "Other".

**ORoIType** "What are the other type of rolls you usually eat?". To be coded back to

### **RoIType.**

Note that teacake is not bread role and should be deleted if mentioned as "other".

**OChaType** "What are the other type of 'other breads' you usually eat?". To be coded back to **ChaType**.

Note that croissant is not bread and should be deleted if mentioned as "other".

### **Oils and spreads**

**OChipFat** Other type of fat used for frying chips in. To be coded back to **ChipFat**.

#### **Cooking Oils & Fats for OChipFat**

Code	Type of Fat	Includes:	Does not include:
1	Blended vegetable oil	Crisp 'n' Dry Shop brand vegetable oil or brand not specified	
4	Polyunsaturated oils	Sunflower, safflower, sesame, corn, groundnut (peanut)	Reduced fat polyunsaturated oils
4	Polyunsaturated margarines	Shop brand sunflower margarine, shop brand soya margarine. NOT Flora. NOT sunflower <i>spreads</i>	Reduced fat polyunsaturated spreads
6	Other: Please specify	Rapeseed oil, red palm oil, butter, any fat spreads e.g. Flora, Olivio (bertolli), St Ivel Gold	

**ORiceFry** Other type of fat used for frying rice in. To be coded back to **RiceFry**.

#### **Cooking Oils & Fats for ORiceFry**

Code	Type of Fat	Includes:	Does not include:
1	Blended vegetable oil	Crisp 'n' Dry Shop brand vegetable oil or brand not specified	
4	Polyunsaturated oils	Sunflower, safflower, sesame, corn, groundnut (peanut)	Reduced fat polyunsaturated oils
4	Polyunsaturated margarines	Shop brand sunflower <i>margarine</i> , shop brand soya margarine.	Reduced fat polyunsaturated spreads,

			NOT sunflower <i>spreads</i> .
6	Other: Please specify	Rapeseed oil, red palm oil	
8	Butter	Salted or unsalted butter or not specified, spreadable or standard	Spreadable butter reduced fat
9	Reduced fat polyunsaturated spread	Flora, Flora Buttery, PURA, sunflower spreads	
10	Reduced fat non-polyunsaturated spread	Utterly Butterly, Stork margarine, Olivio (Bertolli)	

Responses such as eggs, water etc. are irrelevant as this question is asking only about the type of fat used and therefore should be deleted from “Other”.

## 2.6 Height and weight

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If there is an Interviewer Check (Active Signal) at variable **Height1**, **Height2** or **Height3** and the decimal is .0 (e.g. 150.0), suppress this warning to continue moving through the Edit. Anything other than .0, e.g. 150.4, please tab and refer to office.

**NoHitCO** Other reason for not obtaining height measurement. To be coded back to Nohtbc1-4

**NoWatCO** Other reason for not obtaining weight measurement. To be coded back to Nowtbc 1-3

**OHINRel** Other reason for unreliable height measurement. To be coded back to HiNRel.

## 2.7 Benefits and Income

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About each source of income we ask which period it covers. If “other” category was chosen, try to code back to the categories available. If necessary, adjust the amount. For example, the respondent received £400 pounds that cover four months. There is no category for 4 months but there is a category “one calendar month”.

Recode the amount to £100 instead of £400 and recode the period to one calendar month instead of four months.

**DLapdO** Other period covered by Disability Living Allowance. To be coded back to **DLAPd**.

<b>EducPdO</b>	Other period covered by the educational grant/bursary. To be coded back to <b>EducPd</b> .
<b>ISPCPdO</b>	Other period covered by Income Support/Pension Credit. To be coded back to <b>ISPCPd</b> .
<b>IntPdO</b>	Other period covered by interest from savings and investments. To be coded back to <b>IntPd</b> .
<b>JSAPdO</b>	Other period covered by Job Seeker's allowance. To be coded back to <b>JSAPd</b> .
<b>OFrqEarn</b>	Other period covered by last take-home pay. To be coded back to <b>FrqEarn</b> .
<b>ORegPdO</b>	Other period covered by other regular source of income. To be coded back to <b>OregPd</b> .
<b>OthBPdO</b>	Other period covered by other benefits. To be coded back to <b>OthBPd</b> .
<b>PPenPdO</b>	Other period covered by Employer's pension. To be coded back to <b>PPenPd</b> .
<b>SPenPdO</b>	Other period covered by state retirement pension. To be coded back to <b>SPenPd</b> .
<b>HBPdO</b>	Other period covered by Housing benefit. To be coded back to <b>HBPd</b> .
<b>CBenPdO</b>	Other period covered by Child Benefit. To be coded back to <b>CBenPd</b> .
<b>WTCPdO</b>	Other period covered by Working Tax credit. To be coded back to <b>WTCPd</b> .
<b>CTCPdO</b>	Other period covered by Child Tax Credit. To be coded back to <b>CTCPd</b> .
<b>EPenPdO</b>	Other period covered by Employer's Pensions. To be coded back to <b>EPenPd</b> .
<b>IncapPdO</b>	Other period covered by Incapacity Benefit. To be coded back to <b>IncapPD</b> .
<b>AttPdO</b>	Other period covered by Attendance Allowance. To be coded back to <b>AttPd</b> .
<b>PartnPdO</b>	Other period covered by payment received from a former/absent partner. To be coded back to <b>PartnPd</b> .
<b>GTSPdO</b>	Other period covered by payment from Government Training Scheme. To be coded back to <b>GTSPd</b> .
<b>RentPdO</b>	Other period covered by rent. To be coded back to <b>RentPd</b> .
<b>EducRecO</b>	How do you receive money from the educational grant/bursary? To be coded back to <b>EducRec</b> .

## 2.8 Attitudes and Barriers to Healthy Eating

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You can assign *up to 10 codes* in each question but be careful and *do not double-count* (i.e. do not assign two similar codes to the same answer when it is not clear which code is best applicable). If you cannot code an answer, please choose one of the codes for “other answers” and a researcher will solve these queries at the data analysis stage. There is no need to tab a query for the office.

*Interviewer remarks.* If the interviewer was short of space while recording respondents' answers, they may have put a part of it in a note. Please check whether there are any notes attached to the questions and use this info in your coding.

Note that there are three codes that cannot be used in conjunction with any other codes. These are:

97 /997 – Irrelevant or non-specific answer

98 / 998 – Don't know

99 / 999 – Not answered

The Edit program will not allow you to enter these codes at the same time as other codes.

### Changes to current diet

All respondents aged 16 years old and over were asked the question “Are there things you would like to change about your current diet?” (variable name **Change**). Those who answered Yes, were then asked “What would you like to change [about your current diet]”(**ChWhat**). Their answers were coded appropriately into variables **cchwha 01-06**<sup>1</sup>

See table below:

#### CODE

##### Eat/drink LESS of specific types of foods

101 Less alcohol

102 Less “fat/fatty foods” (if less fatty meat, code 112; if using less fat/oil in cooking, code 301)

##### Meat

111 Less red meat

112 Less fatty meat, e.g. burgers, kebabs

119 Less (other) meat (code if could not code as 111-112)

##### Convenience foods

121 Less fast food/takeaways

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<sup>1</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 6 answers were given by any one respondent, thus the other 4 empty answer variable fields were deleted from the dataset.

- 122 Less pre-cooked food/TV dinners
- 123 Less pizza (if takeaway pizza, code 121)
- 129 Less of (other) convenience foods (code if could not code as 121-123)
  
- 130 Less salt (including using less salt when cooking)

### **Sugary foods**

- 141 Less chocolate/sweets
- 142 Less fizzy/sugary drinks
- 143 Less biscuits/cakes
- 149 Less sugar/(other) sugary foods (code if could not code as 141-143)
  
- 150 Less “junk food” (code only if respondent uses term “junk”)
- 151 Less crisps/chips (if takeaway chips, code 121)
- 152 Less coffee/tea (less caffeine)
- 155 Less starchy foods, e.g. bread/pasta/potatoes (if substituting brown bread for white bread, code 450)
  
- 180 Eat/drink less of other specific types of foods not listed above

### **Eat/drink LESS – without specifying particular foods**

- 195 Eat/drink less to lose weight
- 199 Eat/drink less for other reasons (or without specifying reasons)

### **Eat/drink MORE of specific types of foods**

- 201 More fibre
- 202 More low fat/reduced fat products (if substituting reduced fat spread for butter, code 450)
- 203 More low sugar/no added sugar products
- 204 More low salt/no added salt products
- 205 More fruit/fruit juice
- 206 More vegetables (including salad)

### **Fish**

- 211 More oily fish, e.g. sardines, salmon, mackerel, tuna
- 219 More fish (code if could not code as 211)

### **Meat**

- 221 More white meat, e.g. poultry (if substituting white meat for red meat, code 450)
- 222 More red meat
- 223 More meat (code if could not code as 221 or 222)
  
- 231 More “fresh food” (code only if respondent mentions “fresh food”)
- 232 More organic foods
- 233 Foods rich in vitamins and minerals



- 236 More milk
- 237 More water
- 280 Eat/drink more of other specific types of foods not listed above

### **Eat/drink MORE – without specifying particular foods**

- 295 Eat/drink more to gain weight
- 299 Eat/drink more for other reasons (or without specifying reasons)

### **Food preparation**

- 301 Use less fat/oil in cooking / do not fry / steam or grill rather than fry
- 302 Use healthier fats/oils in cooking, e.g. use olive oil
- 390 Other references to food preparation not listed above

### **General change**

- 450 Substitution of one type of food for a healthier alternative (NB Like for like). For example, using reduced fat spreads instead of butter or using olive oil in cooking instead of lard or eating brown bread instead of white bread, etc.
- 501 More variety
- 502 (Better) balanced diet
- 503 Better quality foods
- 504 “Healthier” diet (code only if respondent mentions “healthy”)
- 505 More cheaper foods
- 511 Cook more / eat more home-cooked food
- 512 Eat at regular times/regularly/not skipping meals/not snacking
- 513 Eat “proper meals” (only code if respondent mentions “proper”/“properly”)
- 995 Other specific answers (only use if the answer is clearly different to anything)
- 997 Irrelevant or Non-specific Answers (only code if none of the above used)
- 998 Don’t Know
- 999 Not answered

### **Helping to make changes to current diet**

All respondents aged 16 years old and over were asked the question “Are there things you would like to change about your current diet?” (variable name **Change**). Those who answered Yes, were then asked “What would help you make that change?” (**ChHow**). Their answers were coded appropriately into variables **CchHow 01-03** <sup>2</sup>

See table below:

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<sup>2</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 3 answers were given by any one respondent, thus the other 7 empty answer variable fields were deleted from the dataset.

**Code**

100                      Nothing

**Factors associated with an individual's attitudes, skills, effort, etc.**

201                      (More) willpower / self-discipline  
202                      Motivation / enthusiasm  
203                      Better cooking skills (including joining a cooking club)  
204                      Changing personal taste preferences (e.g. "acquiring a taste for fruit and vegetables")  
290                      Other factors associated with an individual's attitudes, skills, effort, etc. not listed above

**Health issues**

301                      Better health (including better teeth)  
390                      Other health issues

**Support/encouragement from other people**

401                      Family members changing their diet/eating healthier foods  
402                      Help with food shopping and food preparation  
403                      Joining a slimming club  
404                      Joining other support groups (not slimming club)  
405                      Better information about food/healthy eating (including recipes and better food labelling)  
406                      No/less "junk" food available in shops/restaurants  
407                      No/fewer food adverts  
490                      Other support/encouragement from other people not listed above (code only if could not code 401-407)

**Other factors which are predominantly *not* associated with an individual's attitudes, skills, effort, etc.**

501                      More money / Certain (healthier) foods being less expensive  
502                      Better cooking and storage facilities  
503                      More time available to spend on food shopping and food preparation (e.g. better working hours)  
504                      More shops in the local area  
505                      Better shops in the local area  
506                      Cheaper shops in the local area  
507                      Home food delivery schemes (introduce, improve (cheap or free))  
590                      Other factors which are predominantly *not* associated with an individual's attitudes, skills, effort, taste preferences etc. and which are not listed above (code only if could not code 501-507)  
995                      Other specific answers (only use if the answer is clearly different to anything)  
997                      Irrelevant or Non-specific Answers (e.g. "more physical exercise", "eating

	more veg and fruit", "eating a healthy diet", etc.; only code if none of the above used)
998	Don't know
999	Not answered

## Reasons for reluctance to make changes to the diet

All respondents aged 16 years old and over were asked the question "Are there things you would like to change about your current diet?" (variable name **Change**). Those who answered No, were then asked "Why not?[Why aren't there things you would like to change about your current diet?]" (**CChWhyNo**). Their answers were coded appropriately into variables **CchWhy 01-04** <sup>3</sup>  
See table below:

### CODE

#### Reluctance to change because the diet is already good/healthy

01	Balanced/varied diet
02	A lot of/enough vegetables/fruit
03	Little or no fatty food
04	Little or no sugary food
05	Little or no salt/salty food
06	Little/no pre-cooked food/fast food/"junk food"/etc.
07	Not overeating
09	Other specific indication why the diet is already healthy/good not listed above
10	Diet is healthy/good (without specifying in which way; code if could not code 01-09)

#### Other reasons

21	Diet is OK/ Happy with diet /No need to change diet
22	Used to this diet and therefore would not like to change it
23	Not interested in food / do not care about what to eat
24	Enjoying food is very important (e.g. "Because I like my food")
25	Do not like fruit/vegetables, do not like healthy food (e.g. "healthy food is boring")
26	Eat current diet due to religious (or similar) reasons
27	Not overweight/Weight is fine, so no need to diet (these responses relate to dieting to lose weight rather than diet in general)
28	No health problems that require dietary change
29	Diet is already restricted due to medical reasons
30	Too late to change diet/set in ways
31	Still young/too young
32	Money (e.g. "healthy food is too expensive")

<sup>3</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 4 answers were given by any one respondent, thus the other 6 empty answer variable fields were deleted from the dataset.

33	Would be difficult to cook different food
34	Not enough time to make changes/do shopping required/etc.
95	Other specific answers (only use if the answer is clearly different to anything)
97	Irrelevant or Non-specific Answers (only code if none of the above used)
98	Don't know
99	Not answered

## Changes to child(ren)'s diet

All respondents aged 16 years old and over who have children were asked the question "Are there things you would like to change about your child(ren)'s diet?" (variable name **ChCh**). Those who answered yes, were then asked "What would you like to change [about your child(ren)'s diet]? (**CChChWh**). Their answers were coded appropriately into variables **CchChW 01-06** <sup>4</sup>

See table below:

### CODE

#### Eat/drink LESS of specific types of foods

102	Less "fat/fatty foods" (if less fatty meat, code 112; if using less fat/oil in cooking, code 301)
-----	---

#### Meat

111	Less red meat
112	Less fatty meat, e.g. burgers, kebabs
119	Less (other) meat (code if could not code as 111-112)

#### Convenience foods

121	Less fast food/takeaways
122	Less pre-cooked food/TV dinners
123	Less pizza (if takeaway pizza, code 121)
129	Less of (other) convenience foods (code if could not code as 121-123)
130	Less salt (including using less salt when cooking)

#### Sugary foods

141	Less chocolate/sweets
142	Less fizzy/sugary drinks
143	Less biscuits/cakes
149	Less sugar/(other) sugary foods (code if could not code as 141-143)
150	Less "junk food" (code only if respondent uses term "junk")

<sup>4</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 6 answers were given by any one respondent, thus the other 4 empty answer variable fields were deleted from the dataset.

- |     |  |
|-----|--|
| 151 | Less crisps/chips (if takeaway chips, code 121)  |
| 152 | Less coffee/tea (less caffeine)  |
| 155 | Less starchy foods, e.g. bread/pasta/potatoes (if <i>substituting</i> brown bread for white bread, code 450) |
| 180 | Eat/drink less of other <i>specific</i> types of foods not listed above                                      |

**Eat/drink LESS – without specifying particular foods**

- |     |  |
|-----|--|
| 195 | Eat/drink less to lose weight                                    |
| 199 | Eat/drink less for other reasons (or without specifying reasons) |

**Eat/drink MORE of specific types of foods**

- |     |  |
|-----|--|
| 201 | More fibre   |
| 202 | More low fat/reduced fat products (if <i>substituting</i> reduced fat spread for butter, code 450) |
| 203 | More low sugar/no added sugar products   |
| 204 | More low salt/no added salt products   |
| 205 | More fruit/fruit juice   |
| 206 | More vegetables (including salad)  |

**Fish**

- |     |   |
|-----|---|
| 211 | More oily fish, e.g. sardines, salmon, mackerel, tuna |
| 219 | More fish (code if could not code as 211)             |

**Meat**

- |     |  |
|-----|--|
| 221 | More white meat, e.g. poultry (if <i>substituting</i> white meat for red meat, code 450) |
| 222 | More red meat  |
| 223 | More meat (code if could not code as 221 or 222)   |
| 231 | More “fresh food” (code only if respondent mentions “fresh food”)                        |
| 232 | More organic foods   |
| 233 | <i>Foods rich in vitamins and minerals</i>   |
| 236 | More milk  |
| 237 | More water   |
| 280 | Eat/drink more of other <i>specific</i> types of foods not listed above                  |

**Eat/drink MORE – without specifying particular foods**

- |     |  |
|-----|--|
|     | Eat/drink more to gain weight                                    |
| 295 |  |
|     | Eat/drink more for other reasons (or without specifying reasons) |
| 299 |  |

**Food preparation**

301	Use less fat/oil in cooking / do not fry / steam or grill rather than fry
302	Use healthier fats/oils in cooking, e.g. use olive oil
390	Other references to food preparation not listed above

### General change

450	<i>Substitution</i> of one type of food for a healthier alternative (NB Like for like). For example, using reduced fat spreads <i>instead</i> of butter or using olive oil in cooking <i>instead</i> of lard or eating brown bread <i>instead</i> of white bread, etc.
501	More variety
502	(Better) balanced diet
503	Better quality foods
504	"Healthier" diet (code only if respondent mentions "healthy")
505	More cheaper foods
511	Cook more / eat more home-cooked food
512	Eat at regular times/regularly/not skipping meals/not snacking
513	Eat "proper meals" (only code if respondent mentions "proper"/"properly")
995	Other specific answers (only use if the answer is clearly different to anything)
997	Irrelevant or Non-specific Answers (only code if none of the above used)
998	Don't know
999	Not answered

### Helping to make changes to child(ren)'s current diet

All respondents aged 16 years old and over who have children were asked the question "Are there things you would like to change about your child(ren)'s diet?" (variable name **ChCh**). Those who answered yes, were then asked "What would help you make that change?[Change to the respondent's child(ren)'s diet] (**CChChHow**). Their answers were coded appropriately into variables **Cchchh 01-03** <sup>5</sup>

See table below:

### CODE

101	Nothing (do not code if coded 102)
102	It is up to the child(ren) to change their diet (do not code if coded 101)

<sup>5</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 3 answers were given by any one respondent, thus the other 7 empty answer variable fields were deleted from the dataset.

**Factors associated with an individual's (i.e. the respondent's or the child(ren)'s) attitudes, skills, effort, etc.**

- 201 (More) willpower / self-discipline (refers to both the respondent and the child(ren))/persistence in enforcing certain (healthier) foods on children (e.g. respondent buying no certain foods and drinks, so that they are not available to children)
- 231 Children's obedience: children following the respondent's advice (or that of some other adult members of the household) and eating food that they buy/prepare
- 203 Better cooking skills (including joining a cooking club)
- 204 Changing personal taste preferences (e.g. "acquiring a taste for fruit and vegetables")
- 290 Other factors associated with an individual's attitudes, skills, effort, etc. not listed above (code if could not assign above)

**Health issues (refers to both the respondent and the child(ren))**

- 301 Better health (including better teeth)
- 390 Other health issues

**Support/encouragement from other people (i.e. not members of the family)**

- 405 Better information about food/healthy eating (including recipes and better food labelling; if information is provided at school, code 531)
- 431 School providing education about food/healthy eating
- 432 School having "rules" about what foods can be brought in for breaks/lunchtime
- 406 No/less "junk" food available in shops/restaurants
- 407 No/fewer food adverts
- 490 Other support/encouragement from other people not listed above (code only if could not assign above)

**Other factors which are predominantly *not* associated with an individual's (i.e. the respondent's or the child(ren)'s) attitudes, skills, effort, etc.**

- 501 More money / Certain (healthier) foods being less expensive
- 502 Better cooking and storage facilities
- 503 More time available to spend on food shopping and food preparation (e.g. better working hours)
- 504 More shops in the local area
- 505 Better shops in the local area
- 506 Cheaper shops in the local area
- 507 Home food delivery schemes (introduce, improve (cheap or free))
- 531 BETTER FOOD PROVIDED/AVAILABLE AT SCHOOL (E.G. HEALTHIER/MORE VARIED/LESS EXPENSIVE, ETC.)
- 590 Other factors which are predominantly *not* associated with an individual's

attitudes, skills, effort, taste preferences etc. and which are not listed above  
(code only if could not assigned above)

995	Other specific answers (only use if the answer is clearly different to anything)
997	Irrelevant or Unspecific Answers (e.g. “more physical exercise”, “eating more veg and fruit”, “eating a healthy diet”, etc.; only code if none of the above used)
998	Don't Know
999	Not answered

### Reasons for reluctance to make changes to child(ren)'s current diet

All respondents aged 16 years old and over who have children were asked the question “Are there things you would like to change about your child(ren)'s diet?” (variable name **ChCh**). Those who answered no, were then asked “Why not? [Why aren't there things you would like to change about your child(ren)'s diet] (**CChChWNo**). Their answers were coded appropriately into variables **cchchw11-12** <sup>6</sup>

See table below:

#### CODE

##### Reluctance to change because the diet is already good/healthy

01	Balanced/varied diet
02	A lot of/enough vegetables/fruit
03	Little or no fatty food
04	Little or no sugary food
05	Little or no salt/salty food
06	Little/no pre-cooked food/fast food/”junk food”/etc.
07	Not overeating
08	Child(ren) eat(s) food provided by the respondent or someone else in the household and the respondent is happy with this choice of food
09	Other specific indication why the diet is already healthy/good not listed above
10	Diet is healthy/good (without specifying in which way; code if could not code 01-09)

##### Other reasons

21	Diet is OK/ Happy with diet /No need to change diet
22	Used to this diet and therefore would not like to change it
23	Not interested in food / do not care about what to eat
24	Enjoying food is very important
25	Do not like fruit/vegetables, do not like healthy food (e.g. “healthy food is boring”)

<sup>6</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 2 answers were given by any one respondent, thus the other 8 empty answer variable fields were deleted from the dataset.



26	Eat current diet due to religious (or similar) reasons
27	Not overweight/Weight is fine, so no need to diet (these responses relate to dieting to lose weight rather than diet in general)
28	No health problems that require dietary change
29	Diet is already restricted due to medical reasons
30	Too late to change diet/set in ways
31	Still young/too young (incl. when the question is irrelevant because the child is a baby and is either breastfed or drinks formula)
32	Money (e.g. "healthy food is too expensive")
33	Would be difficult to cook different food
34	Not enough time to make changes/do shopping required/etc.
35	Cannot face fighting with child about changes needed to make diet healthier
36	Do not have control over what child eats
95	Other specific answers (only use if the answer is clearly different to anything above)
97	Irrelevant or Non-specific Answers (only code if none of the above used)
98	Don't know
99	Not answered

## Definition of Healthy Eating

All respondents aged 16 years old and over were asked the following question "There is no one definition for healthy eating. Can you tell me please how you personally would describe healthy eating?" (hIEat). Their answers were coded appropriately into variables **Chleat 01-10** <sup>7</sup>

## CODE

### Eating/drinking LESS of specific types of foods

101	Less alcohol
102	Less "fat/fatty foods" (if less fatty meat, code 112; if using less fat/oil in cooking, code 301)

### Meat

111	Less red meat (if substitution of white meat for red meat, code 402)
112	Less fatty meat, e.g. burgers, kebabs
119	Less (other) meat (code if could not code as 111-112)

### Convenience foods

121	Less fast food/takeaways
122	Less pre-cooked food/TV dinners
123	Less pizza (if takeaway pizza, code 121)

<sup>7</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 10 answers were given by any one respondent, thus there were no empty answer variable fields.

129 Less of (other) convenience foods (code if could not code as 121-123)

130 Less salt (including using less salt when cooking)

### **Sugary foods**

141 Less chocolate/sweets

142 Less fizzy/sugary drinks

143 Less biscuits/cakes

149 Less sugar/(other) sugary foods (code if could not code as 141-143)

150 Less “junk food” (code only if respondent uses term “junk”)

151 Less crisps/chips (if takeaway chips, code 121)

152 Less coffee/tea (less caffeine)

153 Less dairy (e.g. less milk, cheese, etc.)

154 Less preservatives/additives

155 Less starchy foods, e.g. bread/pasta/potatoes (if substituting brown bread for white bread, code 404)

180 Eat/drink less of other specific types of foods not listed above

### **Eating/drinking LESS – without specifying particular foods**

191 Eating only when hungry

192 Eating smaller portions / eating “in moderation” (if “not snacking”, code 512)

199 Other references to eating/drinking less

### **Eating/Drinking More**

201 (More) fibre

202 Low fat/reduced fat products (if substituting low-fat for full-fat products, choose a code from 401-409)

203 Low sugar/no added sugar products

204 Low salt/no added salt products

205 Fruit/fruit juice

206 Vegetables (including salad)

### **Fish**

211 (More) oily fish, e.g. sardines, salmon, mackerel, tuna

219 Fish (code if could not code as 211)

### **Meat**

221 (More) white meat, e.g. poultry (if substituting white meat for red meat, code 402)

222 Red meat

223 Lean meat (if substituting lean meat for fatty meat, code 401)

229 Meat (code if could not code as 221-223)

231 “Fresh food” (code only if respondent mentions “fresh food”)

232	Organic foods
233	Vitamins/minerals
234	(More) protein
235	Carbohydrate
236	(More) dairy (e.g. milk, yoghurt, etc.; if substituting low-fat dairy for full-fat dairy, code 405)
237	(More) water
238	Decaffeinated tea and coffee/herbal teas
290	Other references to eating/drinking more (code if could not assign above)

### **Food preparation**

301	Using less fat/oil in cooking /not frying /steaming or grilling rather than frying
302	Using healthier fats/oils in cooking, e.g. using olive oil
303	Trimming fat off food before eating
390	Other references to food preparation not listed above

### **Substitution of one type of food for a healthier alternative (NB Like for like)**

401	Substitution of lean meat for fatty meat
402	Substitution of white meat for red meat
403	Substitution of reduced fat spreads for butter/margarines
404	Substitution of brown/wholemeal bread for white bread
405	Substitution of low fat dairy for high fat dairy
409	Other references to substitution not listed above

### **General**

501	(More) variety
502	Eating a balanced diet
503	Better quality foods
511	Cooking more / eating more home-cooked food
512	Eating at regular times/regularly/not skipping meals/not snacking
513	Eating “proper meals” (only code if respondent mentions “proper”/“properly”)
521	Becoming vegetarian/vegan
522	Boring; eating “rabbit food”; having to watch what you eat all the time
995	Other specific answers (only use if the answer is clearly different to anything)
997	Irrelevant or Non-specific Answers (only code if none of the above used)
998	Don’t know
999	Not answered

### **Importance of healthy eating**

All respondents aged 16 years old and over were asked the following question: “How important is healthy eating to you” (**EatImp**). Those respondents who answered “Very important” or “Fairly important” to that question were then asked “Can you tell me why healthy eating is important to you?” (variable **YEatImp**). Their answers were then coded under variable name **CyeatI 01-04**<sup>8</sup>. See table below:

## CODE

### Health reasons / life expectancy

01	Healthy eating is related to general health (e.g. “good for health”, “I want to be healthy”, etc.)
02	References to illnesses/health problems that the respondent has/ had (e.g. “Because I have diabetes”, “If I eat well, I do not get as many spots”, etc.)
03	Healthy eating is a way to live longer/reduce risk of chronic disease (e.g. “I want to live long”, want to reduce risk of heart disease, cancer, diabetes)
04	References to family history of illnesses/health problems (e.g. “Parents had heart problems”)
05	To stay healthy for sake of children (e.g. “I have a child to look after”, “I need to stay well because of the children”)
06	Other health reasons (only code if could not code 01-05)

### Other reasons

21	Stress on how one feels if s/he eats healthily (e.g. “makes me feel better”, “general wellbeing”, etc.)
22	Overall benefits to the body (e.g. “I can work very well”, “It helps my body to function well”, “Good for energy”, “If I eat well, I do not feel sluggish”, etc.)
23	To lose weight/not to gain weight
24	To gain weight
25	References to fitness (e.g. “it makes/keeps you fit”, “I want to be fit”)
26	It is good for growth/development of children
27	Old age (e.g. “because I am getting older”)
28	Nutritional value of healthy food (e.g. “it gives you vitamins”, “because you get all the nutrition a person needs”, etc.)
95	Other specific answers not listed above (only use if the answer is clearly different to anything)
97	Irrelevant or Unspecific Answers (e.g. “To be well”, “Don’t like junk food”, etc.; only code if none of the above used)
98	Don’t know

<sup>8</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 4 answers were given by any one respondent, thus the other 6 empty answer variable fields were deleted from the dataset.



## Unimportance of healthy eating

All respondents aged 16 years old and over were asked the following question: “How important is healthy eating to you” (**EatImp**). Those respondents who answered “Not at all important” or “Not very important” to that question were then asked “Can you tell me why healthy eating is not important to you?” (variable **YnotImp**). Their answers were then coded under variable name **CYNotI 01-02**<sup>9</sup>

See table below:

### CODE

01	Diet is OK/ Happy with diet /No need to change diet
02	Used to this diet and therefore would not like to change it
03	Not interested in food / do not care about what to eat
04	Enjoying food is very important (e.g. “Because I like my food”)
05	Do not like fruit/vegetables, do not like healthy food (e.g. “healthy food is boring”)
06	Have no control over what I eat/what is provided for me to eat
07	Not overweight/Weight is fine, so no need to diet (these responses relate to dieting to lose weight rather than diet in general)
08	No health problems
09	Diet is already restricted due to medical reasons
10	Too late to change diet/set in ways
11	Still young
12	Healthy food is too expensive
13	Cannot/would be difficult to cook different food
14	Do not want to cook different food
15	Already eat healthily / do not overeat
95	Other specific answers (only use if the answer is clearly different to anything)
97	Irrelevant or Unspecific Answers (only code if none of the above used)
98	Don't know
99	Not answered

## 2.9 Self-Completion Questionnaire: How do you eat?

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Where respondents circled two codes instead of one, the questionnaires should be checked once again to see whether one of the codes appears to be crossed out.

1. If 2 responses are directly next to each other then code the following:

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<sup>9</sup> This was an open question and the answers that respondents gave were recorded by interviewers verbatim. The coders could use up to 10 codes to code each answer. For this question, a maximum of 2 answers were given by any one respondent, thus the other 8 empty answer variable fields were deleted from the dataset.

If coded 1 & 2 = code 2

If coded 2 & 3 = code 3

If coded 3 & 4 = code 3

If coded 4 & 5 = code 4

2. If 2 responses have been chosen that are separated by another response then code the following:

If coded 1 & 3 = code 2

If coded 2 & 4 = code 3

If coded 3 & 5 = code 4

3. In cases where there is more than one intermediate response between 2 selected codes, then code the following:

If coded 1 & 4 = code 9 (not answered)

If coded 1 & 5 = code 9

If coded 2 & 5 = code 9

4. If D.O.B is blank = CTRL R

## 2.10 Nurse Questionnaire

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### **MedBI** and **DrC** Drug coding

Attempt to code medicines coded as 999999. Query with the UCL research team if necessary. If a query could not be resolved by UCL, code 999996.

### 3. Coding and editing of the 24-hour recalls

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This section outlines procedures for coding dietary data by interviewers and for editing these data by coders at NatCen and nutritionists at KCL. The section also includes details of backcoding of “other” answers to some of the questions asked after each 24 hour recall.

#### 3.1 Food and portion size coding by interviewers

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Interviewers were responsible for coding the food and drink recorded during the 24-hour recall. Coding was not done as part of the interview but as a separate exercise afterwards. Interviewers were encouraged to code the previous 24-hour recall before visiting the respondent for the next interview. This enabled them to gather any extra information they may have needed to code the food item as close as possible to the time of data collection.

#### 3.2 Food coding using the food code list

---

Nutritionists supplied the interviewers with a food code list in two formats: a ‘food coding’ book and a ‘food coding’ program on their laptop. In both formats, the food code list contained code numbers for about 4000 items and a full description of each item taken from the National Diet and Nutrition Surveys nutrient databank. The list was organised into 20 main sections, for example milk and cream, breakfast cereals, fruit, vegetables and different types of meat. The ‘food coding’ book contained additional check lists prepared for interviewers by KCL and the Agency which helped interviewers correctly code particular food groups which required a lot of detail, for example soft drinks and fats used for spreading and cooking. The food code list was updated to take account of new products eaten by the respondents that became available during the fieldwork period, and the revised list was sent to interviewers on a monthly basis. Interviewers used the food code list to assign a food code to every single food or drink item recorded during the recall. For composite dishes, where each individual component was recorded separately, those components were each assigned a code. If an item had been recorded and there was no suitable code given on the list or the interviewer was unsure of the correct code to use, these were assigned a zero. Interviewers did not code recipes, as these would be allocated codes by the nutritionists during the editing stage

#### 3.3 Portion coding

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As well as assigning a food code, interviewers needed to assign a portion code for each food or drink consumed by the respondent. The portion code related to the *amount* of food or drink that was consumed. If the amount consumed had been described using a photograph from the food atlas, the photograph number was entered as the portion code (e.g. the photo of a white bread roll is number G2F). If the amount consumed had been described in household measures (e.g. cups, spoons), interviewers would look up the corresponding portion code using the ‘food coding’ program. If the amount consumed had been described



as a weight (or volume), the interviewer would enter the weight in grams (or volume in ml) as the portion code.

### **3.4 Data entry of the 24-hour recall booklet**

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Once interviewers had coded the 24-hour recall, the booklets were returned to NatCen's Operations Department in Brentwood for data entry. The Blaise program was used to computerise and automate the entry of the 24-hour recall data (Rec24 program).

After the coder had entered a food code and a portion code into the Rec24 program, the following information was displayed on screen for the coder to check that the data entered matched the interviewer's entry on the 24-hour recall sheet:

1. Description of food or drink
2. Description of portion used (photo atlas number (e.g. G12M), household measure (e.g. tablespoon) or weight (in grams))
3. Weight consumed (in grams) as calculated by the Rec24 program from (2).

Once the information had been displayed, the coder visually checked that all codes were correct and that this coding exactly matched that written down by the interviewer on the record sheet. If any codes did not match the description given on the record sheet, the coder could choose to go to the same food coding program and food coding book used by the interviewers to allocate the correct code. In order to assist the coding of the 24-hour recall data and help resolve any queries, the coders had access to fact sheets containing information taken from relevant sections of the face-to-face interview regarding eating habits and food preparation. If coders changed a code, they had to amend the record sheet in green ink to reflect this change. If they could not find the correct code or were unsure of their selection, the entry was manually "flagged" for the nutritionists to check. Coders could also enter general comments about the standard of coding by the interviewer.

The Rec24 program itself incorporated the following checks and raised a flag for the nutritionists where appropriate:

- The coder enters a "missing" code (0 for the food code or 99999 for the portion size code).
- The portion size is outside a defined range. All portion codes are converted into weight in grams by the program. There is a 2-stage flagging process, first to check for data entry errors and then to check that the weight does not exceed the maximum weight set for this food in the nutrient databank.
- Inappropriate portion code used for the food code.
- Excluded food codes used, such as food codes for raw meat.
- Food and portion codes where the base weight has been removed (this prevents the program from calculating the weight consumed and was done for a few foods where the weight needed to be entered manually by the nutritionists).

### 3.5 Editing of the 24-hour recall data

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After entry, the recall data was sent to KCL in batches and viewed by the nutritionists through a version of the Rec24 program that allowed them to see all the flagged entries. The nutritionists also had the 24-hour recall booklets and copies of the fact sheets used by the coders for each respondent. The nutritionists assigned appropriate codes for all flagged food and portion codes and checked entries where the weight exceeded the maximum set for a food. All recipe sheets were individually checked and the type and proportion of ingredients used was compared with existing recipes. If the ingredients differed from an existing recipe in a way that was nutritionally significant, the existing food code was not used. A new food code was allocated to the item and the nutritionists recorded the recipe for each new food code. This comprised the gram weight for each ingredient, percentage vitamin losses for each ingredient where appropriate and, for a cooked dish, a percentage water loss for the whole dish. Each new recipe was added to the nutrient databank and the nutrient content calculated. Initially, the Agency were involved in all decisions regarding the addition of new foods or recipes to the databank, and continued to audit a proportion of these throughout the survey.

For any new products not on the food code list, the nutritionists visited supermarkets or contacted the manufacturer to obtain information on nutrient content in order to decide whether an existing food code could be used or if a new food code was needed.

A respondent's usual eating habits or formally agreed default values were used to answer individual queries. For example, if lasagne was eaten at a restaurant and it was not possible to establish details of the ingredients, the standard food code for that item was used. The nutritionists also referred to food/recipe and portion size data collected from schools for the survey of school meals in secondary schools in England for the accurate coding of school lunches. In addition, the Agency supplied the nutritionists with portion sizes for children of different ages for a range of foods eaten in the home, supermarket products and fast foods. (see Appendix 1 of the main report for more details).

In cases where the interviewer had recorded a missing meal, for example, where a young child had had a school lunch or food out of the home but could not remember what they had consumed, the nutritionists would either copy the foods recorded for a school lunch or comparable meal on another day if these were available, or use an imputed school meal adjusted for age where appropriate. If several meals or a large part of the day's intake was recorded as missing, this day was omitted from the final data set for analysis. Respondents were excluded from LIDNS if meals were missing on more than one day.

A full check of all food and portion code entries (not just the flagged queries) was undertaken by the nutritionists for a random 10% of all of the 24 hour recalls. All supplements were checked in all 24-hour recalls to ensure they had been allocated to the correct supplement group and were assigned a food and portion code.

At the end of data entry and editing, the following checks were run on all the recall data:

- Weights missing or below 0
- Missing portion codes
- Missing food codes
- Food codes not available in the nutrient databank
- Food weights over 1000g
- Missing nutrients in nutrient databank

Finally, each respondent's energy and nutrient intake for each of the four days was calculated. This was then used to calculate the respondent's intake as a percentage of the dietary reference value for each nutrient. Age group and sex specific histograms showing the distribution of intake for each nutrient were then produced and examined by the nutritionists. Cut-offs specific to each age and sex group were identified where high/extreme values existed in the distribution of energy and nutrients. This resulted in data for approximately 500 days being checked against the original paper record sheet. This not only picked up a small number of incorrect food codes or portion sizes (about 5% of outliers) but also a few erroneous nutrient values within the databank (4% of outliers).

### 3.6 Back coding of "Other" answers in the 24-hour recall booklet

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#### Other reason for consuming more or less food and drink on the recall day

After each day's recall we ask "Was the amount of food/drink that you had yesterday about what you usually have, less than usual, or more than usual?" If the respondent answers "Less than usual" or "More than usual", they are then asked to give the main reason that the amount they had to eat/drink was less/more than usual. Where respondents gave an "other" answer, the response was back coded as shown in the table below:

<b>FdLOth</b>	Other main reason for eating less than usual on day of recall. To be coded back to <b>foodles</b>
<b>CODE</b>	
1	SICKNESS/ TIREDNESS Toothache/Sore mouth Injury/Accident Back pain/Period pain
2	SHORT OF MONEY Saving money
3	LITTLE FOOD IN THE HOUSE Not much/no food to eat Wanted to make food stretch/last Saving food for others/shared food
4	TRAVELLING Out of house/Visiting friends/Relatives/At hospital/Went out/Playing out
5	AT A SPECIAL OCCASION OR ON HOLIDAY

- Had visitors/Bank holiday/Socialising/Meal out
- 6 ON A SPECIAL DAY
- 7 WEEKEND DAY
- Friday
- 8 TOO BUSY
- Lack of time
- 9 NOT HUNGRY
- Not in the mood to eat/didn't feel like it
- Had a lot the day before/late evening meal/ate more after midnight
- Ate a lot of sweets/snacks/ice cream/chips so put off other food
- Weather/temperature related
- 10 DIETING
- Deliberate decision
- Cutting down/trying to cut down
- Didn't snack/Snacking only
- Feeling fat
- Missed meal/no proper meal (no elaboration of reason given)
- 11 FASTING
- Include fasting for exercise/sport
- Fasting for hospital appointment
- 12 BORED OR STRESSED
- Other emotional reason e.g. Excited, Upset, Depressed
- 13 WORKING SHIFTS
- At work (no elaboration given)
- 14 DON'T KNOW
- Can't remember what had
- Don't know/not sure if he/she had anything else
- No reason
- 15 SOME OTHER REASON
- Any reason that cannot be coded elsewhere
- e.g. Powercut – cooker not working
- No company /lonely
- Forgot to eat
- Watching TV
- Method/study related
- Fussy/problem eater/food not liked/food refused
- 16 CHANGE OF ROUTINE OF RESPONDENT/ MFP/ MUM/ WIFE
- Not at school/ work
- Mum/Wife ill/away so did not have dinner
- Tiredness/sickness of Mum/ Wife/ MFP/ Other person in HH
- Sleeping/got up late/bed early
- Usually do something else
- No cooker/kitchen not available
- 17 LAZY, COULDN'T BE BOTHERED

18 Didn't cook anything  
 Couldn't be bothered to shop/cook/eat  
 ALCOHOL RELATED  
 Had a hangover /drunk  
 Drinking alcohol (instead of eating)

**FdMOth** Other main reason for eating more than usual on day of recall. To be coded back to **foodmor**

**CODE**

- 1 JUST GOT SOME MONEY  
 Free food/Food gift/ present/food bought by X/meals provided at work  
 More food in the house/been food shopping  
 Vouchers/coupons for food/price reductions
- 2 TRAVELLING  
 Out of house/Visiting friends/relatives/Went out
- 3 AT A SPECIAL OCCASION OR ON HOLIDAY  
 Had visitors/Bank holiday/Socialising/Meal out/takeaway  
 Treating myself/pigging out
- 4 ON A SPECIAL DAY
- 5 WEEKEND DAY  
 Friday
- 6 VERY HUNGRY  
 Bigger portion than usual  
 Ate extra food/meal  
 Picking/more snacking/Ate more sweets  
 Long gap between meals /skipped a meal  
 Making up for not eating much on previous day  
 Weather / temperature related/ no heating  
 Feeling better after being ill
- 7 BORED OR STRESSED  
 Other emotional reason e.g. Excited, Upset, Depressed
- 8 WORKING SHIFTS  
 At work (no elaboration given)
- 9 DON'T KNOW  
 No reason
- 10 SOME OTHER REASON  
 Any reason that cannot be coded elsewhere  
 e.g. It was there/it was available/fancied it  
 Nice food/liked the food that I had  
 Food would go off otherwise/ go stale  
 Method/study related  
 At home (no elaboration given)  
 Someone else cooked
- 11 SICKNESS / HANGOVER / TIREDNESS

- Medical related – taking tablets/period / menopause
- Alcohol related
- 12 DIETING
  - Deliberate decision
- 13 BUSY/ACTIVE/EXERCISE
- 14 CHANGE OF ROUTINE OF RESPONDENT/ MFP/ MUM/ WIFE
  - Not at school/ work
  - Got up early/went to bed late/got home early

**DrLOth** Other main reason for drinking less than usual on day of recall. To be coded back to **drless**

**CODE**

- 1 SICKNESS/ TIREDNESS
  - Toothache/Sore mouth
  - Injury/Accident
  - Back pain/Period pain
- 2 SHORT OF MONEY
  - Saving money
- 3 LITTLE DRINK IN THE HOUSE
  - Not much/no drink
  - Wanted to make food stretch/last
  - Saving drink for others
- 4 TRAVELLING
  - Out of house/Visiting friends/Relatives/At hospital/Went out/Playing out
- 5 AT A SPECIAL OCCASION OR ON HOLIDAY
  - Had visitors/Bank holiday/Socialising/Meal out
- 6 ON A SPECIAL DAY
- 7 WEEKEND DAY
  - Friday
- 8 TOO BUSY
  - Lack of time
- 9 NOT THIRSTY
  - Not in the mood to drink/didn't feel like it
  - Had a lot the day before
  - Weather/temperature related
- 10 DIETING
  - Deliberate decision
  - Cutting down/trying to cut down e.g. Coffee
- 11 FASTING
  - Include fasting for exercise/sport
  - Fasting for hospital appointment
- 12 BORED OR STRESSED
  - Other emotional reason e.g. Excited, Upset, Depressed
- 13 WORKING SHIFTS

- At work (no elaboration given)
- 14 DON'T KNOW  
Can't remember what had  
Don't know/not sure if he/she had anything else  
No reason
- 15 SOME OTHER REASON  
Any reason that cannot be coded elsewhere  
e.g. no hot water  
No company /lonely  
Forgot to drink  
Method/study related  
Fussy
- 16 CHANGE OF ROUTINE OF RESPONDENT/ MFP/ MUM/ WIFE  
Not at school/ work  
Tiredness/sickness of Mum/ Wife/ MFP/ Other person in HH  
Sleeping/got up late/bed early
- 17 LAZY, COULDN'T BE BOTHERED  
Couldn't be bothered to shop/drink
- 18 ALCOHOL RELATED  
Had a hangover /drunk

**DrMOth** Other main reason for drinking more than usual on day of recall. To be coded back to **drmore**

**CODE**

- 1 JUST GOT SOME MONEY  
Free drink/Drink gift/ present/bought by X/drink provided at work  
More drink in the house/been food shopping  
Vouchers/coupons for drink
- 2 TRAVELLING  
Out of house/Visiting friends/relatives/Went out
- 3 AT A SPECIAL OCCASION OR ON HOLIDAY  
Had visitors/Bank holiday/Socialising/Night out  
Treating myself
- 4 ON A SPECIAL DAY
- 5 WEEKEND DAY  
Friday
- 6 VERY THIRSTY  
Drank extra  
Making up for not drinking much on previous day  
Weather / temperature related/ no heating  
Dehydrated
- 7 BORED OR STRESSED  
Other emotional reason e.g. Excited, Upset, Depressed
- 8 WORKING SHIFTS

- At work (no elaboration given)
- 9 DON'T KNOW  
No reason
- 10 SOME OTHER REASON  
Any reason that cannot be coded elsewhere  
e.g. It was there/it was available/fancied it  
Nice drink/liked the drink that I had  
Drink would go off otherwise/go stale  
Method/study related
- 11 SICKNESS / HANGOVER / TIREDNESS  
Medical related – taking tablets/period/menopause  
Alcohol related
- 12 DIETING  
Deliberate decision  
Eating less so drinking more  
Little food in the house
- 13 BUSY/ACTIVE/EXERCISE
- 14 CHANGE OF ROUTINE OF RESPONDENT/ MFP/ MUM/ WIFE  
Not at school/ work  
Got up early/went to bed late/got home early



## Other reason for difficulty in carrying out the recall interview

After each recall we ask the interviewer to complete a feedback questionnaire. One of the questions asks, “Did you or the respondent have difficulty with this interview?” If yes, the interviewer is asked to give reasons for this difficulty. Where interviewers gave an “other” reason, the response was back coded as shown in the table below:

<b>DiffOth CODE</b>	<b>Other reason for difficulty with recall interview. To be coded back to <b>whatdif</b></b>
1	DID NOT UNDERSTAND THE QUESTIONS Got confused Did not respond well to probing Found it difficult
2	DID NOT PREPARE FOOD At friends /relatives/ café/ work etc - not sure how foods are cooked
3	FOODS WERE EATEN AWAY FROM HOME Child at nursery/school Child at other parents/friends house
4	POOR MEMORY OF FOOD Elderly respondent /Alzheimer's Couldn't remember what was eaten at school Used phrases such as 'I think I had' / 'I must have had' / 'I usually have' Could not remember
5	SICK Respondent not feeling well so couldn't spend long at the visit Respondent interviewed from bed so difficult to check items in cupboard
6	LANGUAGE BARRIER Difficulty understanding/first language not English
7	UNCOOPERATIVE / IMPATIENT/NERVOUS/POOR CONCENTRATION Angry /stressed Nervous / poor concentration Difficult respondent to interview
8	NOT ASCERTAINED
9	FREQUENT INTERRUPTIONS Children needing attention TV on in room / respondent distracted by it Telephone calls whilst interviewer was at house Visitors whilst interviewer was at house
10	SOME OTHER REASON Any reason that cannot be coded elsewhere
11	DIFFICULTIES WITH HEARING Respondent deaf
12	PROBLEMS WITH PORTION SIZE ASSESSMENT/FOOD ATLAS Respondent could not see the photos/ poor eyesight

- Respondent could not differentiate between the portions in the atlas  
Difficulty describing portion size in household measures  
Respondent couldn't get to grips with portion sizes
- 13 ALCOHOL RELATED  
Respondent drunk at visit  
Respondent had been drinking alcohol
- 14 RESPONDENT TIRED /BUSY  
Felt under pressure to finish interview /respondent in a rush