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Our Ref: P2347

Dear Sir/Madam,

**Social & Resource Influences on Eating Habits**

We have commissioned a study to collect information on the eating habits and health status of people in the United Kingdom.

In the next few days, an interviewer from the *National Centre for Social Research*, an independent research organisation, will knock on your door. I would be very grateful if you could spare five minutes to answer a few questions. Some people will be asked to take part in a longer study.

You might want to show this letter to other people in your household, just in case the interviewer calls when you are not at home. The interviewer will show you their **identification card**, which includes their photograph and the *National Centre* logo shown on the top of this letter.

Any information you give us is confidential. No one will be able to identify you or any member of your family. I hope that you will be willing to help us with this study. We rely on the goodwill and voluntary co-operation of those invited to take part to make the study a success.

Some questions that you may have about the study are answered on the other side of this letter. If you have any other queries or want further information please call Theresa Patterson at the *National Centre* on 01277 200 600.

Many thanks in anticipation of your help.

Yours sincerely,

Mark Bush  
Nutrition Division, FSA

Theresa Patterson  
Operations Department, NatCen

### **How was my address chosen?**

Your address was chosen at random from a list of all postcodes in the UK. This list is held by the Post Office and is available to the public.

### **Why should I take part?**

We need information from a wide range of people including those in or out of work, children and the elderly; otherwise we would not get a true picture of the eating habits and health status of people in the UK. It is important that everyone who is chosen takes part so that the results are representative of the UK as a whole.

### **What is the study about?**

We want to find out about the eating habits, health status and lifestyles of people in the UK and the things that affect them.

### **What will happen to any information I give?**

Any information you give us is treated in strict confidence. The published results of the study will never include any names or addresses. The information collected is used for statistical and research purposes only.

### **Who is carrying out the study?**

The Food Standards Agency has asked the *National Centre for Social Research*, in collaboration with the Department of Nutrition and Dietetics at Kings College London (KCL) and the Department of Epidemiology and Public Health at University College London (UCL) to carry out the survey.

The *National Centre*, KCL and UCL are independent of any government departments and political parties.

***Do I get anything from the survey?***

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If you wish, you may have a record of your measurements and the results of the blood tests. Also, if you wish, your body mass index (BMI), blood pressure and the blood sample results most directly related to your health will be sent to your GP who will be able to interpret them for you and give you advice if necessary.

***If I have any other questions?***

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We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. If you have any other questions, please do not hesitate to ring one of the contacts listed below.

Your co-operation is very much appreciated.

Bev Bates  
National Centre for Social Research  
35 Northampton Square  
London  
EC1V 0AX

Dr Paola Primatesta  
Department of Epidemiology  
& Public Health  
Royal Free & University  
College London Medical School  
1-19 Torrington Place  
London WC1E 6BT

Tel: 020 7549 9593

Tel: 020 7679 5646

**Thank you very much for your help with this important survey**



## **Social and Resource Influences on Eating Habits**

This survey is being carried out for the Food Standards Agency, by the *National Centre for Social Research*, an independent research institute in collaboration with the Department of Nutrition and Dietetics at KCL (King's College London) and the Department of Epidemiology and Public Health at UCL (University College London).

This leaflet tells you more about the survey and why it is being done.

### **What is it about?**

Over the past twenty years or so there has been a considerable increase in the range of food available in the shops. For many people, this has meant changes in the kinds of food they eat and their eating styles.

We have been asked to carry out a large national study to find out, in detail, about the eating habits of people in the UK. Currently, we are carrying out the main study. Everyone taking part will first be asked to take part in an interview, carried out by one of our trained interviewers. This is to collect information on general eating habits and health and some basic information about the individual, their lifestyle and their household.

We would also like to collect information about eating patterns. If you agree, the interviewer will visit you again to collect information about what you have had to eat and drink over several separate days. Every person who completes this part of the survey will be given £40 as a token of our appreciation.

The survey also collects, if you agree, some physical measurements such as height, weight and blood pressure. People will also be asked if they are willing to provide a small sample of blood.

### **Why have we come to your household?**

To visit every household in the UK would take too long and cost too much money. Instead we select a sample of addresses in such a way that all addresses in the country have a chance of being selected. You will represent thousands of other people in the country. The addresses were taken from the Postcode Address File, a list compiled by the Post Office of addresses to which mail is delivered.

Some people think that they are not typical enough or too different from other people to be of any help in the survey. The important thing to remember is that the community consists of a great many different types of people and we need to represent them all in our survey. The results will present a more accurate picture if everyone we approach agrees to take part, and we hope you will.

### **Is the survey confidential?**

Yes. We take very great care to protect the confidentiality of the information we are given. The survey results will not be in a form which can reveal your identity. This will only be known to the *National Centre/KCL/UCL* research team.

If you agree, however, your name, address and date of birth, but no other information, will be passed to the National Health Service Central Register and Cancer Registry. This would help us if we wanted to follow you up in future.

### **Is the survey compulsory?**

No. In all our surveys we rely on voluntary co-operation. The success of the survey depends on the goodwill and co-operation of those asked to take part. The more people who do take part, the more useful the results will be. However, you may take part in some parts of the survey but not others and you are free to withdraw from any part of the survey at any time.

### **What will happen after the interviewer visits?**

If you agree, the interviewer will arrange for a qualified nurse to visit - at a time convenient for you - so that some measurements can be taken. The nurse will measure your waist and hip circumferences (if you are aged 11 or over), mid-upper arm circumferences (if you are aged between 2 and 15) and your blood pressure (for those aged 4 and over).

If you are aged 8 and over, the nurse will also ask your agreement to take a small blood sample from your arm. The nurse will have to get your written permission before a blood sample can be taken. You are of course free to choose not to give a blood sample, even if you are willing to help the nurse with everything else.

The analysis of all the measurements and blood samples, together with the details about foods eaten, will help provide a better understanding of the relationship between diet and health. During the visit, the nurse will be able to explain the importance of these measurements and answer any questions.

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## **Might there be implications for insurance cover?**

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We will only pass on the results of your body mass index (BMI), blood pressure and the blood sample results most directly related to your health to your GP if you agree.

If the tests do show that you are at risk from health problems that you and your GP did not know about, it may be possible to lower that risk. Your GP could discuss changes in lifestyle or even treatments that could improve your health. Letting your GP know the results of the tests could then be of benefit to you.

If you think that you may want to apply for life insurance, health insurance or perhaps a health report for employment purposes in the future, you may prefer not to have your GP informed about the results of the tests. This is because your GP may be asked by an insurance company, with your permission, to report on any health problems you have. Having given your permission for your GP to provide a report, you then have the right to see the report before your GP sends it to the insurance company, and you can ask for the report to be amended if you consider it to be incorrect or misleading.

It is up to you to decide if you want your GP informed: we will not do so unless you agree.

## **If I have any other questions?**

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We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. If you have any other questions, please do not hesitate to ring one of the contacts listed below. Your co-operation is very much appreciated.

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National Centre for Social Research  
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**Thank you very much for your help with this important survey**



## **Social and Resource Influences on Eating Habits**

This survey is being carried out for the Food Standards Agency by:

- the *National Centre for Social Research*, an independent research institute;
- the Department of Nutrition and Dietetics at King's College London (KCL); and
- the Department of Epidemiology and Public Health at University College London (UCL).

You have already taken part in the first stage of the survey, which consisted of an interview, collection of dietary information and some measurements (height and weight). This leaflet tells you more about the second stage of the survey.

## **The Second Stage**

A registered nurse will ask you some further questions and will ask permission to take some measurements. The measurements are described overleaf. You need not have any measurements taken if you do not wish but, of course, we very much hope you will agree to them as they are a very important part of this survey. If the survey results are to be useful to the Food Standards Agency, it is important that we obtain information from all types of people in all states of health.

P2347/MS\_Stage2Adult.doc

## **The measurements**

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- **Blood pressure (Age 4 years and over)**

High blood pressure can be a health problem. A person's blood pressure is influenced by age and can vary from day to day with emotion, meals, tobacco, alcohol, medication, temperature and pain. Although the nurse will tell you your blood pressure along with an indication of its meaning (for adults), blood pressure is difficult to measure accurately and a diagnosis cannot be made on a measurement taken on a single occasion. Blood pressure is measured using an inflatable cuff that goes around the upper arm.

- **Waist-to-hip ratio (Age 11 years and over)**

Lately there has been much discussion about the relationship between weight and health. We have already recorded your weight and height but another important factor is thought to be the distribution of weight over the body. The ratio of your waist to hip measurements is most useful for assessing this.

- **Mid-upper arm circumference (Age 2 to 15 years)**

This is a useful tool for the assessment of nutritional status in children.

## **Blood sample**

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If you are aged 8 or older, we would be very grateful if you would agree to provide us with a sample of blood. A qualified nurse would take a small amount of blood (no more than 15ml or 3 teaspoons) from your arm using new sterile equipment. You are of course free to choose not to give a blood sample, and the nurse will ask for your written permission before a blood sample is taken.

Everyone's blood is a little bit different. Your blood can tell us very interesting things about your health, and about the ways in which your body benefits from the food you eat. By using modern hospital laboratory methods, we will be able to measure a very wide range of things in your blood. All of the measurements will be related to nutrition and will be looked at alongside the other information you provided about what you eat.

The components of your blood that will be measured include:

**Blood lipids** - We will measure total cholesterol. Cholesterol is a type of fat present in the blood, related to diet. Too much cholesterol in the blood increases the risk of heart disease

**Haemoglobin & ferritin**- Haemoglobin is the red pigment in the blood, which carries oxygen. A low level of haemoglobin is called anaemia. Ferritin measures the body's iron store.

**Blood cell count** - Blood contains many types of cells, all with different functions. Examples are the red cells, which carry oxygen and the white cells that fight infection.

**Vitamins** - The amount of vitamins in your blood helps to tell us whether you are getting enough in your diet and absorbing them efficiently. We will carry out analyses for vitamin A, the carotenes, B group vitamins, folate and vitamins C, D and E.

The measurements most directly related to your health will be sent back to you and also to your GP (for his or her records about you), if you agree. To make sure that the right results are sent to the right people we use an identification number on the blood sample. Only the *National Centre* can link this number with the name and address of a person.

We would like to store a small amount of blood. Medical tests of blood samples are becoming more advanced and specialised. This means that we may be able to learn more about the health of the population by re-testing blood in the future. Potentially, future research using the sample you give may include genetic research testing for genes which control the iron introduced in our body with the food we eat. We will ask you separately for permission to store blood. Any future testing of this blood will also require the consent of the Food Standards Agency, who is funding this study, and the Multi-Centre Research Ethics Committee, who set guidelines on research involving people.

The blood samples will **not** be tested for the HIV (Aids) virus.

## **Letting your GP know the results**

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With your agreement we would like to send your body mass index (BMI), blood pressure and the blood sample results most directly related to your health to your GP. We believe that this may help you to take steps to keep in good health. Your GP can interpret the results in the light of your medical history. If the GP considers your results to be satisfactory, then nothing further will be done. If your results showed, for example, that your blood pressure was above what is usual for someone of your sex and age, your GP may wish to measure it again.

If any results give any cause for concern, your GP and you can decide on the best cause of action, if any.

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**SOCIAL & RESOURCE INFLUENCES ON  
EATING HABITS**

**MEASUREMENT RECORD**

FULL NAME: \_\_\_\_\_

SERIAL NUMBER:

CHECK LETTER:

NURSE NAME: \_\_\_\_\_

NURSE NUMBER:

P2347/8347

**SOCIAL & RESOURCE INFLUENCES ON  
EATING HABITS**

**MEASUREMENT RECORD**

FULL NAME: \_\_\_\_\_

SERIAL NUMBER:

CHECK LETTER:

NURSE NAME: \_\_\_\_\_

NURSE NUMBER:

**MID-UPPER ARM CIRCUMFERENCE (2-15 years)**

\_\_\_\_\_ cm

**MID-UPPER ARM CIRCUMFERENCE (2-15 years)**

\_\_\_\_\_ cm

**BODY MASS INDEX (BMI) (age 16 and over)**

\_\_\_\_\_

**BODY MASS INDEX (BMI) (age 16 and over)**

\_\_\_\_\_

**WAIST AND HIP MEASUREMENT (age 11 and over)**

*First measurement*

*Second measurement*

Waist \_\_\_\_\_ cm      Waist \_\_\_\_\_ cm

Hip \_\_\_\_\_ cm      Hip \_\_\_\_\_ cm

**WAIST AND HIP MEASUREMENT (age 11 and over)**

*First measurement*

*Second measurement*

Waist \_\_\_\_\_ cm      Waist \_\_\_\_\_ cm

Hip \_\_\_\_\_ cm      Hip \_\_\_\_\_ cm

**BLOOD PRESSURE (aged 4 and over)**Systolic  
(mmHg)Diastolic  
(mmHg)Pulse  
(bpm)(i) 

--	--	--	--	--	--	--	--	--

(ii) 

--	--	--	--	--	--	--	--	--

(iii) 

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Blood pressure interpretation for people aged 16 and over:

<input type="checkbox"/>	Normal	<input type="checkbox"/>	Moderately raised
<input type="checkbox"/>	Mildly raised	<input type="checkbox"/>	Considerably raised

Summary of advice given by nurse:

Visit your GP to have your blood pressure checked within:

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Please refer to the leaflet given to you by the nurse for information about measuring and interpreting blood pressure.

Thank you for your co-operation

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National Centre for Social  
Research  
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(ii) 

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(iii) 

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## **SOCIAL & RESOURCE INFLUENCES ON EATING HABITS**

### **Information about Ametop gel**

Everyone aged 8 to 17 who takes part in this survey and agrees to provide a blood sample has the choice of having Ametop gel used before the sample is taken.

This leaflet tells you about what the gel does and how it works.

It is important to remember that you do NOT have to have the gel; it is up to you to decide.

- ***What is Ametop gel?***

It is a white gel, which, when it is put on the skin and left for a while, makes the skin go numb; this means that the slight scratch when the needle pricks the skin is hardly felt.

- ***How long does it take to work?***

The cream works best if it is left on the skin for at least thirty minutes, and it needs to be kept covered. The nurse will apply the gel and cover it with an adhesive dressing.

The nurse will either apply the gel during the first visit and wait for it to take effect or, if this is not convenient, will return for a separate visit to take the blood sample.

Once the blood sample has been taken, the effect of the Ametop will wear off slowly over the next few hours.

- ***Can Ametop gel be used on anyone?***

Ametop gel is very safe. People who are allergic to or have had a bad reaction to local or general anaesthetics are the only ones who should **not** have Ametop gel applied. If you decide you would like to have the gel applied, the nurse will check with you that it is safe for you to have the gel, **BEFORE** it is applied.

The nurse would not apply the gel to any skin which is sore or broken or an area on the skin where there is eczema.

- ***Are there any side effects?***

Sometimes the area where the cream has been applied goes pale, and on some people the skin goes a bit red. Occasionally, the area can be a bit itchy, or puff up slightly. None of these effects is serious or harmful and they will wear off as the effect of the cream wears off.

Some people know that they have an allergy to some types of plaster; if you have this, please tell the nurse, who will make sure that the plaster used to cover the cream is the right kind for you.

*Please remember that you do not have to use Ametop. It is your choice. If you have any questions about Ametop, or if you are worried about any aspect of the blood sample, please speak to the nurse before you make up your mind.*

## NURSE APPOINTMENT INFORMATION

Thank you for agreeing to take part in the next stage of our survey.

A qualified nurse will call you to make an appointment.

She/He will be able to give you more information about the measurements.

- For 30 minutes before the nurse arrives, if possible could you:
  - not eat
  - not smoke
  - not drink alcohol
  - avoid vigorous exerciseas this could affect your blood pressure readings.
- It would also be very helpful if you could wear light clothing.
- Please do not wear clothing which is tight (e.g. lycra, tight jeans) or has a thick belt; otherwise your waist and hip measurements will not be accurate.
- The nurse needs to record the prescribed medicines that you may be taking as some medicines may affect the measurements. If you are taking any prescribed medicines it would be very helpful if you could have the containers ready for the nurse.
- If the nurse is visiting a child or young person aged under 18 in the household, a parent will need to be present during the nurse visit.

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<b>SOCIAL AND RESOURCE INFLUENCES</b> <b>P2347</b> <b>ON EATING HABITS</b> <b>ADDRESS RECORD FORM (ARF)</b> <b>BLUE TEAM</b>	<b>A</b>	ASSIGNMENT/SLOT NAME:	
		TRIP/RETURN NO:	
		FINAL OUTCOME:	

<b>ADDRESS DETAILS</b>	<b>SELECTION LABEL</b>
	<b>HH No:</b> <div style="border: 1px solid black; width: 20px; text-align: center; margin: 0 auto;">1</div>

<p style="text-align: center;"><b>Title &amp; Surname</b></p> <p>Name of RESPONDENT 1: <input style="width: 80%;" type="text"/></p> <p>Name of RESPONDENT 2: <input style="width: 80%;" type="text"/></p> <p>Telephone number: <input style="width: 80%;" type="text"/></p> <p>No Tel: <input style="width: 20px;" type="text" value="2"/> No. refused / ex-directory <input style="width: 20px;" type="text" value="3"/></p>	<p style="text-align: center;"><b>MFP is the adult with main responsibility for shopping and preparing food</b></p> <p>Name of MAIN FOOD PROVIDER: <input style="width: 80%;" type="text"/></p> <p>Interviewer name: <input style="width: 80%;" type="text"/></p> <p>Interviewer number: <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/></p> <p>Total No of Calls: <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> *</p>
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Call No.	Date DD/MM	Day of week	Call Start Time 24hr Clock	<b>CALLS RECORD</b> (Note all calls, including telephone calls)	*Call Status (Enter codes only)	Call End Time 24hr Clock
1	/		:			:
2	/		:			:
3	/		:			:
4	/		:			:
5	/		:			:
6	/		:			:
7	/		:			:
8	/		:			:
9	/		:			:

**Call Status Codes: 1=No Reply, 2=Contact Made, 3=Appointment Made, 4=Any Interviewing done, 5=Any Other Outcome (describe in calls record)**

<b>RE-ALLOCATED ADDRESS/HOUSEHOLD : If this address/household is being reallocated to another interviewer before you have completed it, code here</b>	90	<b>END</b> *
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## Establish whether address is eligible

<b>1.</b>	IS THIS ADDRESS TRACEABLE, RESIDENTIAL AND OCCUPIED AS A MAIN RESIDENCE?	Yes  Unsure  No  <b>Office Refusal</b>	A B C 410	Go to Q5 Go to Q2 Go to Q3 END	*	
<b>2.</b>	CODE OUTCOME : UNKNOWN ELIGIBILITY	OFFICE USE ONLY  OFFICE APPROVAL ONLY: Issued but not attempted OFFICE APPROVAL ONLY: Inaccessible Unable to locate address Unknown whether address contains residential housing: info refused Unknown whether address contains residential housing: no contact Residential address, unknown if occupied : info refused Residential address, unknown if occupied : no contact OFFICE APPROVAL ONLY: Other unknown eligibility	611 612 620 630 641 642 651 652 670	Go to Q4	*	
<b>3.</b>	CODE OUTCOME : Deadwood (Ineligible)	Not yet built/under construction Demolished/derelict Vacant/empty housing unit Non-residential address (e.g. business, school, office, factory etc) Address occupied, no resident household (e.g. occupied holiday/weekend home) Communal establishment/institution - no private dwellings Other Ineligible	710 720 730 740 750 760 790	Go to Q4	*	
<b>4.</b>	RECORD REASONS FOR USING CODES 611 - 670 OR 710 - 790					END

## Establish number of Occupied Dwelling Units (DUs) at address

<b>5a.</b>	<b>ESTABLISH NUMBER OF OCCUPIED DUs AT ADDRESS:</b>				
	If necessary, ask: (i) Can I just check, is this ( <i>house/bungalow</i> ) occupied as a single dwelling, or is it split into flats or bedsitters? (ii) How many of those ( <i>flats/bedsitters</i> ) are occupied at the present time?				
<b>b.</b>	<b>INTERVIEWER SUMMARY:</b>	1 DU only	A	<b>Go to Q7</b>	
		2+ DUs	B	<b>Go to Q6</b>	
		NUMBER OF DUs NOT ESTABLISHED	C	<b>Go to c</b>	
<b>c.</b>	<b>IF NUMBER OF DUs NOT ESTABLISHED:</b>				
	Why not?				
	No contact with anyone at the address	<b>311</b>	<b>END</b>		
	Contact made but no info ( <i>eg. no responsible adult, language difficulties, illness etc</i> )	<b>331</b>			
	Contact made but info refused (about no. of DUs)	<b>421</b>			

## Multi-DU addresses - select DU for interview

<b>6a.</b>	<b>IF 2+ DUs</b>				
	List all occupied DUs at address (continue on separate sheet if necessary)				
	<ul style="list-style-type: none"> <li>• In flat/room number order</li> <li>• <b>OR</b> From bottom to top of building, left to right, front to back</li> </ul>				
	<b>Description</b>	<b>DU Code</b>	<b>Description</b>	<b>DU Code</b>	
		01		07	
		02		08	
		03		09	
		04		10	
		05		11	
		06		12	
	<b>IF 2-12 DUs:</b> <ul style="list-style-type: none"> <li>• Look at the selection label on page 1 of the ARF.</li> <li>• In the 'UH' row: find the number corresponding to the total number of DUs.</li> <li>• In 'Select' row: number beneath total number of DUs is the <b>selected DU code</b>. Ring on grid above and write in at <b>b.</b> below.</li> </ul>				
	<b>IF 13+ DUs:</b> <ul style="list-style-type: none"> <li>• Check back of project instructions for <b>selected DU code</b>. Write in at <b>b.</b> below.</li> </ul>				
<b>b.</b>	<b>ENTER CODE NUMBER OF SELECTED DU:</b>			<b>Go to Q7</b>	

## Establish Number of Catering Units (CUs) in Selected DU

<b>7a.</b>	<b>ESTABLISH NUMBER OF CUs IN SELECTED DU.</b>  Do all the people who live together in this dwelling eat food that is bought and prepared for them as a group, or do any of them buy and prepare their food separately? IF SOME SEPARATE, PROBE TO DETERMINE NUMBER OF SEPARATE CATERING UNITS.		
	NUMBER OF CUs ESTABLISHED	A	Go to b
	NUMBER OF CUs NOT ESTABLISHED	B	Go to c
<b>b.</b>	NUMBER OF CUs IN (SELECTED) DU	1	Go to Q9
	RECORD NUMBER IF 2 OR MORE:		IF 2+, Go to Q8
<b>c.</b>	<b>IF NUMBER OF CUs NOT ESTABLISHED: Why not?</b>  No contact with anyone at (selected) DU <span style="float: right;"><b>312</b></span> Contact at (selected) DU, but no info (eg no responsible adult, language difficulties etc) <span style="float: right;"><b>332</b></span> Contact made but info refused (about no. of CUs) <span style="float: right;"><b>422</b></span>		
			<b>END</b>

## Select a Catering Unit (within DU)

<b>8a.</b>	<b>IF 2+ CUs</b> ESTABLISH MAIN FOOD PROVIDER (MFP) IN EACH CATERING UNIT. Ask for name of <b>person with main responsibility for shopping and preparing food</b> in each Catering Unit. <b>LIST IN ALPHABETICAL ORDER IN GRID BELOW. CONTINUE ON SEPARATE SHEET IF NECESSARY.</b>		
	Description	CU Code	
		01	Description
		02	CU Code
		03	
		04	
		05	
		06	
			07
			08
			09
			10
			11
			12
	<b>IF 2-12 CUs:</b> <ul style="list-style-type: none"> <li>Look at the selection label on page 1 of the ARF.</li> <li>In the 'UH' row: find the number corresponding to the total number of CUs.</li> <li>In 'Select' row: number beneath total number of CUs is the <b>selected CU code</b>. Ring on grid above and write in at <b>b.</b> below.</li> </ul>		
	<b>IF 13+ CUs:</b> <ul style="list-style-type: none"> <li>Check back of project instructions for <b>selected CU code</b>. Write in at <b>b.</b> below.</li> </ul>		
<b>b.</b>	ENTER CODE NUMBER OF SELECTED CATERING UNIT:		Go to Q9

## Establish Profile of Selected Catering Unit (CU)

<b>9a.</b>	<b>SEEK CONTACT WITH RESPONSIBLE PERSON (16+) IN CATERING UNIT</b>  I would like to ask you a few questions about the people who live here with you and share and buy their food together with you (this is to establish the type of household here). Including yourself, how many <b>adults aged 18 or over</b> ( <i>live in this house/flat/part of the accommodation/are part of your catering unit/group</i> )?		
	NUMBER OF ADULTS (18+) ESTABLISHED	A	Go to b
	NUMBER OF ADULTS (18+) NOT ESTABLISHED	B	Go to c
<b>b.</b>	<b>NUMBER OF ADULTS (18+) IN CATERING UNIT</b>	0	Go to d
	<b>RECORD NUMBER IF 1 OR MORE:</b>		Go to Q10
<b>c.</b>	<b>IF NUMBER OF ADULTS NOT ESTABLISHED: Why not?</b>		
	No contact with anyone at Catering Unit	313	END
	Contact at (selected) CU, but no info ( <i>eg no responsible adult, language difficulties etc</i> )	333	
	Contact made but info refused (about no. of adults)	423	
<b>d.</b>	Contact made at (selected) CU, no 18+ adult, and no other CU with an 18+ adult in the DU	770	END
	Contact made at (selected) CU, no 18+ adult, but other CU with an 18+ adult in the DU: REDO THE SELECTION EXCLUDING THIS CU	A	Go to Q8a
<b>10.</b>	How many people ( <i>including yourself</i> ) ( <i>who live in this house/flat/part of the accommodation/are part of your group</i> ) are aged 60 or over?		
	<b>RECORD NUMBER AGED 60+ IN CU:</b>	<input style="width: 50px; height: 20px;" type="text"/>	*
<b>11.</b>	How many people ( <i>including yourself</i> ) ( <i>who live in this house/flat/part of the accommodation/are part of your group</i> ) are aged 18 to 59?		
	<b>RECORD NUMBER AGED 18-59 IN CU:</b>	<input style="width: 50px; height: 20px;" type="text"/>	*
<b>12.</b>	How many children and young people are there aged 2-17?		
	<b>RECORD NUMBER AGED 2 - 17 IN CU:</b>	<input style="width: 50px; height: 20px;" type="text"/>	*
<b>13.</b>	How many children are aged under 2?		
	<b>RECORD NUMBER AGED 0-1 IN CU:</b>	<input style="width: 50px; height: 20px;" type="text"/>	*

Dietary Questions and Demographics		
14.	I would like to ask a few questions about what you eat. Please think about what you had to eat <b>yesterday</b> and the <b>day before yesterday</b> . Did you eat any of the following foods on either of those days (that is from midnight to midnight yesterday and the day before yesterday). <b>READ OUT ONE BY ONE AND CODE FOR EACH</b>	
a.	Breakfast cereals such as Weetabix, Shredded Wheat, (Fruit 'n Fibre, muesli, Crunchy) or other whole grain or high fibre cereal?	Yes 1 No 2
b.	Whole milk (full fat, not skimmed or semi-skimmed), on its own, or in tea or coffee or on cereal?	Yes 1 No 2
c.	Sugar, used in tea or coffee or on cereal or other foods at the table?	Yes 1 No 2
d.	Fruit (fresh, tinned, dried or frozen)?	Yes 1 No 2
e.	Fruit juice (100% juice, <b>not</b> fruit juice drinks (e.g. Sunny delight), squash or cordials)?	Yes 1 No 2
f.	Burgers or kebabs?	Yes 1 No 2
g.	Meat pies and pastries (such as sausage rolls)?	Yes 1 No 2
h.	Oily fish (such as mackerel, tuna, trout, salmon or sardines)?	Yes 1 No 2
i.	Leafy green vegetables (such as cooked cabbage, greens, broccoli or spinach)?	Yes 1 No 2
j.	Other green vegetables (such as peas or green beans)?	Yes 1 No 2
k.	Raw vegetables, including salad vegetables?	Yes 1 No 2
15.	Are there days when you do not have a main meal and you get through the day by just having a snack or a drink when you feel like it?  <b>IF YES PROBE:</b> Does that happen...	No 0 ...every day, 1 4-6 days a week, 2 1-3 days a week, 3 once every two weeks, 4 or once a month or less? 5 Can't say/don't know 8
16.	Are there ever times when you do not have enough food to eat because you can't get to the shops?  <b>IF YES:</b> Does that happen...	No 0 ...every day, 1 4-6 days a week, 2 1-3 days a week, 3 once every two weeks, 4 or once a month or less? 5 Can't say/don't know 8
17.	Do you ever worry that your food will run out because you do not have enough	



	money to buy more?	
	<b>IF YES:</b> Does that happen ...	No ...every day, 4-6 days a week, 1-3 days a week, once every two weeks, or once a month or less?  Can't say/ don't know
		0
		1
		2
		3
		4
		5
		8
<b>18a.</b>	<b>RECORD SEX OF DOORSTEP RESPONDENT</b>	
		Male 1
		Female 2
<b>b.</b>	Just a few questions about yourself. What was your age last birthday?	
	<b>RECORD AGE:</b>	
<b>c.</b>	How old were you when you finished your continuous full-time education?	
	<b>RECORD AGE:</b>	
	Still in full time education	99
<b>d.</b>	<b>SHOW CARD S1. To which of these groups do you consider you belong? CODE ONE ONLY</b>	
	White - British	1
	Any other white background	2
	Mixed - White and Black Caribbean	3
	Mixed - White and Black African	4
	Mixed - White and Asian	5
	Any other mixed background	6
	Asian or Asian British - Indian	7
	Asian or Asian British - Pakistani	8
	Asian or Asian British - Bangladeshi	9
	Any other Asian/ Asian British background	10
	Black or Black British - Caribbean	11
	Black or Black British - African	12
	Any other Black/ Black British background	13
	Chinese	14
	Any other	15
<b>19.</b>	<b>Does anyone living within your (household/group) smoke at least one cigarette per day?</b>	
		Yes 1
	INTERVIEWER - THIS QUESTION REFERS TO THE CU	No 2

## Screening ('D Score') Questions for Selected Catering Unit (CU)

<b>20.</b>	<b>ASK ALL</b> (May I check) Does your ( <i>household/catering unit/group</i> ) rent your accommodation (from either the Local Authority, a housing association or privately)? IF LIVING RENT FREE = Yes	Yes	1	D Score 1 →	<input type="checkbox"/>	*
		No	2			
<b>21a.</b>	Does your ( <i>household/catering unit/group</i> ) normally have the use of a car or van?	Yes	1	<b>Go to b</b>		
		No	2	D Score 1 →	<input type="checkbox"/>	*
<b>b.</b>	<b>IF YES:</b> How old is the (newest of these) car(s) or van(s)? Is it... <b>READ OUT</b> ...  ...10 years old or more,  or not as old as 10 years?	1	1	D Score 1 →	<input type="checkbox"/>	*
		2	2			
<b>IF ANY ADULTS AGED 18-59 IN CU (SEE Q11), ASK Q22-25, IF NONE GO TO Q26</b>						
<b>22.</b>	Is anyone in your ( <i>household/catering unit/group</i> ), including yourself, in paid work for at least 10 hours a week?	Yes	1			
		No	2	D Score 1 →	<input type="checkbox"/>	*
<b>23.</b>	IF ANY ADULTS AGED 18-59 IN CU (SEE Q11), ASK (OR CODE IF KNOWN): Is this ( <i>household/catering unit/group</i> ) made up of a lone adult with child(ren), not working or working less than 10 hours a week?	Yes	1	D Score 1 →	<input type="checkbox"/>	*
		No	2			
<b>24.</b>	IF ANY ADULTS AGED 18-59 IN CU (SEE Q11), ASK: Is anyone aged 18-59 in your ( <i>household/catering unit/group</i> ) in receipt of Incapacity Benefit?	Yes	1	D Score 1 →	<input type="checkbox"/>	*
		No	2			
<b>25.</b>	IF ANY ADULTS AGED 18-59 IN CU (SEE Q11), ASK: Does anyone in your ( <i>household/ catering unit/group</i> ) receive Income Support or Job Seekers Allowance?	Yes	1	D Score 1 →	<input type="checkbox"/>	*
		No	2			
<b>26.</b>	<b>IF ONLY ADULT(S) AGED 60+ (Q11=0) IN CU ASK Q26, OTHERS GO TO Q27</b> (Thinking of all the people in your) ( <i>household/ catering unit/group</i> ) Do (any of) you receive any income from State Retirement Pension, Pension Credit, Income support or Job Seekers Allowance? <b>IF YES:</b> Is that the only income that you (and others in your group) receive, or do you also have other income?	1	1	D Score 1 →	<input type="checkbox"/>	*
	SRP/PC/IS/JSA is only income	2	2			
	Has sources of income other than SRP/PC/IS/JSA					
<b>27.</b>	<b>ASK ALL</b> Does your ( <i>household/ catering unit/group</i> ) receive Housing Benefit, Council Tax Benefit or Council Tax Credit? (NOTE: not a Single Person or Student Council Tax Discount)	Yes	1	D Score 1 →	<input type="checkbox"/>	*
		No	2			

28a.	<b>ADD UP 'D SCORE' FOR CATERING UNIT AND WRITE IN:</b>		
b.	<b>INTERVIEWER SUMMARY:</b>		
	D score of 4 or more is <i>screened IN</i>	A	Go to Q30
	D score of 2-3	B	Go to Q29
	D score of 0-1 is <i>screened OUT</i>	772	END
	Screening questions started but not completed: unknown eligibility	771	END
29a.	<b>SHOW CARD S2</b> This card shows amounts of weekly net income from all sources (money members of your <i>household/ catering unit/group</i> ) earn from employment, any benefits, or in other ways).  Please add up all the income that members of your <i>household/ catering unit/group</i> usually receive, to get a total weekly income. We are interested in net income after all deductions for tax and National Insurance.  Just give me the code letter for the category the total income of your <i>household/ catering unit/group</i> falls.  <b>WRITE IN THE CODE LETTER FROM THE CARD:</b>  OR CODE: Can't say/ refused		Go to b
		99	Go to c
b.	<b>INTERVIEWER: CHECK NUMBER OF ADULTS (18+) AND CHILDREN (0 - 17) IN CU (FROM Q10-Q13) AND SELECT CORRECT ROW IN GRID BELOW.</b>		
	Income code is in column X. CU is <i>screened IN</i>	A	Go to Q30
	Income code is in column Y. CU is <i>screened OUT</i>	772	END
c.	<b>INTERVIEWER: IF Q29a NOT ANSWERED (CODE 99), CHECK D SCORE AT Q28a:</b>		
	D score = 3 is <i>screened IN</i>	A	Go to Q30
	D score = 2 is <i>screened OUT</i>	772	END

CU Type (Q10-Q13)	Screened In (X)	Screened Out (Y)
<b>Adult only CUs:</b>		
1 Adult	A - B	C - W
2 Adults	A - E	F - W
3+ Adults	A- H	I - W
<b>Adult(s) &amp; Child(ren) CUs:</b>		
1 adult, 1 child	A - G	H - W
1 adult, 2 children	A - J	K - W
1 adult, 3+ children	A - M	N - W
2 adults, 1 child	A - H	I - W
2 adults, 2 children	A - L	M - W
2 adults, 3+ children	A - P	Q - W
Other CUs with adults and children	A - R	S - W

## Select person(s) within Catering Unit for interview

<b>30a.</b>	<p>Can I just check, is anyone in this (<i>household/catering unit/group</i>) currently pregnant?</p> <p><b>INTERVIEWER: EXCLUDE PREGNANT PERSON(S) FROM RESPONDENT SELECTION.</b></p> <p><b>INTERVIEWER SUMMARY:</b></p> <p>Does the Catering Unit contain (non-pregnant) adults (<b>18+</b>) only or does it also contain child(ren) <b>aged 2-17?</b>  <b>(SEE Q10-Q13) ONLY NON-PREGNANT MEMBERS ARE ELIGIBLE.</b></p> <p>IF ADULTS ONLY, RECORD WHETHER '1-2' OR '3 OR MORE'.</p> <table style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;">ONE OR TWO non-pregnant adult(s) only, <u>no</u> child(ren) aged 2-17</td> <td style="text-align: center;">A</td> <td style="text-align: center;">Go to b</td> </tr> <tr> <td style="text-align: center;">THREE OR MORE non-pregnant adult(s) only, <u>no</u> child(ren) aged 2-17</td> <td style="text-align: center;">B</td> <td style="text-align: center;">Go to Q32</td> </tr> <tr> <td style="text-align: center;">One or more non-pregnant adult(s) <u>and</u> child(ren) aged 2-17</td> <td style="text-align: center;">C</td> <td style="text-align: center;">Go to c</td> </tr> <tr> <td style="text-align: center;">No non-pregnant adults in CU</td> <td style="text-align: center;">773</td> <td style="text-align: center;">END</td> </tr> <tr> <td style="text-align: center;">CU screened in but refused respondent selection</td> <td style="text-align: center;">424</td> <td style="text-align: center;">END</td> </tr> </table>			ONE OR TWO non-pregnant adult(s) only, <u>no</u> child(ren) aged 2-17	A	Go to b	THREE OR MORE non-pregnant adult(s) only, <u>no</u> child(ren) aged 2-17	B	Go to Q32	One or more non-pregnant adult(s) <u>and</u> child(ren) aged 2-17	C	Go to c	No non-pregnant adults in CU	773	END	CU screened in but refused respondent selection	424	END														
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<b>b.</b>	<p><b>INTERVIEWER SUMMARY:</b></p> <p><b>IF ONE ADULT ONLY:</b> This is your selected <b>Respondent 1</b>. Record name on front page of ARF.</p> <p><b>IF TWO ADULTS ONLY:</b> These are your selected <b>Respondents 1 and 2</b>. Record names on front page of ARF. Establish which is the Main Food Provider and record on front page of ARF.</p>		A	Go to Q33																												
<b>c.</b>	<p><b>ESTABLISH NUMBER OF CHILDREN (AGED 2-17) IN SELECTED CU:</b></p> <table style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: right;">ONE child</td> <td style="text-align: center;">A</td> <td style="text-align: center;">Go to d</td> </tr> <tr> <td style="text-align: right;">TWO OR MORE children</td> <td style="text-align: center;">B</td> <td style="text-align: center;">Go to e</td> </tr> </table>			ONE child	A	Go to d	TWO OR MORE children	B	Go to e																							
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<b>d.</b>	<p><b>INTERVIEWER SUMMARY:</b></p> <p>This child is the selected <b>Respondent 2</b>. Record name on front page of ARF.</p>		A	Go to Q31																												
<b>e.</b>	<p><b>LIST NAMES OF CHILDREN (AGED 2-17) IN CATERING UNIT IN TABLE BELOW. LIST NAMES ALPHABETICALLY.</b></p> <table style="width: 100%; margin-top: 10px;"> <thead> <tr> <th style="width: 45%;">Children (2-17) Enter Name</th> <th style="width: 10%;">Person Code</th> <th style="width: 45%;">Children (2-17) Enter Name</th> <th style="width: 10%;">Person Code</th> </tr> </thead> <tbody> <tr><td> </td><td style="text-align: center;">01</td><td> </td><td style="text-align: center;">07</td></tr> <tr><td> </td><td style="text-align: center;">02</td><td> </td><td style="text-align: center;">08</td></tr> <tr><td> </td><td style="text-align: center;">03</td><td> </td><td style="text-align: center;">09</td></tr> <tr><td> </td><td style="text-align: center;">04</td><td> </td><td style="text-align: center;">10</td></tr> <tr><td> </td><td style="text-align: center;">05</td><td> </td><td style="text-align: center;">11</td></tr> <tr><td> </td><td style="text-align: center;">06</td><td> </td><td style="text-align: center;">12</td></tr> </tbody> </table> <ul style="list-style-type: none"> <li>Look at the selection label on page 1 of the ARF.</li> <li>In the 'AC' row: find the number corresponding to the total number of children.</li> <li>In 'Select Row': number beneath 'total number of children' is the selected Respondent 2 code. Ring on grid above and write in at f below. Write name on front page of ARF.</li> <li><b>IF 13+ CHILDREN</b>, check project instructions for selected respondent 2. Write in at f. below.</li> </ul>				Children (2-17) Enter Name	Person Code	Children (2-17) Enter Name	Person Code		01		07		02		08		03		09		04		10		05		11		06		12
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	05		11																													
	06		12																													
<b>f.</b>	<p><b>ENTER CODE NUMBER OF SELECTED RESPONDENT 2:</b></p>				Go to Q31																											

\*

<b>31a.</b>	<b>ESTABLISH NUMBER OF NON-PREGNANT ADULTS (AGED 18+):</b>																																	
	ONE adult (18+) only	A	<b>Go to b</b>																															
	TWO OR MORE adults (18+)	B	<b>Go to c</b>																															
<b>b.</b>	<b>INTERVIEWER SUMMARY:</b> This adult is the selected <b>Respondent 1</b> . Record name on front page of ARF.		A <b>Go to Q33</b>																															
<b>c.</b>	<b>LIST NAMES OF ADULTS (AGED 18+) IN CATERING UNIT IN TABLE BELOW. LIST ALPHABETICALLY.</b>																																	
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<b>d.</b>	<b>ENTER CODE NUMBER OF SELECTED RESPONDENT 1:</b>		<b>Go to Q33</b>																															

<b>32a.</b>	<b>LIST NAMES OF ADULTS (AGED 18+) IN CATERING UNIT IN TABLE BELOW. LIST NAMES ALPHABETICALLY</b>			
	<b>NON-PREGNANT ADULTS (18+)</b> Enter Name	<b>Person Code</b>	<b>NON-PREGNANT ADULTS (18+)</b> Enter Name	<b>Person Code</b>
		01		07
		02		08
		03		09
		04		10
		05		11
		06		12
	<ul style="list-style-type: none"> <li>• Look at the selection label on page 1 of the ARF.</li> <li>• In the 'AO' row: find the number corresponding to the total number of adults. In 'Select Row': numbers beneath 'total number of adults' are the selected Respondent codes. Ring on grid above and write in at <b>b</b> and <b>c</b> below. Write names on front page of ARF.</li> <li>• Record the name of the Main Food Provider (MFP) for the Catering Unit on the front page of the ARF.</li> <li>• <b>IF 13+ ADULTS</b>, check back of project instructions for selected Respondent codes. Write in at <b>b</b>. and <b>c</b>. below.</li> </ul>			
<b>b.</b>	<b>ENTER CODE NUMBER OF SELECTED RESPONDENT 1:</b>			<b>Go to Q33</b>
<b>c.</b>	<b>ENTER CODE NUMBER OF SELECTED RESPONDENT 2:</b>			

33.	<b>INTERVIEWER TO CHECK:</b> IF SELECTED RESPONDENT 1 OR RESPONDENT 2 IS FEMALE, CHECK WHETHER SHE IS CURRENTLY PREGNANT. PREGNANT FEMALES ARE <b>NOT</b> ELIGIBLE FOR INTERVIEW.		
	Respondent 1 and Respondent 2 are <u>NOT</u> pregnant female	A	Go to Q34
	<b>If Respondent 1 or Respondent 2 is pregnant, CODE:</b> CU CONTAINS 1 ADULT ONLY, THE CU IS INELIGIBLE	773	END
	CU CONTAINS 2 ADULTS, INTERVIEW RESPONDENT WHO IS NOT PREGNANT AND ENTER OUTCOME CODE 531 FOR THE PREGNANT FEMALE	A	Go to Q34
CU CONTAINS 3+ ADULTS, INTERVIEW RESPONDENT WHO IS NOT PREGNANT. MAKE A SECOND SELECTION LEAVING PREGNANT FEMALE OUT OF SELECTION GRID	A	<b>CARRY OUT RE-SELECTION</b>	

**Outcome of interview attempts with Respondent 1**

34a.	<b>PRODUCTIVE OUTCOME (CIRCLE OUTCOME CODE COMPUTED IN ADMIN BLOCK):</b>		
	Fully productive interview	110	Go to Q35
	Partial productive interview	210	Go to c
	<b>UNPRODUCTIVE OUTCOME - CODE ONLY:</b>		
	No contact with selected person	340	Go to b
	Refusal by selected person before interview	431	
	Proxy refusal	432	
	Refusal during interview (unproductive partial)	440	
	Broken Appointment - No recontact	450	
	Ill at home during survey period	510	
Away or in hospital all survey period	520		
Physically or mentally unable/incompetent	530		
Pregnant during survey period	531		
Language Difficulties	540		
Other Unproductive	560		

b.	RECORD REASONS FOR USING CODES 340, 431, 432, 440, 450, 510, 520, 530, 540, 560	
		Go to c.

c.	<b>INTERVIEWER SUMMARY</b>  IF 1 PERSON SELECTED ONLY, <b>END</b> IF 2 OR MORE PERSONS IN CATERING UNIT: GO TO Q36 TO RECORD OUTCOME OF INTERVIEW ATTEMPTS WITH RESPONDENT 2.	
----	--	--

## Record of Token of Appreciation (Respondent 1)

**35a. WAS THE TOKEN OF APPRECIATION GIVEN TO THE RESPONDENT?**

Yes 1	<b>GO TO b, c</b>
No 2	<b>GO TO d</b>

**b. RECORD FINAL FIVE DIGITS OF POSTAL ORDERS: (1)**

--	--	--	--	--

**: (2)**

--	--	--	--	--

**c. ASK RESPONDENT TO SIGN BELOW FOR POSTAL ORDERS**

**⇒ GO TO e**

**I confirm that I have received two postal orders to the value of £40 as a token of appreciation.**

**Respondent:**

Signature: \_\_\_\_\_

Name in capitals: \_\_\_\_\_

Date: \_\_\_\_\_

**Interviewer:**

Signature: \_\_\_\_\_

**d. EXPLAIN WHY TOKEN OF APPRECIATION WAS NOT GIVEN**

**e. INTERVIEWER SUMMARY:**

- IF 1 RESPONDENT SELECTED ONLY, **END**
- IF 2 OR MORE RESPONDENTS IN CATERING UNIT: GO TO Q36 TO RECORD OUTCOME OF INTERVIEW ATTEMPTS WITH RESPONDENT 2.



## Outcome of interview attempts with Respondent 2

<b>36a.</b>	<b>PRODUCTIVE OUTCOME (CIRCLE OUTCOME CODE COMPUTED IN ADMIN BLOCK):</b>		
	Fully productive interview	<b>110</b>	<b>Go to Q37</b>
	Partial productive interview	<b>210</b>	<b>END</b>
	<b>UNPRODUCTIVE OUTCOME - CODE ONLY:</b>		
	No contact with selected person	<b>340</b>	<b>Go to b</b>
	Refusal by selected person before interview	<b>431</b>	
	Proxy refusal	<b>432</b>	
	Refusal during interview (unproductive partial)	<b>440</b>	
	Broken Appointment - No recontact	<b>450</b>	
	Ill at home during survey period	<b>510</b>	
	Away or in hospital all survey period	<b>520</b>	
	Physically or mentally unable/incompetent	<b>530</b>	
	Pregnant during survey period	<b>531</b>	
	Language Difficulties	<b>540</b>	
	Other Unproductive	<b>560</b>	
<b>b.</b>	RECORD REASONS FOR USING CODES 340, 431, 432, 440, 450, 510, 520, 530, 540, 560		
	<b>END</b>		

## Record of Token of Appreciation (Respondent 2)

**37a. WAS THE TOKEN OF APPRECIATION GIVEN TO THE RESPONDENT?**

Yes 1	<b>GO TO b, c</b>
No 2	<b>GO TO d</b>

**b. RECORD FINAL FIVE DIGITS OF POSTAL ORDERS: (1)**

--	--	--	--	--

: (2)

--	--	--	--	--

**c. ASK RESPONDENT TO SIGN BELOW FOR POSTAL ORDERS**



**END**

**I confirm that I have received two postal orders to the value of £40 as a token of appreciation.**

**Respondent:**

Signature: \_\_\_\_\_

Name in capitals: \_\_\_\_\_

Date: \_\_\_\_\_

**Countersigned by parent/guardian if Respondent aged under 18:**

Signature: \_\_\_\_\_

Name in capitals: \_\_\_\_\_

Date: \_\_\_\_\_

**Interviewer:**

Signature: \_\_\_\_\_

**d.**

• EXPLAIN WHY TOKEN OF APPRECIATION WAS NOT GIVEN

## CARD S1

- 1 White - British
- 2 Any other white background
- 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
- 8 Asian or Asian British – Pakistani
- 9 Asian or Asian British – Bangladeshi
- 10 Any other Asian/Asian British background
- 11 Black or Black British – Caribbean
- 12 Black or Black British – African
- 13 Any other Black/Black British background
- 14 Chinese
- 15 Any other

## CARD S2 - Average weekly net income (£)

Just read out the code letter:

A	0 - 120
B	121 - 140
C	141 - 150
D	151 - 160
E	161 - 180
F	181 - 200
G	201 - 220
H	221 - 240
I	241 - 260
J	261 - 280
K	281 - 300
L	301 - 320
M	321 - 340
N	341 - 360
P	361 - 380
Q	381 - 400
R	401 - 450
S	451 - 500
T	501 - 550
U	551 - 600
V	601 - 650
W	651 - 700

# Low Income Diet and Nutrition Survey

## Program Documentation

### Interviewer Schedule

This 'paper version of the program' has been created to indicate the wording and content of the interviewer questionnaire. Numerical answers lying within a set range and recorded to a particular accuracy are indicated as :X..Y. For example, respondent's height that must be between 60 and 244 centimetres and recorded to one decimal point is displayed as 60.0..244.0. Instructions for the interviewer are given in capital letters, and questions the interviewer is to ask the respondent are given as normal text.

Items which appear in the actual program but which have been excluded here for clarity include:

- Repetition of respondent's name on each question
- Checks on the range of measurements
- Checks on the accuracy of answer codes in relation to each other
- Prompts for back-coding

#### **HOUSEHOLD QUESTIONNAIRE: HOUSEHOLD COMPOSITION**

*Asked once at each household. Either Respondent 1 or the responsible adult who answered the screener questions (both aged 18 years or over) answers the following questions.*

#### **SHGInt**

"I'd like to know a little about the members of your household who shop and cook as a group. Can you tell me the names of everyone in your household who shop and cook as a group.

INTERVIEWER: Press '1' to continue and record RESPONDENT as first person in household"

#### **StrtTime**

"Time at start of interview"

#### **Name**

"RECORD THE NAME (OR A UNIQUE IDENTIFIER) FOR EACH MEMBER OF THE HOUSEHOLD (I.E. CATERING UNIT). WHEN ALL HOUSEHOLD MEMBERS HAVE BEEN ENTERED, PRESS PgDn"

#### **DMHsize**

"Number in household"

#### **Sex**

INTERVIEWER: Ask or record sex of (*Name*)

- 1 Male
- 2 Female

#### **DOB**

"What is your (*Names*) date of birth?"

INTERVIEWER: If day not given enter 15 for day. If month not given enter 6 for month."

{ASK IF (DOB = DONTKNOW) OR (DOB = REFUSAL)}

**AgeIf**

"What was your (*Names*) age last birthday? ENTER 0 FOR A CHILD UNDER 12 MONTHS. 98 or more = CODE 97"

: 0..97

**MarStat**

"ASK OR RECORD. CODE FIRST THAT APPLIES. Are you (*Is Name*)...

- 1 NevMarr "single, that is, never married"
- 2 MarrLiv "married and living with your husband/wife"
- 3 Separated "married and separated from your husband/wife"
- 4 Divorced "divorced"
- 5 Widowed "or widowed?"

{ASK IF (DMHSIZE > 1) and (MarStat <> MarrLiv)}

**LiveWith**

"Whether living together as a couple"

- 1 Yes
- 2 No
- 3 SameSex "Spontaneous only: Same sex couple"

**DVMarDF**

"De facto marital status"

- 1 Married
- 2 Cohab "Cohabiting"
- 3 DFSingle "Single"
- 4 DFWidow "Widowed"
- 5 DFDivor "Divorced"
- 6 DFSepar "Separated"
- 7 SamSex "Same sex couple"

**WrkStat**

"Are you (*Is Name*)... READ OUT...

- 1 working "...working ,"
- 2 FTEduc "in full-time education, or"
- 3 NWork "not working at present?"

{ASK IF (WrkStat <> working)}

**EverWk**

Have you (has (*Name*)) ever had a paid job, apart from casual or holiday work?

- 1 Yes
- 2 No

**NatID**

SHOW CARD A

What do you consider your (*Names*) national identity to be? Please choose your answer from this card.

- 1 English
- 2 Scottish

- 3 Welsh
- 4 Irish
- 5 British
- 6 Other "Other answer"

**{ASK IF (NatID = Other)}**

**NatOth**

"How would you describe your (*Names*) national identity?

INTERVIEWER: IF SOMEONE DESCRIBES THEMSELVES AS HALF ENGLISH AND HALF IRISH OR ANY OTHER COMBINATION OF WELSH/SCOTTISH/IRISH/ENGLISH CODE THEM AS 'Mixed British'.

- 1 Mixed "Mixed British - SPECIFY AT NEXT QUESTION"
- 2 Describe "Other - SPECIFY AT NEXT QUESTION"

**XnatOth**

"INTERVIEWER: ENTER DESCRIPTION OF NATIONAL IDENTITY."  
: STRING[100]

**EthGrp**

SHOW CARD B

To which of these ethnic groups do you consider you (*Name*) belong(s)?

INTERVIEWER: THIS IS A QUESTION OF RESPONDENT'S (OR PROXY'S) OPINION.

- 1 WhtBrit "White - British"
- 2 WhtOth "Any other white background (please describe)"
- 3 MixedWBC "Mixed - White and Black Caribbean"
- 4 MixedWBA "Mixed - White and Black African"
- 5 MixedWAs "Mixed - White and Asian"
- 6 MixedOth "Any other mixed background (please describe)"
- 7 Indian "Asian or Asian British - Indian"
- 8 Pakistan "Asian or Asian British - Pakistani"
- 9 Bngldesh "Asian or Asian British - Bangladeshi"
- 10 AsianOth "Any other Asian/ Asian British background (please describe)"
- 11 BlackCrb "Black or Black British - Caribbean"
- 12 BlackAfr "Black or Black British - African"
- 13 BlackOth "Any other Black/Black British background (please describe)"
- 14 Chinese
- 15 Other "Any other (please describe)"

**{ASK IF EthGrp IN [WhtOth, MixedOth, AsianOth, BlackOth, Other]}**

**EthOth**

"Please can you describe your/their ethnic group?"

INTERVIEWER: ENTER DESCRIPTION OF ETHNIC GROUP."  
: STRING[100]

**R**

SHOW CARD C

INTERVIEWER: CODE RELATIONSHIP OF EACH HOUSEHOLD MEMBER TO THE OTHERS - Name1 IS Name2's...

- 1 Spouse "Husband/Wife"
- 2 Cohabitee "Partner/Cohabitee"
- 3 Child "Natural son/ daughter"

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



**HOUSEHOLD QUESTIONNAIRE:  
HOUSEHOLD REFERENCE PERSON (HRP) AND TENURE**

**{ASK IF ((NumAdult = 1) AND (OneHrp = RESPONSE))}**

**HHldr**

"In whose name is the accommodation owned or rented?

INTERVIEWER: IF THE RENT OR MORTGAGE FOR THIS ACCOMMODATION IS PAID FOR BY SOMEONE OUTSIDE THE HOUSEHOLD, CODE THE PERSON IN THE HOUSEHOLD WHO IS RESPONSIBLE FOR THE ACCOMMODATION. ANYONE ELSE? CODE ALL THAT APPLY.

*List of household members*

**HiHNum**

"You have told me that (list of names) jointly own or rent the accommodation. Who has the highest income (from earnings, benefits, pensions and any other sources)?

INTERVIEWER: THESE ARE THE JOINT HOUSEHOLDERS:

*list of joint householders*

ENTER PERSON NUMBER. IF TWO OR MORE HAVE SAME INCOME, ENTER 11. IF RESPONDENT ASKS FOR PERIOD TO AVERAGE OVER - ONE YEAR. PROMPT AS NECESSARY FOR JOINT HOUSEHOLDERS: IS ONE OF THEM THE SOLE PERSON WITH PAID WORK OR OCCUPATIONAL PENSION."

**{ASK IF (HiHNum = 11)}**

**JntEldA**

"ENTER PERSON NUMBER OF THE ELDEST JOINT HOUSEHOLDER FROM THOSE WITH THE SAME HIGHEST INCOME. ASK OR RECORD.

*list of joint householders (names and ages)*

**{ELSEIF (HiHNum = NONRESPONSE)}**

**JntEldB**

"ENTER PERSON NUMBER OF THE ELDEST JOINT HOUSEHOLDER. ASK OR RECORD.

*list of joint householders (names and ages)*

**HRPNum**

"Person number of household reference person:"

**AdNum1**

"ENTER PERSON NUMBER OF RESPONDENT 1 (NAME RECORDED ON FIRST PAGE OF THE ARF)"

: 1..10

**ChNum**

"ENTER THE PERSON NUMBER OF RESPONDENT 2 (NAME RECORDED ON FIRST PAGE OF THE ARF)

: 1..10

**{ASK IF (NumAdult > 1)}**

**AdNum2**

"ENTER PERSON NUMBER OF ADULT RESPONDENT 2 (NAME RECORDED ON FIRST PAGE OF THE ARF).

: 1..10

**{ASK IF (ChNum IN [1..10] AND (QTHComp.QHComp[ChNum].DVAge < 11))}**

**ChResp**

"SOME OF THE QUESTIONS ABOUT (name of selected child) WILL NEED TO BE ASKED OF AN ADULT. Enter person number of adult who answer questions on behalf of (name of selected child).

INTERVIEWER: Only an adult household member can act as a proxy when collecting information about children.

: 1..10

**MFPNum**

Enter the person number of the MAIN FOOD PROVIDER (NAME RECORDED ON FRONT PAGE OF SCREENER).

: 1..10

**Ten1**

"SHOW CARD D

In which of these ways (do you/ does HRP) occupy this accommodation?

INTERVIEWER: CODE FIRST THAT APPLIES. NOTE: QUESTIONS ABOUT TENURE ARE ASKED ABOUT THE HOUSEHOLD REFERENCE PERSON - (name of HRP)

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

**{ASK IF ((Ten1 = Rent) OR (Ten1 = RentF))}**

**LLord**

"Who is your landlord?"

INTERVIEWER: IF PROPERTY IS LET THROUGH AN AGENT, THE QUESTION REFERS TO THE OWNER NOT THE AGENT. CODE 1 (LOCAL AUTHORITY) INCLUDES PEOPLE RENTING FROM HOUSING ACTION TRUSTS. CODE 2 (HOUSING ASSOCIATION) INCLUDES REGISTERED SOCIAL LANDLORDS AND LOCAL HOUSING COMPANIES. USE CODE 5 ONLY IF THE RESPONDENT AND LANDLORD WERE FRIENDS BEFORE THEY WERE TENANT AND LANDLORD, NOT IF THEY HAVE ONLY BECOME FRIENDLY SINCE THEN.

- 1 LA "the local authority/ council/ New Town Development/ Scottish Homes"
- 2 HA "a housing association or co-operative or charitable trust or Local Housing company"
- 3 Comp "employer (organisation) of a household member"
- 4 OthOrg "another organisation"
- 5 RelFrnd "relative/friend (before you lived here) of a household member"
- 6 EmpIndiv "employer (individual) of a household member"

7 OthIndiv "another individual private landlord"

**Furn**

"Is the accommodation provided ...RUNNING PROMPT..."

- 1 Furnd "furnished"
- 2 PFurn "partly furnished (eg carpets and curtains only)"
- 3 UnFurn "or unfurnished?"

**{ASK ALL}**

**MFPNow**

"THE MAIN FOOD PROVIDER IS {name} DO YOU WANT TO DO THE MAIN FOOD PROVIDER INTERVIEW NOW OR LATER?"

- 1 Now
- 2 Later

**{ASK IF (MFPNow = Later)}**

**LStop**

"INTERVIEWER: Please remember to come back to these 'Main Food Provider' questions. You can do them anytime by using <CTRL+ENTER> and selecting the Main Food Provider parallel block. Each time you exit then re-enter the questionnaire and move through it by hitting the <END> key you will stop at this question. Use the <UpArrow> key to move to the previous question and change 'Later' to 'Now' when you are ready to complete the missing questions."

**MAIN FOOD PROVIDER (MFP) QUESTIONNAIRE:  
COOKING AND FOOD STORAGE FACILITIES**

*Either the Main Food Provider/MFP (aged 16 years or over) answers the following questions, or a proxy MFP interview is conducted with Respondent 1 (aged 18 years or over).*

**{ASK IF (MFPNow = Now)}**

**MFPProx**

"IS THIS A PERSONAL OR A PROXY INTERVIEW WITH THE MAIN FOOD PROVIDER?"

- 1 WithMFP "PERSONAL INTERVIEW WITH MFP"
- 2 WithProx "PROXY INTERVIEW"

**{ASK IF (MFPProx = WithProx)}**

**MProxWho**

"ENTER THE PERSON NUMBER OF PROXY RESPONDENT 1.

*list of household members*

ENTER CODE 11 IF NON-HOUSEHOLD MEMBER

: 1..11

**KitchInt**

" Firstly, I'd like to ask you some questions about the place where you live.

PRESS <ENTER> TO CONTINUE"

- 1 continue

**Kitch**

"Do you (does your household) have a kitchen or a dedicated food preparation or cooking area?"

- 1 Yes
- 2 No

**{ASK IF (Kitch = Yes)}**

**KitUse**

"Do you (does your household) use the kitchen or the dedicated cooking/food preparation area?"

- 1 Yes
- 2 No

**HotMeal**

"Are you able to cook a hot meal in this accommodation?"

INTERVIEWER: 'YOU' REFERS TO THE HOUSEHOLD/CATERING UNIT."

- 1 Yes
- 2 No

**{ASK IF (Kitch = RESPONSE)}**

**Equip**

"Which, if any, of these items do you have regular access to?"

INTERVIEWER: INDIVIDUAL PROMPT. Do you have (access to) ... CODE ALL THAT APPLY

- 1 Fridge "...a refrigerator?"
- 2 Freeze "a freezer excluding freezer compartment at top of fridge?"

- 3 Moven "a microwave oven?"
- 4 Hob "a gas or electric hob (ring)?"
- 5 Oven "an oven?"
- 6 None "SPONTANEOUS ONLY - None of these"

**{ASK IF (Equip = Fridge)}**

**FrigWork**

"Does the refrigerator to which you have access currently work properly?"

- 1 Yes
- 2 No

**{ASK IF (Equip = Freeze)}**

**FrezWork**

"Does the freezer to which you have access currently work properly?"

- 1 Yes
- 2 No

**{ASK IF (Equip = MOven)}**

**MOveWork**

"(And does) ...the microwave oven (to which you have access currently work properly?)"

- 1 Yes
- 2 No

**{ASK IF (Equip = Hob)}**

**HobWork**

"(And does) ...the hob (to which you have access currently work properly?)"

- 1 Yes
- 2 No

**{ASK IF HobWork=Yes}**

**HobOK**

"How many rings on the hob currently work?"

: 0..10

**{ASK IF (Equip = Oven)}**

**OvenWork**

"(And does) ...the oven (to which you have access currently work properly?)"

- 1 Yes
- 2 No

**{ASK IF Kitchen = Yes}**

**ShareKit**

"Do you share the kitchen/food preparation or cooking area with any other household or any other members of your household who shop and cook separately from you?"

INTERVIEWER: ASK OR RECORD. DO NOT INCLUDE MEMBERS OF THE CATERING UNIT.

- 1 YesHH "Yes, shares with other household members (OUTSIDE OF CATERING UNIT)"
- 2 YesNonHH "Yes, shares with others OUTSIDE OF HOUSEHOLD"
- 3 NoShare "No, doesn't share"

**{ASK IF ShareKit = YesHH}**

**SharWhoH**

"Who do you share the kitchen with?"

INTERVIEWER: RECORD RELATIONSHIP TO MFP OF OTHER HOUSEHOLD MEMBER(S). DO NOT INCLUDE MEMBERS OF THIS CATERING UNIT."

: STRING[30]

**{ASK ALL}**

**StoreOK**

"Thinking now about food storage..."

Do you feel that your food storage facilities are adequate?"

- 1 Yes
- 2 No

**{ASK IF (StoreOK = No)}**

**StoreOK2**

"In what way are they not adequate?"

INTERVIEWER: CODE ALL THAT APPLY

- 1 Cupboard "Not enough cupboard space"
- 2 Fridge "Fridge is too small (or no fridge available)"
- 3 Freezer "Freezer is too small (or no freezer available)"
- 4 Damp "Damp/mouldy"
- 5 Infest "Infested with insects"
- 6 NSecure "Not secure"
- 7 Other

**{ASK IF (StoreOK = No)}**

**StoreOK3**

"Does the fact that your storage facilities are inadequate influence your food shopping?"

- 1 Yes
- 2 No

**{ASK IF (StoreOK3 = Yes)}**

**StoreOK4**

"How does this influence your food shopping?"

INTERVIEWER: CODE ALL THAT APPLY"

- 1 NoBulk "Cannot buy in bulk"
- 2 ShopOft "Have to shop more often"
- 3 StorFres "Inadequate storage space for FRESH food"
- 4 StorFroz "Inadequate storage space for FROZEN food"
- 5 Other

**{ASK ALL}**

**StoreShr**

"Do you share your food storage facilities with anyone who does not cook or eat with you?"

INTERVIEWER: DO NOT INCLUDE MEMBERS OF THE CATERING UNIT."

- 1 Yes
- 2 No

**{ASK IF (StoreShr = Yes)}**

**SShrInf**

" Does the fact that you share storage facilities with someone outside your household influence your food shopping?"

1 Yes

2 No

## MFP QUESTIONNAIRE: ROOMS

### RoomsInt

"Now, a few questions about other rooms in the place where you live. N.B.

RELATES TO CATERING UNIT PRESS <ENTER> TO CONTINUE

1 continue

### BedRooms

"How many bedrooms do you (does your household) have?"

INCLUDE BEDSITTERS, BOX ROOMS, ATTIC BEDROOMS.

: 0..20

### LivRooms

"How many living rooms, excluding dining rooms do you (does your household) have?"

: 0..20

### DinRoom

"Do you (Does your household) have a separate dining room?"

1 Yes

2 No

### OthRooms

"Other than the rooms you have just told me about do you (does your household) have any other rooms? Do not include kitchens, bathrooms or hallways.

1 Yes

2 No

{ASK IF (OthRooms = Yes)}

### NOthRms

"How many other rooms?"

: 0..20

{ASK ALL}

### CantUse

"Are there any rooms that you (your household) cannot use, for example because of damp?"

1 Yes

2 No

{ASK IF (CantUse = Yes)}

### NCantUse

"How many cannot be used?"

: 0..20

### TotRooms

"So the total number of rooms you have available is *{Total of all types of room}*

INTERVIEWER: THE NUMBER DISPLAYED WILL INCLUDE THE KITCHEN, IF THERE IS ONE, AS WELL AS THE NUMBER OF BEDROOMS, LIVING ROOMS, DINING ROOM AND OTHER ROOMS JUST REPORTED. IN MOST CASES YOU



SHOULD PRESS ENTER TO ACCEPT NUMBER DISPLAYED BUT YOU CAN ENTER A DIFFERENT NUMBER IF NECESSARY. N.B. TOTAL ROOMS EXCLUDES BATHROOMS, HALL WAYS AND ROOMS THAT CANNOT BE USED.

: 0.30

## MFP QUESTIONNAIRE: SHOPPING HABITS

### ShopIntr

"Now I would like to ask you about shopping.

INTERVIEWER: PROMPT WHENEVER NECESSARY. IF RESPONDENT DOESN'T KNOW ANSWERS, TRY TO SPEAK TO PERSON WHO DOES SHOPPING. PRESS <ENTER> TO CONTINUE"

1 continue

### Shop

"Where do you (does your household) shop for food? Please include all shopping, including your main shopping, top-up shopping in between your main shopping trips, meat and fish, fruit and vegetables, and any other food shopping.

INTERVIEWER: CODE ALL THAT APPLY. "

STYPE[1] := "Large supermarket"

STYPE[2] := "Small supermarket"

STYPE[3] := "Local/corner shop (including newsagents)"

STYPE[4] := "Garage forecourt"

STYPE[5] := "Greengrocer"

STYPE[6] := "Butcher"

STYPE[7] := "Baker"

STYPE[8] := "Fishmonger"

STYPE[9] := "Market (including stalls)"

STYPE[10] := "Farm"

STYPE[11] := "Home delivery (including co-operatives," + "community schemes/local initiatives)"

STYPE[12] := "Other shop"

### MainShp

"Which of these is used for your 'main' shopping trip?

INTERVIEWER: ENCOURAGE RESPONDENT TO SELECT ONE TRIP EVEN IF SEVERAL ARE CONSIDERED 'MAIN'."

1 Lsuper "Large supermarket"

2 Ssuper "Small supermarket"

3 CornerS "Local/corner shop (including newsagents)"

4 Garage "Garage forecourt"

5 Greeng "Greengrocer"

6 Butcher "Butcher"

7 Baker "Baker"

8 FishM "Fishmonger"

9 Market "Market (including stalls)"

10 Farm "Farm"

11 HomeDel "Home delivery (including co-operatives, community schemes/local initiatives)"

12 Other "Other"

13 Sever "More than one of these (SPONTANEOUS ONLY)"

{ASK IF MainShp IN [LSuper..Other, Sever]}

**ShopFV**

"Do you (Does your household) (tend) to buy fresh fruit and vegetables on this main shopping trip?"

- 1 Yes
- 2 No

**{ASK IF (ShopFV = No)}****FVOther**

"Where do you (does your household) (tend to) buy fresh fruit and veg from?"

- 1 Lsuper "Large supermarket"
- 2 Ssuper "Small supermarket"
- 3 CornerS "Local/corner shop (including newsagents)"
- 4 Garage "Garage forecourt"
- 5 Greeng "Greengrocer"
- 6 Butcher "Butcher"
- 7 Baker "Baker"
- 8 FishM "Fishmonger"
- 9 Market "Market (including stalls)"
- 10 Farm "Farm"
- 11 HomeDel "Home delivery (including co-operatives, community schemes/local initiatives)"
- 12 Other "Other"
- 13 Sever "More than one of these (SPONTANEOUS ONLY)"

**ShopFr**

"Do you (Does your household) (tend to) buy other fresh food on the main shopping trip? INTERVIEWER: 'OTHER FRESH FOOD' MEANS FOOD THAT DOESN'T KEEP SUCH AS BREAD, MILK, EGGS, MEAT, POULTRY, FISH. DO NOT INCLUDE SHOPPING FOR FRUIT AND VEG."

- 1 Yes
- 2 No

**{ASK IF (ShopFr = No)}****FrOther**

Where do you (does your household) (tend to) buy other fresh food from?"

- 1 Lsuper "Large supermarket"
- 2 Ssuper "Small supermarket"
- 3 CornerS "Local/corner shop (including newsagents)"
- 4 Garage "Garage forecourt"
- 5 Greeng "Greengrocer"
- 6 Butcher "Butcher"
- 7 Baker "Baker"
- 8 FishM "Fishmonger"
- 9 Market "Market (including stalls)"
- 10 Farm "Farm"
- 11 HomeDel "Home delivery (including co-operatives, community schemes/local initiatives)"
- 12 Other "Other"
- 13 Sever "More than one of these (SPONTANEOUS ONLY)"

**{ASK IF MainShp IN [LSuper..Farm, Other]}**

## ShopWith

"Thinking now about the main shopping trip .....

Do you do this shopping on your own, with someone else (e.g. a relative or friend) or does someone do your shopping on your behalf?"

1. (Own "On my own",
2. WithSOE "With someone else",
3. BySOE "Someone else does the shopping" )

**{ASK IF (ShopWith = With someone else, Someone else does the shopping)}**

## ShopWho

"Who helps shop?"

INTERVIEWER: PROBE FOR RELATIONSHIP TO RESPONDENT OF PERSON WHO DOES SHOPPING. CODE ALL THAT APPLY."

1. ( HhMembA "Other household member:
2. ADULT (16 or older)" ,
3. HhMembC "Other household member:
4. CHILD (15 or younger)" ,
5. FamNHh "Relative (NOT MEMBER OF
6. HOUSEHOLD)",
7. FrNeigh "Friend/neighbour",
8. Hhelp "Home help/carer",
9. Other )

**{ASK IF ShopWith =(With someone else, Someone else does the shopping)}**

## ShopWhyA

"Does the other person (do the other people) provide any kind of help with the shopping?"

- 1 Yes
- 2 No

**{ASK IF ShopWhyA=Yes}**

## ShopWhyB

SHOW CARD E.

"What kind of help do they provide?"

- 1 (Transprt "Transport: can't get to shops (on own)",
- 2 Genhelp "General help: can't get to/around shops on own due to health problems",
- 3 Carry "They (help) carry shopping",
- 4 Choose "I like/need help choosing items",
- 5 Pay "They contribute to the cost of shopping",
- 6 Other "Other kind of help")

**{ASK IF ShopWith=Someone else does the shopping}**

## ShopWhyC

"Can you tell me why they do the shopping?"

- 1 ( Transprt "I can't get to shops due to lack of transport",
- 2 Genhelp "I can't get to/around shops due to health problems",
- 3 Carry "I can't carry (heavy) shopping",
- 4 Choose "I cannot choose items",

- 5 Pay "They contribute to the cost of shopping",  
6 Other )

**{ASK IF MainShp IN [LSuper..Farm, Other]}**

**ShopTime**

"How long does it take to get there and home again, not including the time spent doing the shopping?"

- 1 ( Less15m "Less than 15 minutes",  
2 Less30m "15 minutes, less than 30",  
3 Less1Hr "30 minutes, less than 1 hour",  
4 Less90m "1 hour, less than 1½ hours",  
5 Less2hr "1½ hours, less than 2 hours",  
6 More2hr "2 hours or more" )

**{ASK IF MainShp IN [LSuper..Farm, Other]}**

**ShopOf**

"How often do you/they go there?"

INTERVIEWER: CODE FIRST THAT APPLIES."

- 1 ( MTOAD "More than once a day",  
2 OAD "Once a day",  
3 TAW "2 or 3 times a week",  
4 Weekly,  
5 TAM "2 or 3 times a month",  
6 Monthly,  
7 ETM "Every 2 months",  
8 LTTM "Less often than every 2 months"

**{ASK IF MainShp IN [LSuper..Farm, Other]}**

**ShopTrav**

"How do you/they usually get the food home?"

- 1 ( Walking,  
2 Bus "By bus",  
3 Car "By car",  
4 Taxi "By taxi",  
5 Train "By train",  
6 Cycle "By bicycle",  
7 HomeDel "Home delivery",  
8 Other "By other transport" )

**{ASK ALL}**

**ShopMuch**

"Could you tell me how much you (your household) usually spends on food and drink each week? Please include main shopping, top-up shopping, school dinners and money given to children for food purchases as well as money spent on food bought from cafes and restaurants. Please do not include alcoholic drinks or other items such as cleaning materials, cigarettes, pet food, newspapers or magazines.

INTERVIEWER: PROBE FOR SHOPPING TRIPS TO ALL SHOPS. DO NOT PROMPT BUT IF NECESSARY, FIND OUT TOTAL BILL AND SUBTRACT COSTS OF EXCLUDED ITEMS. RECORD AMOUNT TO NEAREST POUND. OPEN A NOTE TO RECORD ANY PROBLEMS RELATING TO ESTIMATING AMOUNT."

:1..997

**List**

SHOW CARD F

How often do you shop with a list? Please take your answer from the card.

INTERVIEWER: QUESTION RELATES TO SHOPPING FOR HOUSEHOLD/CATERING UNIT. DOESN'T MATTER WHETHER SOMEONE ELSE MAKES THE LIST OR USES IT."

- 1 Always,
- 2 Usual "Usually",
- 3 Somet "Sometimes",
- 4 Never

**{ASK IF List IN [Always, Usual]}**

**ListHow**

"How do you (usually) make up the list? INTERVIEWER: IF 'VARIES', CODE WHICH DONE MOST OFTEN."

- 1 Habit "Habit or routine"
- 2 LookKit "Look in the cupboards/kitchen to see what is needed"
- 3 LookRun "Keep a running list as notice things are running out AND check what else needed before go to shops"
- 4 LookNRun "Keep a running list as notice things are running out (NO MENTION OF checking to see what is needed before goes to shops)"
- 5 WriteLst "Write a list before I (the shopper) go"
- 6 PerList "Plan meals for certain period (e.g. couple of days, week) and just make a list of those"
- 7 Essent "List essentials only"

**{ASK ALL}**

**Offer**

"SHOW CARD F

Do you buy food or non-alcoholic drink on special offer or at reduced cost, such as bread or vegetables being sold cheaper at the end of the day? Again, please take your answer from the card.

INTERVIEWER: FOR EXAMPLE 'BUY ONE,GET ONE FREE' OFFERS. 'YOU' REFERS TO WHOEVER DOES THE SHOPPING."

- 1 Always,
- 2 Usual "Usually",
- 3 Somet "Sometimes",
- 4 Never

**{ASK IF (List IN [Always, Usual] AND Offer IN [Always, Usual])}**

**OfferCh**

"Do you buy food or non-alcoholic drink on special offer in addition to or instead of the foods on your list?"

- 1 Instead "Instead of list items"
- 2 Addit "In addition to list items"
- 3 Both

## MFP QUESTIONNAIRE: ORGANIC FOOD

### OrgBuy

"Do you ever buy any organic foods for your household or does anyone ever buy them for your household? INTERVIEWER: IF ASKED FOR A DEFINITION OF ORGANIC, SAY : 'When we say organic we mean anything labelled organic, or anything that you know is grown without pesticides and without artificial (or chemical) fertilisers' IN OTHER EU COUNTRIES ORGANIC PRODUCTS ARE KNOWN AS BIOLOGIC PRODUCTS"

- 1 Yes
- 2 No

{ASK IF (OrgBuy = Yes)}

### OrgWhat

"SHOW CARD G.

I'd like you to look at the foods listed on this card. Which of them do you buy or do you have bought for you as organic products? INTERVIEWER: CODE ALL THAT APPLY. IN OTHER EU COUNTRIES ORGANIC PRODUCTS ARE KNOWN AS BIOLOGIC PRODUCTS"

- 1 FreFru "Fresh fruit or fruit juice"
- 2 DriFru "Dried fruit"
- 3 Nuts
- 4 Pots "Potatoes"
- 5 Veget "Vegetables or salad (including celery), dried beans or lentils"
- 6 Cereal "Breakfast cereals"
- 7 OthCer "Other cereal products, eg bread, rice and pasta"
- 8 Meat "Meat (including chicken)"
- 9 Eggs "(Free range eggs"
- 10 Milk
- 11 Dairy "Other dairy products"
- 12 Crisps "Crisps or savoury snacks"
- 13 Biscuit "Biscuits and cakes (including organic cereal bars)"
- 14 Confect "Confectionery"
- 15 BabyW "Baby/weaning foods"
- 16 Other "Other organic products"
- 17 None "None of these"

{ASK ALL}

### MoreOrg

"Would you like to eat (more) organic foods?"

- 1 Yes
- 2 No

{ASK IF (MoreOrg = Yes)}

### WhyMoreOrg

"Can you tell me why you don't currently eat as much organic foods as you'd like? INTERVIEWER: CODE ALL THAT APPLY."

- 1 NAfford "Can't afford it/it's too expensive"
- 2 NAccess "Don't know where to buy it/the shops I go to don't sell it"
- 3 Other "Other"

4 NoReas "No particular reason"

**{ASK IF NAfford IN WhyMOrg}**

**OrdFrVeg**

“(If you can't afford to buy organic fruit and vegetables), does that mean that you don't buy ordinary (i.e. non-organic) fruit and vegetables?”

1 NBuyOrd "Yes - does not buy ordinary fruit/veg either"

2 BuyOrd "No - still buys ordinary fruit/veg"



## MFP QUESTIONNAIRE: FREE FOODS

### FreeIntr

"The next few questions are about food, which you might grow or which grows in the wild, and about free foods.

PRESS <ENTER> TO CONTINUE"

1 continue

### Allot

"Do you (does your household) grow your own fruit and vegetables at all, either in your garden or on an allotment?

INTERVIEWER: INCLUDE SALAD VEGETABLES AND HERBS GROWN IN THE GARDEN OR ON THE ALLOTMENT OR ON A WINDOW LEDGE OR PRODUCE GROWN IN THE GARDEN OF A FRIEND OR RELATIVE. EXCLUDE POTTED HERBS BOUGHT FROM E.G. SUPERMARKET.

1 Yes

2 No

### {ASK IF (Allot = Yes)}

#### WhGrow

"Can you tell me what you grow in your garden or on an allotment?

CODE ALL THAT APPLY."

1 Fruit

2 Potatoes

3 OthVeg "Other vegetable(s)"

4 Herbs

5 Other

### {ASK ALL}

#### Free

"(Apart from food you grow yourself), do you (does your household) ever eat any 'free foods'? By 'free' I mean food you have picked or got yourself, such as fish, berries, mushrooms, windfall apples.

INTERVIEWER: 'FREE FOODS' ARE THOSE COLLECTED FROM THE WILD. DO NOT INCLUDE: - HOMEGROWN FOOD OR FOODS GROWN ON AN ALLOTMENT, - 'WINDFALL APPLES' FROM OWN OR NEIGHBOUR'S GARDEN, - MUSHROOMS ETC GROWN AT HOME."

1 Yes

2 No

### {ASK IF (Free = Yes)}

#### FreeName

"What free foods do you eat?"

1 Game "Game (such as rabbit, partridge and pheasant)"

2 Berries

3 Venison

4 Fruit "Other fruit (apples, pears etc)"

5 Fungi "Fungi (mushrooms)"

6 FrFish "Freshwater fish"

7 ShFish "Shellfish"

8 Other "Other"

**FreeWho**

"Does anyone (outside of household) give or make you food free of charge?

INTERVIEWER: PROMPT AS NECESSARY, e.g. such as relatives, neighbours, friends, at work"

- 1 Yes
- 2 No

**FreeWho**

"Does anyone (outside of household) give or make you food free of charge?

INTERVIEWER: PROMPT AS NECESSARY e.g. such as relatives, neighbours, friends, at work"

- 1 Yes
- 2 No

**{ASK IF (FreeWho = Yes)}**

**FreWhoB**

"Who is this?

INTERVIEWER: PROBE FOR RELATIONSHIP TO MFP OF PERSON WHO GIVES/ MAKES FREE FOOD. CODE ALL THAT APPLY.

- 1 Family "Family member (e.g. son, niece, sister, mother)"
- 2 NeighFr "Neighbour or friend"
- 3 Employer "Employer (of anyone in the Catering Unit)"
- 4 MealsW "Meals-on-wheels (ONLY INCLUDE IF NOT PAID FOR)"
- 5 CommGrp "Community group/group with religious affiliation"
- 6 Other

**FreeWhat**

"SHOW CARD H

Could you look at this card and tell me which of these you receive?

INTERVIEWER: REGULARLY MEANS AT LEAST ONCE A FORTNIGHT, OCCASIONALLY MEANS LESS OFTEN THAN THIS. CODE ALL THAT APPLY."

- 1 MealReg "Meals (including main part of meal, e.g. meat for Sunday roast supplied regularly (at least once a fortnight))"
- 2 SnackReg "Snacks supplied regularly (at least once a fortnight)"
- 3 BargReg "Bargains/foods on special offer supplied regularly (at least once a fortnight)"
- 4 Fuitreg "Fruit and/or vegetables supplied regularly (at least once a fortnight)"
- 5 MealOcc "Meals (including main part of meal e.g. meat for Sunday roast supplied occasionally "
- 6 SnackOcc "Snacks supplied occasionally "
- 7 BargOcc "Bargains/foods on special offer supplied occasionally "
- 8 FruitOcc "Fruit and/or vegetables supplied occasionally "
- 9 Other

**{ASK ALL}**

**Animals**

"Do you (Does anyone in your household) keep hens or other animals to provide you with food?"

- 1 Yes

2 No

**{ASK IF (Animals = Yes)}**

**AnimFoo**

"What kinds of food do these animals provide?"

- 1 Eggs
- 2 Milk "Milk or milk products"
- 3 Meat
- 4 Honey
- 5 Other "Other"

## MFP QUESTIONNAIRE: FOOD PREPARATION

### PrepIntr

"SHOW CARD I

For the food items that I will list, please look at the card and tell me how the food is usually cooked in your household.

PRESS <ENTER> TO CONTINUE"

1 continue

### BeefPrep

" SHOW CARD I

Please describe how you usually prepare beef steak, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- 1 Boil "Boil, Stew or Casserole"
- 2 Steam
- 3 Roast "Roast or Bake"
- 4 Fry
- 5 SFry "Stir-fry"
- 6 Grill
- 7 Micro "Microwave"
- 8 Saute "Sauté"
- 9 Other "Any other way of cooking"
- 10 NoEat "Do not prepare/eat this food"

### PorkPrep

"SHOW CARD I

(Please describe how you usually prepare) ...pork chops (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- 1 Boil "Boil, Stew or Casserole"
- 2 Steam
- 3 Roast "Roast or Bake"
- 4 Fry
- 5 SFry "Stir-fry"
- 6 Grill
- 7 Micro "Microwave"
- 8 Saute "Sauté"
- 9 Other "Any other way of cooking"
- 10 NoEat "Do not prepare/eat this food"

### LambPrep

"SHOW CARD I

(Please describe how you usually prepare) ...lamb chops/cutlets (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- 1 Boil "Boil, Stew or Casserole"
- 2 Steam
- 3 Roast "Roast or Bake"
- 4 Fry

- |    |       |                                |
|----|-------|--------------------------------|
| 5  | SFry  | "Stir-fry"                     |
| 6  | Grill |                                |
| 7  | Micro | "Microwave"                    |
| 8  | Saute | "Sauté"                        |
| 9  | Other | "Any other way of cooking"     |
| 10 | NoEat | "Do not prepare/eat this food" |

### **BacoPrep**

"SHOW CARD I

(Please describe how you usually prepare) ...bacon (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- |    |       |                                |
|----|-------|--------------------------------|
| 1  | Boil  | "Boil, Stew or Casserole"      |
| 2  | Steam |                                |
| 3  | Roast | "Roast or Bake"                |
| 4  | Fry   |                                |
| 5  | SFry  | "Stir-fry"                     |
| 6  | Grill |                                |
| 7  | Micro | "Microwave"                    |
| 8  | Saute | "Sauté"                        |
| 9  | Other | "Any other way of cooking"     |
| 10 | NoEat | "Do not prepare/eat this food" |

### **SausPrep**

"SHOW CARD I

(Please describe how you usually prepare) ...sausages (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- |    |       |                                |
|----|-------|--------------------------------|
| 1  | Boil  | "Boil, Stew or Casserole"      |
| 2  | Steam |                                |
| 3  | Roast | "Roast or Bake"                |
| 4  | Fry   |                                |
| 5  | SFry  | "Stir-fry"                     |
| 6  | Grill |                                |
| 7  | Micro | "Microwave"                    |
| 8  | Saute | "Sauté"                        |
| 9  | Other | "Any other way of cooking"     |
| 10 | NoEat | "Do not prepare/eat this food" |

### **Mince**

"Do you cook mince?"

INTERVIEWER: PROMPT IF NECESSARY, 'MINCE' MEANS ANY GROUND ANIMAL PRODUCT (BEEF, CHICKEN, PORK ETC.)"

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

{ASK IF (Mince = Yes)}

### **MincF1**

"When you buy mince do you choose mince with fat or mince without much fat?"

- |   |          |                          |
|---|----------|--------------------------|
| 1 | MinFat   | "Mince with fat"         |
| 2 | MinNoFat | "Mince without much fat" |

**MincF2**

"When you are cooking mince, do you strain off the fat or do you not strain off the fat?"

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

**{ASK ALL}****FishPrep**

"SHOW CARD I

Still looking at the show card, please describe how you usually prepare ...unbattered fish (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- 1 Boil "Boil, Stew or Casserole"
- 2 Steam
- 3 Roast "Roast or Bake"
- 4 Fry
- 5 SFry "Stir-fry"
- 6 Grill
- 7 Micro "Microwave"
- 8 Saute "Sauté"
- 9 Other "Any other way of cooking"
- 10 NoEat "Do not prepare/eat this food"

**FshFPrep**

"SHOW CARD I

(Please describe how you usually prepare) ...fish coated in batter or breadcrumbs including fish fingers and fish cakes (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- 1 Boil "Boil, Stew or Casserole"
- 2 Steam
- 3 Roast "Roast or Bake"
- 4 Fry
- 5 SFry "Stir-fry"
- 6 Grill
- 7 Micro "Microwave"
- 8 Saute "Sauté"
- 9 Other "Any other way of cooking"
- 10 NoEat "Do not prepare/eat this food"

**PotsPrep**

"SHOW CARD I

(Please describe how you usually prepare) ...potatoes (not chips (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- 1 Boil "Boil, Stew or Casserole"
- 2 Steam
- 3 Roast "Roast or Bake"
- 4 Fry
- 5 SFry "Stir-fry"
- 6 Grill
- 7 Micro "Microwave"

- |    |       |                                |
|----|-------|--------------------------------|
| 8  | Saute | "Sauté"                        |
| 9  | Other | "Any other way of cooking"     |
| 10 | NoEat | "Do not prepare/eat this food" |

### **GVegPrep**

"SHOW CARD I

(Please describe how you usually prepare) ...green vegetables (e.g. spinach, peas, broccoli) (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- |    |       |                                |
|----|-------|--------------------------------|
| 1  | Boil  | "Boil, Stew or Casserole"      |
| 2  | Steam |                                |
| 3  | Roast | "Roast or Bake"                |
| 4  | Fry   |                                |
| 5  | SFry  | "Stir-fry"                     |
| 6  | Grill |                                |
| 7  | Micro | "Microwave"                    |
| 8  | Saute | "Sauté"                        |
| 9  | Other | "Any other way of cooking"     |
| 10 | NoEat | "Do not prepare/eat this food" |

### **RootPrep**

"SHOW CARD I

(Please describe how you usually prepare) ...root vegetables (e.g. carrots, parsnips) (, that is if you (or anyone in your household eat(s)) it.

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN."

- |    |       |                                |
|----|-------|--------------------------------|
| 1  | Boil  | "Boil, Stew or Casserole"      |
| 2  | Steam |                                |
| 3  | Roast | "Roast or Bake"                |
| 4  | Fry   |                                |
| 5  | SFry  | "Stir-fry"                     |
| 6  | Grill |                                |
| 7  | Micro | "Microwave"                    |
| 8  | Saute | "Sauté"                        |
| 9  | Other | "Any other way of cooking"     |
| 10 | NoEat | "Do not prepare/eat this food" |

### **SaltChk**

"Do you add salt or salt substitute to your food during cooking, such as salt in water for cooking potatoes?"

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

{ASK IF Salt IN SaltChk}

### **SaltHow**

"Is this always, usually or sometimes (that you add salt to your food during cooking)?"

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

{ASK IF Subst IN SaltChk}

**SltSHow**

"Is this always, usually or sometimes (that you add salt substitute to your food during cooking)?"

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

**FatTyp**

"What type of fat do you usually use?"

IF 'VARIES', CODE WHAT IS MOST OFTEN USED. PROMPT IF NECESSARY.

1. Butter,
2. Lard or dripping
3. Solid vegetable fat
4. Margarine or spread (SPECIFY TYPE/BRAND AT NEXT QUESTION)
5. Oil (SPECIFY TYPE/BRAND AT NEXT QUESTION)
6. Ghee (SPECIFY TYPE/BRAND AT NEXT QUESTION)
7. Other (SPECIFY TYPE/BRAND AT NEXT QUESTION)",
8. don't eat/prepare food this way

**XFatTyp**

PROBE FOR TYPE / BRAND

{ASK ALL}

**RiceFry**

"If you fry rice, what do you usually fry it with?"

INTERVIEWER: IF 'VARIES', CODE WHAT IS MOST OFTEN USED. (SEE HELP<F9> FOR EXPLANATION OF DIFFERENT OILS ETC.)"

- 1 Blend "Blended Vegetable oil"
- 2 Drip "Dripping"
- 3 Lard
- 4 PolyUn "Polyunsaturated oil or margarine"
- 5 Olive "Olive oil"
- 6 Other "Other (SPECIFY TYPE/BRAND AT NEXT QUESTION)"
- 7 NoEat "Do not fry/eat rice"

{ASK IF (RiceFry = Other)}

**ORiceFry**

"INTERVIEWER: PROBE FOR WHAT RICE IS USUALLY FRIED IN (E.G.TYPE/BRAND)"

: STRING[30]

{ASK ALL}

**ChipHow**

"How do you usually prepare chips?"

INTERVIEWER: IF 'VARIES', CODE HOW PREPARED MOST OFTEN. DO NOT INCLUDE CHIPS PURCHASED FROM TAKEAWAY OUTLET."

- 1 FrOld "Freshly made from old potatoes"
- 2 FrNew "Freshly made from new potatoes"
- 3 Frozen "Frozen,fried"
- 4 OvenC "Oven ready chips"
- 5 MicroC "Microwave chips (eg McCain Microchips)"
- 6 Other "Make chips another way"



7 NoEat "Do not prepare chips"

**{ASK IF (((ChipHow = FrOld) OR (ChipHow = FrNew)) OR (ChipHow = Frozen))}**

**ChipFat**

"What fat do you usually use when frying chips?"

INTERVIEWER: IF 'VARIES', CODE WHAT IS MOST OFTEN USED. (SEE HELP<F9> FOR EXPLANATION OF DIFFERENT OILS ETC.)"

- 1 Blend "Blended Vegetable oil"
- 2 Drip "Dripping"
- 3 Lard
- 4 PolyUn "Polyunsaturated oil or margarine"
- 5 Olive "Olive oil"
- 6 Other "Fry chips in something else (SPECIFY AT NEXT QUESTION)"
- 7 NoEat "Do not fry chips"

**{ASK IF (ChipFat = Other)}**

**OChipFat**

"INTERVIEWER: PROBE FOR WHAT CHIPS ARE USUALLY FRIED IN (E.G.TYPE/BRAND)"

: STRING[30]

**MFP QUESTIONNAIRE: COOKING SKILLS**  
*These questions are not asked during a proxy interview*

**{ASK IF (MFPProx = WithMFP)}**

**SkillCk**

"SHOW CARD K

Now please look at this card. Would you be able to make the following foods and dishes from beginning to end? INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

**SkLow<sup>1</sup>**

"SHOW CARD K

...Cook convenience foods and ready meals (e.g. frozen pizza)? INTERVIEWER: THIS IS A THEORETICAL QUESTION ABOUT THE RESPONDENT'S COOKING SKILLS, AND NOT WHETHER THEY DO ACTUALLY COOK THIS TYPE OF FOOD."

- 1 NoHlp "Yes, with no help at all",
- 2 LtHlp "Yes, with a little help",
- 3 LotHlp "Yes, with a lot of help",
- 4 CantHlp "No, not at all"

**SkMed<sup>2</sup>**

"SHOW CARD K

...A complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make lasagne)?"

- 1 NoHlp "Yes, with no help at all",
- 2 LtHlp "Yes, with a little help",
- 3 LotHlp "Yes, with a lot of help",
- 4 CantHlp "No, not at all"

**SkAdv<sup>3</sup>**

"SHOW CARD K

... A main dish from basic ingredients (e.g. shepherd's pie, curry)? INTERVIEWER: THIS INCLUDES USING A RECIPE"

- 1 NoHlp "Yes, with no help at all",
- 2 LtHlp "Yes, with a little help",
- 3 LotHlp "Yes, with a lot of help",
- 4 CantHlp "No, not at all"

**Cook<sup>4</sup>**

"[\*]How did you learn to cook?

INTERVIEWER: IT MAY HELP TO REPHRASE USING ONE OF THE FOLLOWING: 'Where did you learn to cook?'/ 'Who did you learn to cook from?' CODE ALL THAT APPLY"

- 1 Home "At home (relative)"
- 2 School

---

<sup>1</sup> The variable name in the data-set is HSKLOW.

<sup>2</sup> The variable name in the data-set is HSKMED.

<sup>3</sup> The variable name in the data-set is HSKADV.

<sup>4</sup> The variable names in the data-set are HCOOK1-HCOOK7.

- 3 Class "Cookery class not at school (e.g. night class)"
- 4 Self "Self taught"
- 5 Friend "From friends"
- 6 Work "At work"
- 7 TV "Television"
- 8 Recipe "Recipe books / magazines"
- 9 SOECook "Someone else does the cooking"
- 10 Choice "Choose not to cook"
- 11 NoCook "Cannot cook at all"
- 12 Other "Other"

**MFPEnd**

"INTERVIEWER: End of Main Food Provider interview with (name of MFP)."

## INDIVIDUAL INTERVIEWS

---

### IntroP

"INTERVIEWER: This is the start of the individual questions for (name). Do you want to do this interview now or later? (NB Once set to 'Now' you will not be able to change to 'later')"

- 1 Now
- 2 Later

### COOKING SKILLS (ADULT)

*Adults only (all aged 18 or over or aged 16-17 and not in full-time education)  
- not asked here if the respondent is the MFP.*

### CookIntr

"Now I would like to ask you some questions about cooking."

### SkillCk

"SHOW CARD K

Now please look at this card. Would you be able to make the following foods and dishes from beginning to end?"

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

- 1 continue

### SkLow

"SHOW CARD K ...Cook convenience foods and ready meals (e.g. frozen pizza)?"

INTERVIEWER: THIS IS A THEORETICAL QUESTION ABOUT THE RESPONDENT'S COOKING SKILLS, AND NOT WHETHER THEY DO ACTUALLY COOK THIS TYPE OF FOOD."

- 1 NoHlp "Yes, with no help at all",
- 2 LtlHlp "Yes, with a little help",
- 3 LotHlp "Yes, with a lot of help",
- 4 CantHlp "No, not at all"

### SkMed

"SHOW CARD K

...A complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make lasagne)?"

- 1 NoHlp "Yes, with no help at all",
- 2 LtlHlp "Yes, with a little help",
- 3 LotHlp "Yes, with a lot of help",
- 4 CantHlp "No, not at all"

### SkAdv

"SHOW CARD K

...A main dish from basic ingredients (e.g. shepherd's pie, curry)?

INTERVIEWER: THIS INCLUDES USING A RECIPE"

## **Cook**

“[\*]How did you learn to cook?

INTERVIEWER: IT MAY HELP TO REPHRASE USING ONE OF THE FOLLOWING: 'Where did you learn to cook?'/ 'Who did you learn to cook from?'  
CODE ALL THAT APPLY”

- 1 Home "At home (relative)"
- 2 School
- 3 Class "Cookery class not at school (e.g. night class)"
- 4 Self "Self taught"
- 5 Friend "From friends"
- 6 Work "At work"
- 7 TV "Television"
- 8 Recipe "Recipe books / magazines"
- 9 SOECook "Someone else does the cooking"
- 10 Choice "Choose not to cook"
- 11 NoCook "Cannot cook at all"
- 12 Other "Other"

## FOOD PROVISION AT SCHOOL

*Children only (aged 16 or younger) or those aged 16 or 17 still in full-time education. Questions addressed to responsible adult if child is younger than 10 years old.*

{ASK IF (AgeP = 4)}

**Sch4yrs**

"Can I just check, is (child name) in reception class yet?"

- 1 Yes
- 2 No

{ASK IF ((Sch4yrs = Yes) OR (AgeP > 4))}

**SchIntr**

"Now I would like to ask some questions about food and meals (child name) may have whilst at school/college. "

PRESS <ENTER> TO CONTINUE"

- 1 continue

**SchProv**

"Does your (child name's) school provide meals?"

INTERVIEWER: INCLUDE SANDWICHES AND SALADS. DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT."

- 1 Yes
- 2 No

{ASK IF (SchProv = Yes)}

**SchProv2**

Do you (Does child name) ever have these meals?"

- 1 Yes
- 2 No

{ASK ALL}

**SchSn**

"Is there an outlet in your (child name's) school where pupils can buy snacks or drinks?"

INTERVIEWER: 'SNACKS' INCLUDE CONFECTIONERY, CRISPS, FRUIT. DO NOT INCLUDE SANDWICHES, SALADS AS 'SNACKS'."

- 1 Yes
- 2 No

{ASK IF (SchSn = Yes)}

**SchSn2**

"Do you (Does (child name)) ever buy snacks or drinks from this outlet?"

- 1 Yes
- 2 No

{ASK ALL}

**School**

"SHOW CARD J

Do you (Does (child name) receive any of the following?

INTERVIEWER: CODE ALL THAT APPLY

- 1 FreeMeal "Free school meal (at lunchtime)"
- 2 RedMeal "Reduced price or subsidised school meal (at lunchtime)"
- 3 FreeMilk "Free school milk"
- 4 RedMilk "Subsidised school milk"
- 5 FreeVit "Free vitamin tablets (under 5s)"
- 6 FreFruit "Free fruit"
- 7 MilkTok "Milk tokens (under 5s)"
- 8 PreSch "Free food BEFORE school"
- 9 PostSch "Free food AFTER school"
- 10 Other
- 11 None "None of these - SPONTANEOUSLY ONLY"

**{ASK IF NOT FreeMeal IN School}**

**School2**

"Are you (Is (child name) entitled to free school meals at lunchtime?"

- 1 Yes
- 2 No

**{ASK IF (School2 = Yes)}**

**School2i**

"Why do you (does (child name) not take up your (his)(her) free school meals?"

- 1 Prefhome "Prefers to come home",
- 2 Nlike "Doesn't like school meals",
- 3 PackedL "Prefers packed lunch",
- 4 Diet "Dietary reasons",
- 5 Cultural "Cultural/religious reasons" ,
- 6 PeerP "Peer pressure/stigma",
- 7 Other )

**{ASK IF FreeMeal IN School}**

**SchOft**

"On average, how many times per week Do you (Does (child name) have free school meals at lunchtime?"

: 1..5

**{ASK IF ((SchOft = RESPONSE) AND (SchOft < 5))}**

**SchOft2**

"Why Do you (Does (child name) not take up all your (his)(her) free school meals at lunchtime?"

INTERVIEWER: CODE MAIN REASON."

- 1 Prefhome "Prefers to come home",
- 2 Nlike "Doesn't like school meals",
- 3 PackedL "Prefers packed lunch",
- 4 Diet "Dietary reasons",
- 5 Cultural "Cultural/religious reasons" ,
- 6 PeerP "Peer pressure/stigma",
- 7 Other )

**{ASK IF PreSch IN School}**

**PrScOft**

"On average, how many times per week do you (does (child name) have free school meals before school?"

: 1..10

**{ASK IF PostSch IN School}**

**PoScOft**

"On average, how many times per week do you (does (child name) have free school meals after school?"

: 1..10

**SchNot**

"What do you (does (child name) do about lunch when you are (he is)(she is) not at school?"

INTERVIEWER: INCLUDE SCHOOL HOLIDAYS AS WELL AS WEEKENDS. IF 'VARIES' CODE THE MOST FREQUENT."

- 1 EatHome "Eats at home"
- 2 EatRel "Eats at relative's home"
- 3 EatFr "Eats at friend's/neighbour's home"
- 4 PackL "Takes packed lunch (from home)"
- 5 BuyL "Buys lunch from shop/café"
- 6 Without "Goes without lunch"
- 7 Other

**{ASK IF MilkTok IN School}**

**MlkOft**

"How many pints of milk per week do you (does (child name) get in exchange for milk tokens?"

INTERVIEWER: THIS IS FOR LIQUID MILK. DO NOT INCLUDE DRIED BABY MILK FOR INFANTS UNDER ONE YEAR OLD."

: 1..50



## COOKING SKILLS (CHILD)

*Children only (aged 16 years or younger) or those aged 16 or 17 still in full-time education. Questions addressed to responsible adult if child is younger than 10 years old*

### **CkChIntr**

"I'd now like to talk to you about any cooking you (child's name) might do.

- 1 Continue

### **CookCh**

"Did you (child's name) ever learn about food or cooking in a lesson at school?"

- 1 Yes
- 2 No

**{ASK IF (CookCh = Yes)}**

### **CkLesson**

"Did you (child's name) have to prepare food in this lesson?"

- 1 Yes
- 2 No

**{ASK IF (CkLesson = Yes)}**

### **CkWtSc1**

"Did you (child's name) learn to make cakes, buns or biscuits in these lessons?"

- 1 Yes
- 2 No

### **CkWtSc2**

"(And you (child's name) learn to make ...) Puddings (e.g. apple pie) (in these lessons)?"

- 1 Yes
- 2 No

### **CkWtSc3**

"(And did you (child's name) learn to make ...) bread (in these lessons)?"

- 1 Yes
- 2 No

### **CkWtSc4**

"(And did you (child's name) learn to make ...) pizza (in these lessons)?"

- 1 Yes
- 2 No

**{ASK ALL}**

### **CookHome**

"Do you (Does (child name) ever prepare food at home?"

- 1 Yes
- 2 No

**{ASK IF (CookHome = Yes)}**

**CookWith**

"Do you (Does (child name) prepare this food alone or with someone else?"

- 1 Alone
- 2 WSOE "With Someone Else"

**{ASK IF (CookWith = WSOE)}**

**WithWho**

"Who is this?"

INTERVIEWER: PROBE FOR RELATIONSHIP TO RESPONDENT. CODE FIRST THAT APPLIES."

- 1 Parent "Parent or guardian"
- 2 Sibling "Brother or sister"
- 3 OthRel "Other relative"
- 4 OthNRel "Other non-relative"

**{ASK IF (CookHome = Yes)}**

**CkReg**

"How often do you (does (child name) prepare food at home? Is it..."

INTERVIEWER: RUNNING PROMPT"

- 1 Daily "...every day"
- 2 Weekly "...every week"
- 3 Monthly "...every month"
- 4 LessOf "...or less often than that?"

**CkWHom1**

"SHOW CARD K

I'd now like to ask whether you (child name) would be able to prepare certain foods at home. Firstly, would you (he)(she) be able to butter bread at home?"

- 1 NoHelp "Yes, with no help at all",
- 2 YLiHelp "Yes, with a little help",
- 3 YLoHelp "Yes, with a lot of help",
- 4 NoDo "No, not at all")

**CkWHom2**

"SHOW CARD K

(And would you (child name) be able to ...) ...chop vegetables (at home)?"

- 1 NoHelp "Yes, with no help at all",
- 2 YLiHelp "Yes, with a little help",
- 3 YLoHelp "Yes, with a lot of help",
- 4 NoDo "No, not at all")

**CkWHom3**

"SHOW CARD K

(And would you (child name) be able to ...) ...make sandwiches (at home)?"

- 1 NoHelp "Yes, with no help at all",
- 2 YLiHelp "Yes, with a little help",
- 3 YLoHelp "Yes, with a lot of help",
- 4 NoDo "No, not at all")

**CkWHom4**

"SHOW CARD K

(And would you (child name) be able to ...) ...cook convenience foods and ready meals (e.g. pizza from frozen) (at home?)"

- 1 NoHelp "Yes, with no help at all",
- 2 YLiHelp "Yes, with a little help",
- 3 YLoHelp "Yes, with a lot of help",
- 4 NoDo "No, not at all")

#### **CkWHom5**

"SHOW CARD K

(And would you (child name) be able to ...) ...prepare a meal from ready-made ingredients (e.g. pasta with ready-made sauce) (at home?)"

- 1 NoHelp "Yes, with no help at all",
- 2 YLiHelp "Yes, with a little help",
- 3 YLoHelp "Yes, with a lot of help",
- 4 NoDo "No, not at all")

#### **CkWHom6**

"SHOW CARD K

(And would you (child name) be able to ...) ...prepare a dish from basic ingredients (with or without a recipe) (at home?)"

- 1 NoHelp "Yes, with no help at all",
- 2 YLiHelp "Yes, with a little help",
- 3 YLoHelp "Yes, with a lot of help",
- 4 NoDo "No, not at all")

#### **WhyCk**

"Why do you (does (child name)) prepare food at home?

INTERVIEWER:CODE MAIN REASON."

- 1 LikeCk "Likes cooking"
- 2 HelpCk "Wants to help"
- 3 LearnCk "To learn how to cook (e.g. for when older)"
- 4 Hungry "Cooks when hungry and no-one else around to prepare food"
- 5 NeedCk "Needs to cook (e.g. parent too ill to cook)"

## EATING ENVIRONMENT / ISOLATION

*All respondents*

### **IsolIntr**

"Now I would like to ask about where you eat your ((child name) eats his/her) meals and who you eat ((he)(she) eats) them with.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

### **WkdHow**

"When you are ((child name) is) at home on a weekday, where do you (does (he)(she)) usually eat you (his)(her) meals?

INTERVIEWER: PROMPT AS NECESSARY. CODE UP TO 2 RESPONSES. IF 'VARIES', CODE PLACE(S) EATEN MOST OFTEN."

- 1 ATable "At the table",
- 2 Lap "On lap",
- 3 Stand "Standing up/On the go",
- 4 NotHome "Do not eat meals at home on this/these day(s)" )

**{ASK IF ((ATable IN WkdHow OR Lap IN WkdHow) OR Stand IN WkdHow)}**

### **WkdWho**

"When you are ((child name) is) at home on a weekday, who do you (does (he)(she)) usually eat your (his)(her) meals with?

INTERVIEWER: PROMPT AS NECESSARY. CODE ALL THAT APPLY. CODE 2 ONLY INCLUDES CATERING UNIT MEMBERS. CODE 3 MEANS WITH PEOPLE OUTSIDE THE CATERING UNIT."

- 1 Alone,
- 2 WithHM "With other Catering Unit (CU) members",
- 3 WithNHM "With non-CU members" )

### **DifSat**

"On a Saturday and Sunday, is this the same as during the week?

INTERVIEWER: IF RESPONDENT IS UNSURE PLEASE MAKE CLEAR THAT 'SAME' REFERS TO EITHER EATING WITH THE SAME PEOPLE AND/OR EATING IN THE SAME PLACES"

- 1 SatNo "Different on a Saturday "
- 2 SunNo "Different on a Sunday "
- 3 Same

**{ASK IF SatNo IN DifSat}**

### **SatHow**

"When you are ((child name) is) at home on a Saturday, where do you (does (he)(she)) usually eat you (his)(her) meals?

INTERVIEWER: PROMPT AS NECESSARY. CODE UP TO TWO RESPONSES. IF 'VARIES', CODE PLACE(S) EATEN MOST OFTEN."

- 1 ATable "At the table",
- 2 Lap "On lap",
- 3 Stand "Standing up/On the go",
- 4 NotHome "Do not eat meals at home on this/these day(s)" )

**{ASK IF ((ATable IN SatHow OR Lap IN SatHow) OR Stand IN SatHow)}**

**SatWho**

"When you are ((child name) is) at home on a Saturday, who do you (does (he)(she)) usually eat your (his)(her) meals with?

INTERVIEWER: PROMPT AS NECESSARY. CODE ALL THAT APPLY CODE 2 ONLY INCLUDES CATERING UNIT MEMBERS. CODE 3 MEANS WITH PEOPLE OUTSIDE THE CATERING UNIT"

- 1 Alone,
- 2 WithHM "With other Catering Unit (CU) members",
- 3 WithNHM "With non-CU members" )

**{ASK IF SunNo IN DifSat}**

**SunHow**

"When you are ((child name) is) at home on a Sunday, where do you (does (he)(she)) usually eat your (his)(her) meals?

INTERVIEWER: PROMPT AS NECESSARY. CODE UP TO TWO RESPONSES. IF 'VARIES', CODE PLACE(S) EATEN MOST OFTEN."

- 1 ATable "At the table",
- 2 Lap "On lap",
- 3 Stand "Standing up/On the go",
- 4 NotHome "Do not eat meals at home on this/these day(s)" )

**{ASK IF ((ATable IN SunHow OR Lap IN SunHow)OR Stand IN SunHow)}**

**SunWho**

"When you are ((child name) is) at home on a Sunday, who do you (does (he)(she)) usually eat your (his)(her) meals with?

INTERVIEWER: PROMPT AS NECESSARY. CODE ALL THAT APPLY CODE 2 ONLY INCLUDES CATERING UNIT MEMBERS. CODE 3 MEANS WITH PEOPLE OUTSIDE THE CATERING UNIT"

- 1 Alone,
- 2 WithHM "With other Catering Unit (CU) members",
- 3 WithNHM "With non-CU members" )

**{ASK IF (AgeP >= 16)}**

**IsolShr**

"Do you eat with friends or relatives (who are not members of your household) on a regular basis, either at home or in their home?

INTERVIEWER: CODE ALL PEOPLE OUTSIDE HOUSEHOLD/CATERING UNIT DEFINE REGULARLY AS AT LEAST ONCE EVERY 2 WEEKS"

- 1 YesHome "Yes, in own home"
- 2 YesFR "Yes, in home of friend/relative"
- 3 NotReg "Does not eat regularly with friend/relative"

**{ASK IF YesHome IN IsolShr}**

**ArrHome**

"When you eat with friends or relatives in your home, who supplies the food?"

- 1 Resp "Self/own household" ,
- 2 FrRel "Friend/relative supplies food" ,
- 3 Share "We both supply food")

**{ASK IF YesFR IN IsolShr}**

**ArrFr**

"When you eat with friends or relatives in their home, who supplies the food?"

- 1 Resp "Self/own household" ,
- 2 FrRel "Friend/relative supplies food" ,
- 3 Share "We both supply food")

**{ASK IF (AgeP >= 16)}**

**IsolCaf**

"Do you go out to eat with friends or relatives, or on your own?"

INTERVIEWER: PROMPT eg café, restaurant, fast food restaurant IF NECESSARY  
CODE ALL THAT APPLY. DO NOT INCLUDE SESSIONS WHICH ONLY  
INVOLVE DRINKING ALCOHOL, OR MEALS AT OTHER PEOPLE'S HOMES"

- 1 FrRel "With friends or relatives"
- 2 Own "On own"
- 3 Neither "Does not eat out"

**{ASK IF FrRel IN IsolCaf}**

**FrROft**

"How often do you eat out with friends or relatives?"

- 1 MorWk "More than once a week",
- 2 Week "Once a week",
- 3 LessWk "Less than once a week",
- 4 Fnt "Once a fortnight",
- 5 Mth "Once a month",
- 6 LesMth "Less than once a month")

**{ASK IF Own IN IsolCaf}**

**OwnOft**

"How often do you eat out on your own?"

- 1 MorWk "More than once a week",
- 2 Week "Once a week",
- 3 LessWk "Less than once a week",
- 4 Fnt "Once a fortnight",
- 5 Mth "Once a month",
- 6 LesMth "Less than once a month")

**{ASK IF (AgeP >= 16)}**

**XCaf**

"Is there anywhere else outside your home, where you regularly meet and eat with other people?"

INTERVIEWER: DO NOT INCLUDE CAFES, RESTAURANTS, FAST FOOD RESTAURANTS. DO INCLUDE MEALS AT WORKPLACE, SCHOOL OR COLLEGE, OR COMMUNITY AND DAY CENTRES"

- 1 Yes
- 2 No

**{ASK IF (XCaf = Yes)}**

**XCaf2**

"Where is this?"

- 1 Work "At work/school/college"
- 2 ComCent "Community/day centre"
- 3 Other

**{ASK IF (AgeP > 64)}**

**MealWhel**

“(Can I check) Do you receive meals on wheels?”

- 1 Yes
- 2 No

**{ASK IF (MealWhel = Yes)}**

**OfMw**

“How often do you receive meals on wheels?”

- 1 More1Day "More than once a day"
- 2 Daily "Once a day"
- 3 Week45 "4-6 days a week"
- 4 Week23 "2-3 days a week"
- 5 Week1 "Once a week"
- 6 Fnt "Once a fortnight"
- 7 Mth "Once a month"
- 8 LesMth "Less than once a month"

**{ASK IF (AgeP >= 16)}**

**IsolRels**

“Do you have any relatives who you speak to or see at least once a week, other than people you live with?”

- 1 Yes
- 2 No

**IsolFr**

“Do you have any close friends who you speak to or see at least once a week?”

INTERVIEWER: DO NOT INCLUDE HOUSEHOLD MEMBERS. “

- 1 Yes
- 2 No

## THE SURE START PROGRAM

### *Parents of children aged under 5*

**{ASK IF ((NumCh04 > 0) AND (HasChild[PNo] = Yes))}** *(number of children aged between 0 and 4 > 0 and Whether parent of any child aged 0-15 in hhold)*

#### **KnowSS**

"I'd now like to ask you a few questions about something called the Sure Start programme. Have you heard of the Sure Start programme?"

INTERVIEWER: IF ASKED, SURE START IS A GOVERNMENT INITIATIVE AIMING TO IMPROVE SERVICES FOR FAMILIES WITH YOUNG CHILDREN."

- 1 Yes
- 2 No

**{ASK IF (KnowSS = Yes)}**

#### **DefnSS**

"Is there a Sure start programme in your local area?"

- 1 Yes
- 2 No

**{ASK IF (DefnSS = Yes)}**

#### **SSUse**

"Have you ever used Sure Start services?"

- 1 Yes
- 2 No

**{ASK IF (SSUse = Yes)}**

#### **SSAdv**

"When you used Sure Start did you get advice on feeding children?"

- 1 Yes
- 2 No

**{ASK IF (SSAdv = Yes)}**

#### **SSWht**

"What advice did you get?"

INTERVIEWER: PROBE FOR TOPIC OF ADVICE - E.G. WEENING OR HEALTHY FOOD PREPARATION."

: STRING[30]



## EATING HABITS (1)

*All respondents*

### **EatIntr**

"I would like to ask you some questions about your (child name 's) usual eating habits. Please stop me at any point if you do not understand the question or would like me to repeat something I have said.

- 1 Continue

### **WEat1**

"SHOW CARD L

On a weekday at which of the meals or snack times would you (child name) normally eat or drink something? Please take your answer from the card.

INTERVIEWER: 'NORMALLY' MEANS 'ON MOST DAYS' THAT IS 3-6 DAYS A WEEK'

CODE ALL THAT APPLY"

- 1 Early "Early morning (before breakfast)"
- 2 Break "Breakfast time"
- 3 MidMrn "Mid-morning"
- 4 MidDay "Mid-day"
- 5 MidAft "Mid-Afternoon"
- 6 LateAft "Late afternoon"
- 7 EveTime "Evening time"
- 8 LtEve "Late evening"
- 9 Night "Late night or during the night"

### **DifSS**

"On a Saturday would you (child name) usually eat meals at the same time as during the week?"

- 1 Same "Same times on Saturday"
- 2 xDiff "Different times on Saturday"

{ASK IF DifSS=xDiff}

### **WEat2**

"SHOW CARD L

On a Saturday, at which of the meals or snack times would you (child name) normally eat or drink something? Please take your answer from the card.

INTERVIEWER: 'NORMALLY' MEANS 'ON MOST DAYS' THAT ON MOST SATURDAYS

CODE ALL THAT APPLY"

- 1 Early "Early morning (before breakfast)"
- 2 Break "Breakfast time"
- 3 MidMrn "Mid-morning"
- 4 MidDay "Mid-day"
- 5 MidAft "Mid-Afternoon"
- 6 LateAft "Late afternoon"
- 7 EveTime "Evening time"
- 8 LtEve "Late evening"
- 9 Night "Late night or during the night"

**DifSS2**

"On a Sunday, would you (child name) usually eat meals at the same time on a Saturday?"

- 1 Same "Same times on Sunday"
- 2 xDiff "Different times on Sunday"

**{ASK IF DifSS2=xDiff}**

**WEat3**

"SHOW CARD L

On a Sunday, at which of the meals or snack times would you (child name) normally eat or drink something? Please take your answer from the card.

INTERVIEWER: 'NORMALLY' MEANS 'ON MOST DAYS' THAT IS ON MOST SUNDAYS

CODE ALL THAT APPLY

- 1 Early "Early morning (before breakfast)"
- 2 Break "Breakfast time"
- 3 MidMrn "Mid-morning"
- 4 MidDay "Mid-day"
- 5 MidAft "Mid-Afternoon"
- 6 LateAft "Late afternoon"
- 7 EveTime "Evening time"
- 8 LtEve "Late evening"
- 9 Night "Late night or during the night"

*{Asked for each time of day mentioned at WEat1-3}*

**EatDr**

"Thinking now about *{time of day}* - would you (child name) only eat something, only drink something, or eat and drink something at this time?"

INTERVIEWER: DO NOT INCLUDE ALCOHOLIC DRINKS

- 1 Eat "Eat only"
- 2 Drink "Drink only"
- 2 Both "Eat and drink"

E1FILL[1] := "Early morning (before breakfast)"
E1FILL[2] := "Breakfast time"
E1FILL[3] := "Mid-morning"
E1FILL[4] := "Mid-day"
E1FILL[5] := "Mid-Afternoon"
E1FILL[6] := "Late afternoon"
E1FILL[7] := "Evening time"
E1FILL[8] := "Late evening"
E1FILL[9] := "Late night or during the night"

**EatIntro**

"The next questions are about what things you (child name) usually eats and drinks (eat and drink).

INTERVIEWER: PRESS <ENTER> TO CONTINUE

- 1 continue

**{ASK ALL}**

**Tea**

"Do you (Does (child name)) drink tea?"

INTERVIEWER: DO NOT INCLUDE FRUIT OR HERBAL TEAS.

- 1 Yes
- 2 No

**{ASK IF (Tea = Yes)}**

**TeaType**

"SHOW CARD M

Please look at this card, and tell me what type of tea you (child name) would usually drink.

INTERVIEWER: IF 'VARIES' CODE TYPE OF TEA DRUNK MOST OFTEN."

- 1 Strg "Strong tea"
- 2 Weak "Medium/Weak tea"
- 3 StrDC "Strong decaffeinated tea"
- 4 WeakDC "Medium/Weak decaffeinated tea"
- 5 InstDry "Instant tea (e.g. Tetley Instant)"
- 6 InstMlk "Instant tea with milk powder (e.g. Typhoo QT)"
- 7 Other "Other "

**TeaCup**

"Would you (child name) usually drink tea from a cup or a mug?"

INTERVIEWER: IF 'VARIES' CODE WHICH USED MOST OFTEN."

- 1 Cup
- 2 Mug

**TeaSwe**

"Do you (Does (child name)) sweeten your (his)(her) tea?"

INTERVIEWER: COUNT ALL NATURAL SWEETENERS, E.G. HONEY, AS 'SUGAR'. DO NOT COUNT LEMON TEAS AS SWEETENED"

- 1 YesSug "Yes with sugar",
- 2 YesArt "Yes with artificial sweetener",
- 3 No)

**{ASK IF (TeaSwe = YesSug)}**

**TeaSug**

"How many teaspoons of sugar or other natural sweetener (eg honey) do you (does (child name)) usually take in a {cup/mug} of tea?"

INTERVIEWER: COUNT 1 LUMP OF SUGAR AS 1 TEASPOON AND 1 TABLESPOON AS 3 TEASPOONS

: 1..20

**{ASK IF (TeaSwe = YesArt)}**

**TeaArt**

"How many tablets or teaspoons of artificial sweetener do you (does (child name)) usually take in a {cup/mug} of tea?"

INTERVIEWER: TABLETS OR TEASPOONS HAVE THE SAME VALUE (i.e. 1). 10 DROPS OF LIQUID ARTIFICIAL SWEETENER IS EQUAL TO 1 TABLET.

: 1..20

**{ASK IF (Tea = Yes)}**

**TeaMilk**

"Do you (Does (child name)) take milk in tea?"

- 1 Yes
- 2 No

**{ASK IF (TeaMlk = Yes)}**

**TeaMlk2**

"How much milk do you (does (child name)) usually have in a {cup/mug} of tea? Is it... ..RUNNING PROMPT..."

- 1 Dash "... a dash",
- 2 Some "...some",
- 3 Milky "...or do you usually have it very milky?")

**{ASK ALL}**

**Cof**

"Do you (Does (child name)) drink coffee?"

INTERVIEWER: DO NOT INCLUDE HERBAL COFFEES

- 1 Yes
- 2 No

**{ASK IF (Cof = Yes)}**

**CofCup**

"Would you (child name) usually drink coffee from a cup or a mug?"

INTERVIEWER: IF 'VARIES' CODE WHICH USED MOST OFTEN."

- 1 Cup
- 2 Mug

**CofSwe**

"Do you (Does (child name)) sweeten your (his)(her) coffee?"

INTERVIEWER: COUNT ALL NATURAL SWEETENERS, E.G. HONEY, AS 'SUGAR'. DO NOT COUNT FLAVOURED COFFEE AS SWEETENED."

- 1 YesSug "Yes with sugar",
- 2 YesArt "Yes with artificial sweetener",
- 3 No)

**{ASK IF (CofSwe = YesSug)}**

**CofSug**

"How many teaspoons of sugar or other natural sweetener (eg honey) do you (does (child name)) usually take in a {cup/mug} of coffee?"

INTERVIEWER: COUNT 1 LUMP OF SUGAR AS 1 TEASPOON AND 1 TABLESPOON AS 3 TEASPOONS

: 1..20

**{ASK IF (CofSwe = YesArt)}**

**CofArt**

"How many tablets or teaspoons of artificial sweetener do you (does (child name)) usually take in a {cup/mug} of coffee?"

INTERVIEWER: TABLETS OR TEASPOONS HAVE THE SAME VALUE (i.e. 1). 10 DROPS OF LIQUID ARTIFICIAL SWEETENER IS EQUAL TO 1 TABLET."

: 1..20

IF (CofCup = Cup) CCup_mug := "cup" ELSE CCup_mug := "mug"
--

**{ASK IF (Cof = Yes)}**

**CofMlk**

"Do you (Does (child name)) have milk in coffee?"

- 1 Yes
- 2 No

**{ASK IF (CofMilk = Yes)}**

**CofMilk2**

"How much milk do you (does (child name)) usually have in a {cup/mug} of coffee? Is it... ..RUNNING PROMPT..."

- 1 Dash "... a dash,"
- 2 Some "...some,"
- 3 Milky "...or do you usually have it very milky?"

**{ASK ALL}**

**Salt**

"Do you (Does (child name)) add salt or salt substitute to your (his)(her) food at the table?"

- 1 AddSalt "Adds Salt"
- 2 Subst "Adds Salt substitute"
- 3 Neither

**{ASK IF Salt IN [AddSalt, Subst]}**

**SaltHow**

"How often would you say you (child name) add this? Is it... ..RUNNING PROMPT..."

- 1 Always "...always,"
- 2 Usual "...usually,"
- 3 Somet "or sometimes?"

**{ASK ALL}**

**Bre**

"Do you (Does (child name)) eat bread?"

- 1 Yes
- 2 No

**{ASK IF (Bre = Yes)}**

**Breloaf**

"Do you (Does (child name)) eat bread from a loaf?"

- 1 Yes
- 2 No

**{ASK IF (Breloaf = Yes)}**

**BreType**

"What type of bread do you (does (child name)) usually eat?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT BREAD IS EATEN' "

- 1 WBre "White bread"
- 2 BrBre "Brown bread"
- 3 WholBre "Wholemeal/wholewheat/oven wheaten bread"
- 4 GranBre "Granary bread"
- 5 WheaBre "Wheatgerm bread"
- 6 Other

**{ASK IF (BreType = Other)}**

**OBreType**

“What is the other type of bread you usually eat?”

: STRING[50]

**{ASK IF (Breloaf = Yes)}**

**LoafSz**

“If you (child name) are (is) eating bread from a loaf, is it normally a small or large loaf?”

1 Small

2 Large

**LoafSl**

“If you (child name) are (is) eating bread from a loaf, is it normally a sliced or unsliced loaf?”

1 Sliced

2 Unsliced

**{ASK IF (LoafSl = Sliced)}**

**Slice**

“If you (child name) are (is) eating bread from a sliced loaf, is it normally thin, medium or thick sliced?”

1 Thin

2 Medium

3 Thick

**{ASK ALL}**

**Rol**

“Do you (Does (child name)) eat bread rolls?”

1 Yes

2 No

**{ASK IF (Rol = Yes)}**

**RolType**

“What type of rolls do you (does (child name)) usually eat?”

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT YOU EAT ROLLS' “

1 WRoll "White rolls"

2 BRoll "Brown/granary/wheatgerm rolls"

3 WholRol "Wholemeal/wholewheat/oven wheaten rolls"

4 Other

**{ASK IF (RolType = Other)}**

**ORolType**

“What are the other type of rolls you usually eat?”

: STRING[50]

**{ASK IF (Rol = Yes)}**

**RolSz**

“Which picture best represents the size of the roll of bread that you (child name) usually eat (eats)?”

INTERVIEWER: REFER TO FOOD ATLAS (DARK GREEN PAGE G2). CODE USING LETTERS NEXT TO PICTURES IN FOOD ATLAS.”

- 1 A
- 2 B
- 3 C
- 4 D
- 5 E
- 6 F
- 7 G
- 8 H
- 9 I
- 10 J
- 11 K
- 12 L
- 13 M
- 14 N
- 15 O
- 16 Other

**{ASK ALL}**

**Cha**

"Do you (Does (child name)) eat other bread such as pitta or chapatti?"

- 1 Yes
- 2 No

**{ASK IF (Cha = Yes)}**

**ChaType**

"What type of other breads do you (does (child name)) usually eat?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT YOU EAT OTHER BREAD' "

- 1 WPitta "White pitta bread"
- 2 BPitta "Wholemeal pitta bread"
- 3 WChap "White chapatti"
- 4 BChap "Brown chapatti"
- 5 Naan
- 6 Parat "Paratha"
- 7 Other

**{ASK IF (ChaType = Other)}**

**OChaType**

"What are the other type of 'other breads' you usually eat?"

: STRING[50]

**{ASK IF ((Bre = Yes) OR (Rol = Yes))}**

**FatB**

"If you (child name) are (is) using spreading fats on bread or rolls, what sort of butter, margarine or other fat spread do you (does (he)(she)) usually use?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT SPREAD IS USED'. PROMPT IF NECESSARY. DO NOT INCLUDE SPREADING CHEESES SUCH AS DAIRYLEA OR CREAM CHEESE."

- 1 Butter
- 2 Marg "Margarine or spread (SPECIFY TYPE/BRAND AT NEXT QUESTION)"
- 3 Other "Other (SPECIFY TYPE/BRAND AT NEXT QUESTION)"

4 None "Do not spread fat on bread/rolls"

**{ASK IF ((FatB = Other) OR (FatB = Marg))}**

**TFatB**

INTERVIEWER: PROBE FOR TYPE / BRAND

: STRING[30]

**{ASK IF (((FatB = Butter) OR (FatB = Marg)) OR (FatB = Other))}**

**XFatBr**

"If you (child name) are (is) using spread on bread or rolls, which photograph best represents the usual amount?"

INTERVIEWER: REFER TO FOOD ATLAS (BROWN PAGE 30). CODE BY PICTURE NUMBER."

: 301..304

**FatC**

"If you (child name) are (is) using butter oil or other fat spread on {type of bread}, what sort of fat ^Do you (does (child name)) ^you (he)(she) usually use?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT SPREAD IS USED'. PROMPT IF NECESSARY."

1 Butter

2 Marg "Margarine or spread (SPECIFY TYPE/BRAND AT NEXT QUESTION)"

3 Oil "Oil (SPECIFY TYPE/BRAND AT NEXT QUESTION)"

4 Ghee "Ghee (SPECIFY TYPE/BRAND AT NEXT QUESTION)"

5 Other "Other(SPECIFY TYPE/BRAND AT NEXT QUESTION)"

6 None "Do not spread fat on {type of bread}, "

**{ASK IF FatC IN [Marg, Oil, Ghee, Other]}**

**TFatC**

"INTERVIEWER: PROBE FOR TYPE / BRAND"

: STRING[30]

**{ASK IF FatC IN [Butter..Other]}**

**XFatC**

"If you (child name) are (is) using spread on {type of bread}, which photograph best represents the usual amount?"

INTERVIEWER: REFER TO FOOD ATLAS (BROWN PAGE 30). CODE BY PICTURE NUMBER."

: 301..304

**{ASK ALL}**

**MilkUse**

"Do you (Does (child name)) use milk?"

1 Yes

2 No

**{ASK IF (MilkUse = Yes)}**

**MlkType**

"What type of milk do you (does (child name)) usually use?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT MILK IS USED'. PROMPT IF NECESSARY."



- 1 WhPast "Whole pasteurised"
- 2 WhUHT "Whole UHT or longlife"
- 3 WhDry "Whole dried"
- 4 SSkPast "Semi-skimmed pasteurised "
- 5 SSkUHT "Semi-skimmed UHT or longlife"
- 6 SSkCan "Semi-skimmed UHT or longlife CANNED"
- 7 SkiP "Skimmed pasteurised"
- 8 SkiUHT "Skimmed UHT or longlife"
- 9 SkDry "Dried skimmed milk with added vitamins (e.g. Marvel)"
- 10 SkDVit "Dried skimmed milk with added non-milk fat (e.g. Five Pints)"
- 11 CondWh "Whole condensed "
- 12 CondSk "Skimmed condensed"
- 13 WhEvap "Whole evaporated"
- 14 LowEvap "Light/low fat evaporated, canned (e.g. Carnation Lite)"
- 15 SoyUnsw "Soya unsweetened "
- 16 SoyUF "Soya unsweetened, fortified"
- 17 SoySw "Soya sweetened"
- 18 Other "Other (SPECIFY AT NEXT QUESTION)"

**{ASK IF (MilkType = Other)}**

**XMilk**

"INTERVIEWER: PROBE FOR TYPE OR BRAND OF MILK."

: STRING[30]

**{ASK ALL}**

**CerEat**

"Do you (Does (child name)) eat breakfast cereal (not including porridge)?"

1 Yes

2 No

**{ASK IF (CerEat = Yes)}**

**CerSug**

"Do you (Does (child name)) put sugar or honey on cereal (not including porridge)?"

INTERVIEWER: IF YES, PROMPT FOR FREQUENCY."

1 Always "...always,"

2 Usual "...usually,"

3 Somet "or sometimes?"

**{ASK IF (((CerSug = Usual) OR (CerSug = Always)) OR (CerSug = Somet))}**

**XCerSug**

"How many teaspoons of sugar/honey do you (does (child name)) put on a bowl of cereal?"

INTERVIEWER: COUNT 1 TABLESPOON OF HONEY/SUGAR AS 3 TEASPOONS."

: 1..20

**{ASK IF (CerEat = Yes)}**

**CerMilk**

"How much milk do you (does (child name)) usually put on a bowl of cereal? Is it...

...RUNNING PROMPT...

1 Damp "...damp,"

2 Normal "...normal,"

- 3 Drown "...drowned in milk,"
- 4 Dont you )doesn't (child name)) use milk on cereal?"

**{ASK ALL}**

**PorEat**

"Do you (Does (child name)) eat porridge?"

- 1 Yes
- 2 No

**{ASK IF (PorEat = Yes)}**

**Porri**

"What do you (does (child name)) usually use to make your (his)(her) porridge?"

INTERVIEWER: CODE ALL THAT APPLY. PROMPT IF NECESSARY."

- 1 Oats "Porridge oats"
- 2 Water
- 3 Corn "Cornmeal"
- 4 Milk

**PorSug**

"Do you (does (child name)) put sugar or honey or salt on porridge?"

INTERVIEWER: CODE MOST USUAL"

- 1 AlSalt "Always salt"
- 2 AlSug "Always sugar/honey"
- 3 UsuSal "Usually salt"
- 4 UsuSug "Usually sugar/honey"
- 5 SomSalt "Sometimes salt"
- 6 SomSug "Sometimes sugar/honey"
- 7 Never "Never salt or sugar"

**{ASK IF ((((((PorSug = UsuSug) OR (PorSug = AlSug)) OR (PorSug = SomSug)) OR (PorSug = UsuSal)) OR (PorSug = AlSalt)) OR (PorSug = SomSalt))}**

**XPorSug**

"How many teaspoons of sugar/honey/salt do you (does (child name)) put on a bowl of porridge?"

INTERVIEWER: COUNT 1 TABLESPOON OF HONEY/SUGAR AS 3 TEASPOONS."

: 1..20

**{ASK IF (PorEat = Yes)}**

**PorMlk**

"How much milk do you (does (child name)) usually put on a bowl of porridge? Is it... ...RUNNING PROMPT..."

- 1 Damp "...damp,"
- 2 Normal "...normal,"
- 3 Drown "...drowned in milk,"
- 4 Dont you (doesn't (child name)) use milk on porridge?"

**{ASK ALL}**

**Meat**

"Do you (Does (child name)) eat meat, including chicken?"

INTERVIEWER:ASK OR RECORD. PROMPT IF NECESSARY, 'MEAT' MEANS ANY ANIMAL PRODUCT BEEF CHICKEN PORK ETC."

- 1 Yes
- 2 No

**{ASK IF (Meat = Yes)}**

**MeatC**

“ASK OR RECORD When you (child name) are (is) eating chicken , do you (does (he)(she)) remove the skin?”

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT CHICKEN IS EATEN'. PROMPT IF NECESSARY.”

- 1 Trim "Remove the Skin"
- 2 NoTrim "Do not remove the skin"
- 3 NoFat "Get skinless chicken"
- 4 NoEat "Do not eat this type of meat"

**MeatBf**

“ASK OR RECORD When you (child name) are (is) eating beef steak , do you (does (he)(she) trim off the fat?”

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT BEEF STEAK IS EATEN'. PROMPT IF NECESSARY.”

- 1 Trim "Trim the fat",
- 2 NoTrim "Do not trim the fat",
- 3 NoFat "Get meat with no fat on it",
- 4 LowFat "Get meat with fat already trimmed (e.g. extra trim cuts)",
- 5 CantTr "Fat cannot be trimmed (e.g. streaky bacon)",
- 6 NoEat "Do not eat this type of meat")

**MeatL**

“ASK OR RECORD (When you (child name) are (is) eating) ...lamb chops/cutlets (do you (does (he)(she) trim off the fat?)

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT LAMB CHOPS/CUTLETS ARE EATEN'. PROMPT IF NECESSARY.”

- 1 Trim "Trim the fat",
- 2 NoTrim "Do not trim the fat",
- 3 NoFat "Get meat with no fat on it",
- 4 LowFat "Get meat with fat already trimmed (e.g. extra trim cuts)",
- 5 CantTr "Fat cannot be trimmed (e.g. streaky bacon)",
- 6 NoEat "Do not eat this type of meat")

**MeatP**

“ASK OR RECORD (When you (child name) are (is) eating) ...pork chops (do you (does he)(she) trim off the fat?)

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT PORK CHOPS ARE EATEN'. PROMPT IF NECESSARY.”

- 1 Trim "Trim the fat",
- 2 NoTrim "Do not trim the fat",
- 3 NoFat "Get meat with no fat on it",
- 4 LowFat "Get meat with fat already trimmed (e.g. extra trim cuts)",
- 5 CantTr "Fat cannot be trimmed (e.g. streaky bacon)",
- 6 NoEat "Do not eat this type of meat")

**MeatB**

"ASK OR RECORD (When you (child name are (is) eating) ...bacon (do you (does (he)(she) trim off the fat?)

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT BACON IS EATEN'. PROMPT IF NECESSARY."

- 1 Trim "Trim the fat",
- 2 NoTrim "Do not trim the fat",
- 3 NoFat "Get meat with no fat on it",
- 4 LowFat "Get meat with fat already trimmed (e.g. extra trim cuts)",
- 5 CantTr "Fat cannot be trimmed (e.g. streaky bacon)",
- 6 NoEat "Do not eat this type of meat"

**{ASK ALL}**

**Rice**

"Do you (does (child name)) eat rice?"

- 1 Yes
- 2 No

**{ASK IF (Rice = Yes)}**

**RiceType**

"What type of rice do you (does (child name)) usually eat?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT RICE IS EATEN'. PROMPT IF NECESSARY. ONLY INCLUDE SAVOURY RICE. DO NOT INCLUDE RICE DESSERTS/RICE YOGHURTS ETC."

- 1 WhiteEC "Easy cook White"
- 2 WhiteLG "White, long or short grain"
- 3 Basmati
- 4 Brown "Brown or Easy cook brown"
- 5 Fried
- 6 Other

**{ASK ALL}**

**Pasta**

"Do you (does (child name)) eat pasta?"

- 1 Yes
- 2 No

**{ASK IF (Pasta = Yes)}**

**PstaType**

"What type of pasta do you (does (child name)) usually eat?"

INTERVIEWER: 'USUALLY' MEANS 'ON MOST OCCASIONS THAT PASTA IS EATEN'. PROMPT IF NECESSARY."

- 1 WGRed "White, green or red pasta"
- 2 Brown "Brown or wholemeal"

**{ASK ALL}**

**YrIntr**

"The next few questions are about your (child name 's) eating habits over the last year.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

- 1 continue

**OilFish**

"In the last 12 months how often have you (has (child name)) eaten canned oily fish, e.g. tuna, salmon, sardines, mackerel, kippers, trout?"

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

{ASK IF OilFish IN [OneMth..Daily]}

**AmOilFA**

"On the days you eat canned Oily fish (e.g. tuna, salmon, sardines, mackerel, kippers, trout) how much would you (child name) usually eat?"

INTERVIEWER: CODE APPROPRIATE NUMBER/LETTER FROM FOOD ATLAS PAGE 44 OR G14."

: 441-448, H-Q

{ASK ALL}

**FrOFsh**

"In the last 12 months how often have you (has (child name)) eaten fresh or frozen Oily fish (e.g. tuna, salmon, sardines, mackerel, kippers, trout)?"

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

{ASK IF FrOFsh IN [OneMth..Daily]}

**AmFrOFA**

"On the days you eat fresh or frozen oily fish (e.g. tuna, salmon, sardines, mackerel, kippers, trout) how much would you (child name) usually eat?"

INTERVIEWER: CODE APPROPRIATE NUMBER FROM FOOD ATLAS PAGE 42."

: 421..428

{ASK ALL}

**ShFish**

"In the last 12 months how often ^have you (has (^you (child name) eaten Shellfish (e.g. prawns, crab)?"

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

{ASK IF ShFish IN [OneMth..Daily]}

**AmtShF**

"On the days you eat Shellfish (e.g. prawns, crab) how much would you (child name) usually eat?

INTERVIEWER : ENTER NUMBER OF TABLESPOONS EATEN."

: 0..20

**{ASK ALL}**

**Offal**

"In the last 12 months how often have you (has (child name)) eaten Offal (e.g. liver, kidney)?"

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

**{ASK IF Offal IN [OneMth..Daily]}**

**AmOffa**

"On the days you eat Offal (e.g. liver, kidney) how much would you (child name) usually eat?"

INTERVIEWER: CODE APPROPRIATE NUMBER FROM FOOD ATLAS PAGE 33."

: 331..338

**{ASK ALL}**

**MntIntr**

"I'd now like to ask you some questions about your (child name 's) eating habits in the last MONTH .

- 1 continue

**Veg**

"In the last month how often have you (has (child name)) eaten vegetables ? Please do not include potatoes and baked beans but do include all fresh, frozen, tinned and dried vegetables and salad vegetables"

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

**{ASK IF Veg IN [OneDM..Daily]}**

**AmVeg**

"On the days you eat ( vegetables ) how much would you (child name) usually eat?

INTERVIEWER : ENTER NUMBER OF TABLESPOONS EATEN. SHOW PICTURE OF SPOONS."

: 1..500

**VegType**

"SHOW CARD N (2 PAGES)

Please look at this card and tell me which types of vegetables you (child name) have eaten in the last seven days . Do NOT include potatoes or baked beans. DO include all fresh, tinned and frozen vegetables.

INTERVIEWER: CODE ALL THAT APPLY. "

- 1 MixCook "Mixed vegetables (cooked)"
- 2 MixRaw "Mixed vegetables (raw)"
- 3 Ackee
- 4 Aspar "Asparagus"
- 5 Auberg "Aubergine"
- 6 Avoc "Avocado"
- 7 Beet "Beetroot"
- 8 BroadB "Broad beans"
- 9 Broc "Broccoli"
- 10 BrussS "Brussels sprouts"
- 11 Cabb "Cabbage (all kinds)"
- 12 Carrots
- 13 Cauli "Cauliflower"
- 14 Celery
- 15 Coles "Coleslaw"
- 16 Courg "Courgettes"
- 17 Cucum "Cucumber"
- 18 GrRunB "Green (runner) beans"
- 19 GrSal "Green salad, lettuce"
- 20 Karella
- 21 Leeks
- 22 Mushs "Mushrooms"
- 23 Okra
- 24 Onion
- 25 Peas
- 26 Pepper "Peppers (green, red, yellow, orange)"
- 27 Spinach
- 28 Sweetc "Sweetcorn"
- 29 Toms "Tomatoes"
- 30 OtherV "Other vegetables - SPECIFY AT NEXT QUESTION"
- 31 NoVeg "No vegetables eaten in last 7 days"

**{ASK IF OtherV IN VegType}**

**OthVeg**

"INTERVIEWER: RECORD OTHER VEGETABLES EATEN IN LAST SEVEN DAYS"  
: STRING[50]

**{ASK ALL}**

**Fruit**

"I'd now like to ask you about fruit. In the last month how often have you (has (child name)) eaten fruit ? Please do not include fruit juices but do include all fresh, tinned, frozen and dried fruits"

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

**{ASK IF Fruit IN [OneDM..Daily]}**

**AmFru**

"On the days you eat ( fruit ) how much would you (child name) usually eat?

INTERVIEWER : RECORD NUMBER OF PIECES OR SMALL BOWLS"

: 1..500

**FruType**

"SHOW CARD O (2 PAGES)

Please look at this card and tell me which types of fruits ^you (child name) ^have you (has (eaten in the last seven days .

INTERVIEWER: CODE ALL THAT APPLY. "

- 1 FrFrSal "Fruit salad (fresh)"
- 2 Apple
- 3 Banana
- 4 Cherries
- 5 Satsum "Satsuma, Tangerine, clementine"
- 6 GrapFr "Grapefruit"
- 7 Grapes
- 8 Kiwi "Kiwi fruit"
- 9 Melon
- 10 Mango
- 11 Nect "Nectarine"
- 12 Orange
- 13 Rasps "Raspberries"
- 14 RedCur "Redcurrants / blackcurrants"
- 15 Strawb "Strawberries"
- 16 Peach
- 17 Pear
- 18 Pineap "Pineapple"
- 19 Plum
- 20 DryFrui "Dried fruit (e.g. raisins, dates, figs)"
- 21 TinFrui "Tinned fruit (e.g. peaches, fruit salad)"
- 22 OtherF "Other fruit - SPECIFY AT NEXT QUESTION"
- 23 NoFruit "No fruit eaten in last 7 days"

**{ASK IF OtherF IN FruType}**

**OthFru**

"INTERVIEWER: RECORD OTHER FRUIT EATEN IN LAST SEVEN DAYS."

: STRING[50]



## FOOD AVOIDANCE

*All respondents*

### **AvIntr**

"INTERVIEWER:QUESTIONS ABOUT FOOD ALLERGIES/AVOIDANCES PRESS <ENTER> TO CONTINUE"

1 continue

### **Appet**

"How would you describe your (child name 's) appetite? Do you (does (he)(she)) have..."

INTERVIEWER: RUNNING PROMPT...

- 1 Good "...a good appetite"
- 2 Aver "an average appetite or "
- 3 Poor "a poor appetite for someone of ^your (his)(her) age?"

### **Diet**

"Are you (Is (child name)) on any special diet at the moment?"

- 1 Yes
- 2 No

{ASK IF (Diet = Yes)}

### **DietT**

"What type of diet are you (is (child name)) on?"

INTERVIEWER: DO NOT PROMPT. CODE ALL THAT APPLY."

- 1 Diab "Diabetic diet"
- 2 Loss "Weight reducing diet"
- 3 Gain "Weight gaining diet"
- 4 LowFt "Low fat diet"
- 5 LowAll "Low allergy diet, Additive free"
- 6 OthMed "Other medical diet"
- 7 Kosher "Kosher or halal diet"
- 8 Other

### **DrDiet**

"Was this diet recommended or prescribed to you (child name) by a doctor, nurse, dietician or other medical practitioner?"

- 1 Yes
- 2 No

### **DietEase**

Do you (Does (child name)) find this diet easy to follow?"

- 1 Yes
- 2 No

{ASK IF (DietEase = No)}

### **DietHow**

"Why do you (does (child name)) not find the diet easy to follow?"

: STRING[30]

{ASK ALL}

**Veg**

"Would you describe yourself (child name) as vegetarian, vegan or neither?"

- 1 Veggie "Vegetarian"
- 2 Vegan
- 3 Neither

**Dislike**

"Are there any types of foods that you (child name) never eat(eats) because you (he)(she) (does (child name)) not like them?"

INTERVIEWER: DO NOT INCLUDE FOODS AVOIDED FOR CULTURAL / RELIGIOUS REASONS."

- 1 Yes
- 2 No

**{ASK IF (Dislike = Yes)}****Avoid**

"What types of food do you (does (child name)) never eat(eats) because you do not ((he)(she) does not) like them?"

CODE ALL THAT APPLY"

- 1 Meat "Meat or meat products (not including poultry)"
- 2 Poultry "Chicken or other poultry and dishes containing them"
- 3 Fish "Fish or seafood and fish and seafood dishes"
- 4 Eggs
- 5 Dairy "Dairy products (e.g. milk and cheese)"
- 6 Salad "Salad vegetables (e.g. lettuce, cucumber, tomato)"
- 7 Green "Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)"
- 8 RootV "Root vegetables (e.g. carrots, parsnips)"
- 9 Fruit "Fresh fruit"
- 10 Other

**{ASK IF (AgeP <= 15)}****Fuss**

"How would you describe the variety of foods that you (child name) generally eat (eats)? Do you (does (he)(she)) ...RUNNING PROMPT..."

- 1 Most "...eat most things,"
- 2 Reason "...eat a reasonable variety of things"
- 3 Limit "...or ^Do you (does (child name)) ^you (he)(she) only eat a limited number of different foods?"

## EATING HABITS (2)

*All respondents*

### {ASK ALL}

#### WashIntr

"The next few questions are about fruit and vegetables. We are interested in whether you (child name) eat(eats) them with the skins left on.

PRESS <ENTER> TO CONTINUE"

1 continue

#### WshNPot

"For each item that I will list, please tell me whether you (child name) eat (eats) the peel or skin of the fruit or vegetable. Do you (does (child name)) eat new potatoes with the skins on?"

INTERVIEWER: IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES."

- 1 Always "Yes, ALWAYS eat the skin/peel",
- 2 Usual "Yes, USUALLY eat the skin/peel",
- 3 STimes "Yes, SOMETIMES eat the skin/peel",
- 4 NoEat "No, NEVER eats the skin/peel",
- 5 Never "Don't eat this type of fruit/veg at all"

#### WshPot

"Do you (does (child name)) eat ...other potatoes (, cooked in any way, with the skins on?)

INTERVIEWER: IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES."

- 1 Always "Yes, ALWAYS eat the skin/peel",
- 2 Usual "Yes, USUALLY eat the skin/peel",
- 3 STimes "Yes, SOMETIMES eat the skin/peel",
- 4 NoEat "No, NEVER eats the skin/peel",
- 5 Never "Don't eat this type of fruit/veg at all"

#### WshCarot

"Do you (does (child name)) eat...carrots ( peeled or unpeeled?)

INTERVIEWER:IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES. NOT IMPORTANT WHETHER RAW OR COOKED"

- 1 Always "Yes, ALWAYS eat the skin/peel",
- 2 Usual "Yes, USUALLY eat the skin/peel",
- 3 STimes "Yes, SOMETIMES eat the skin/peel",
- 4 NoEat "No, NEVER eats the skin/peel",
- 5 Never "Don't eat this type of fruit/veg at all"

#### WshAppl

"Do you (does (child name)) eat...fresh apples, raw or cooked (, with the skin left on?)

INTERVIEWER:IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES."

- 1 Always "Yes, ALWAYS eat the skin/peel",
- 2 Usual "Yes, USUALLY eat the skin/peel",

- 3 STimes "Yes, SOMETIMES eat the skin/peel",
- 4 NoEat "No, NEVER eats the skin/peel",
- 5 Never "Don't eat this type of fruit/veg at all")

**WshPear**

"Do you (does (child name)) eat...fresh pears, raw or cooked (, with the skin left on?)

INTERVIEWER:IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES."

- 1 Always "Yes, ALWAYS eat the skin/peel",
- 2 Ususal "Yes, USUALLY eat the skin/peel",
- 3 STimes "Yes, SOMETIMES eat the skin/peel",
- 4 NoEat "No, NEVER eats the skin/peel",
- 5 Never "Don't eat this type of fruit/veg at all")

**WshCitr**

"Do you (does (child name)) eat the peel of) ...fresh citrus fruits (, such as lemons, oranges, tangerines and limes?)

INTERVIEWER: INCLUDE IF PEEL USED IN COOKING OR HOMEMADE MARMALADE. DO NOT INCLUDE SHOP-BOUGHT MARMALADE. IF 'YES' PROMPT WHETHER ALWAYS, USUALLY OR SOMETIMES."

- 1 Always "Yes, ALWAYS eat the skin/peel",
- 2 Ususal "Yes, USUALLY eat the skin/peel",
- 3 STimes "Yes, SOMETIMES eat the skin/peel",
- 4 NoEat "No, NEVER eats the skin/peel",
- 5 Never "Don't eat this type of fruit/veg at all")

## HEALTH

### *All respondents*

#### **HealIntr**

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

1 continue

#### **Heal**

"[\*]Do you (Does (child name) have any long-standing illness, disability or infirmity?  
By long-standing I mean an illness that you have (he)(she) has had over a period of  
time or that is likely to affect you (him)(her) over a period of time."

1 Yes

2 No

{ASK IF (Heal = Yes)}

#### **HealT**

"What is the matter with you (child name)?"

: STRING

{ASK IF (AgeP > 15)}

#### **Limit**

"[\*] Does this illness or disability (Do these illnesses or disabilities) limit your (child  
name 's) activities in any way?"

1 Yes

2 No

{ASK IF (Limit = Yes)}

#### **LimitShp**

"[\*] Does this illness or disability (Do these illnesses or disabilities) limit you or  
prevent you from shopping?"

1 Limits

2 Prevents

3 Neither "Illness does not limit/prevent from shopping"

{ASK IF ((LimitShp = Limits) OR (LimitShp = Prevents))}

#### **LShpHow**

"Can you tell me how you are limited/prevented from shopping?"

INTERVIEWER: CODE ALL THAT APPLY"

1 DiffWalk "Difficulties with walking"

2 Sight "Problems with sight"

3 Ncarry "Cannot carry (heavy) shopping"

4 Tire "Gets tired easily"

5 Other "Other difficulties"

#### **LimiPrep**

"[\*] Does this illness or disability (Do these illnesses or disabilities) limit you or  
prevent you from preparing food?"

1 Limits

2 Prevents

3 Neither "Illness does not limit/prevent from preparing food"

**{ASK IF ((LimiPrep = Limits) OR (LimiPrep = Prevents))}**

**LPrepHow**

"Can you tell me how you are limited/prevented from preparing food?"

INTERVIEWER: CODE ALL THAT APPLY"

- 1 DiffHand "Difficulties with hands (eg. chopping,peeling,lifting)"
- 2 DiffWalk "Difficulties with walking"
- 3 DifStand "Difficulties with standing"
- 4 Sight "Problems with sight"
- 5 IllHlth "Chronic ill-health (e.g. MS, depression)"
- 6 Tire "Gets tired easily"
- 7 Other "Other difficulties"

**{ASK ALL}**

**CutDown**

"Now I'd like you to think about the two weeks ending yesterday. During those two weeks, did you (child name) have to cut down on any of the things you (he)(she) usually do (does) about the house, (or at work/college) or in your (his)(her) free time because of (a condition you have just told me about or any other) illness or injury?"

- 1 Yes
- 2 No

**{ASK IF (CutDown = Yes)}**

**NDayCutD**

"How many days was this in all during these last two weeks, including Saturdays and Sundays?"

: 1..14

**CutMatt**

"What was the matter with you (child name)?"

: STRING[80]

**Accid**

"In the past 12 months have you (has (child name)) had any kind of accident as a result of which you (he)(she) saw a doctor or went to the hospital as an outpatient or inpatient?"

- 1 Yes
- 2 No

**Operat**

"Can I check, in the last 12 months have you (has (child name)) had a surgical operation of any sort?"

- 1 Yes
- 2 No

**Hospit**

During the past 12 months have you (has (child name)) stayed in hospital as an inpatient, overnight or longer?

INTERVIEWER: EXCLUDE GOING TO HOSPITAL TO GIVE BIRTH"

- 1 Yes
- 2 No

## DENTAL HEALTH AND CHEWING

*Respondents aged 16 or over*

{ASK IF (AgeP >= 16)}

### OralIntr

"INTERVIEWER: YOU ARE ABOUT TO ENTER THE ORAL/DENTAL HEALTH SECTION. The next questions are about your oral and dental health.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

### AnyOwn

"INTERVIEWER: ASK OR RECORD Do you have any of your own, natural, teeth?"

1 Yes

2 No

### DentUse

"Do you use a denture at all?"

1 Yes

2 No

### Chew

"SHOW CARD P

In general, how well are you able to CHEW food that you eat nowadays? Please take your answer from the card."

1 NoDiff "No difficulty",

2 LitDiff "A little difficulty",

3 FairDiff "A fair amount of difficulty",

4 GreDiff "A great amount of difficulty" )

{ASK IF ((AgeP >= 45) OR (QOral.DentUse = Yes))}

### CardL

"SHOW CARD Q

Now I will read out a list of food items. Please tell me how well you could eat each one, taking your answer from the card. It doesn't matter whether or not you like the types of food or ever choose to eat it nowadays. We are interested in how well you could eat it if you wanted to.

INTERVIEWER: 'EAT' MEANS BITE, CHEW AND SWALLOW. THIS IS NOT ASKING HOW WELL PEOPLE CAN DIGEST THESE FOODS. PRESS <ENTER> TO CONTINUE"

1 continue

### SliceB

"SHOW CARD Q

How well could you eat sliced bread ?"

1 EatEas "Could eat easily",

2 EatDif "Could eat with some difficulty",

3 NotEat "Could not eat at all" )

### CrustyB

"SHOW CARD Q

(And how well could you eat...) crusty bread ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Cheese**

"SHOW CARD Q

(And how well could you eat...) cheese ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Tomat**

"SHOW CARD Q

(And how well could you eat...) tomatoes ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Carrot**

"SHOW CARD Q

(And how well could you eat...) raw carrots ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Greens**

"SHOW CARD Q

(And how well could you eat...) cooked green vegetables ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Lettuce**

"SHOW CARD Q

(And how well could you eat...) lettuce ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Meats**

"SHOW CARD Q

(And how well could you eat...) sliced cooked meats ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",
- 3 NotEat "Could not eat at all" )

### **Steak**

"SHOW CARD Q

(And how well could you eat...) well-done steaks ?"

- 1 EatEas "Could eat easily",
- 2 EatDif "Could eat with some difficulty",



- 3 NotEat "Could not eat at all" )

### **Apples**

"SHOW CARD Q

(And how well could you eat...) apples ?"

- 1 EatEas "Could eat easily",  
2 EatDif "Could eat with some difficulty",  
3 NotEat "Could not eat at all" )

### **Orange**

"SHOW CARD Q

(And how well could you eat...) oranges ?"

- 1 EatEas "Could eat easily",  
2 EatDif "Could eat with some difficulty",  
3 NotEat "Could not eat at all" )

### **Nuts**

"SHOW CARD Q

(And how well could you eat...) nuts ?"

- 1 EatEas "Could eat easily",  
2 EatDif "Could eat with some difficulty",  
3 NotEat "Could not eat at all" )

{ASK IF ((((((((((SliceB = NotEat) OR (CrustyB = NotEat)) OR (Cheese = NotEat))  
OR (Tomat = NotEat)) OR (Carrot = NotEat)) OR (Greens = NotEat)) OR (Lettuce =  
NotEat)) OR (Meats = NotEat)) OR (Steak = NotEat)) OR (Apples = NotEat)) OR  
(Orange = NotEat)) OR (Nuts = NotEat))}

### **Eatfod**

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

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

## WEIGHT CHANGE

*Respondents aged 19 or over*

**{ASK IF (AgeP >= 19)}**

**WeigIntr**

"The next few questions are about your weight.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

**Weig**

"Over the last year has your weight stayed the same, increased or decreased?"

1 Same "Stayed the same",

2 Incr "Increased",

3 Decr "Decreased")

**{ASK IF (Weig = Incr)}**

**WeigInc**

"By how much has your weight increased during the last year?

INTERVIEWER: RECORD WHETHER WEIGHT TO BE RECORDED IN STONES/  
POUNDS OR IN KILOGRAMS."

1 Stones "Stones/pounds",

2 Kilograms,

3 Some "Exact amount not known" )

**{ASK IF (WeigInc = Stones)}**

**StonInc**

"INTERVIEWER: RECORD INCREASE IN WEIGHT IN STONES HERE (RECORD  
POUNDS AT NEXT QUESTION)"

: 0..100

**PounInc**

"INTERVIEWER: RECORD POUNDS HERE"

: 0..13

**{ASK IF (Weig = Incr)} AND IF (WeigInc = Kilograms)}**

**KiloInc**

"INTERVIEWER: RECORD INCREASE IN WEIGHT IN KILOGRAMS"

: 0.01..50.00

**{ASK IF (Weig = Incr)}**

**IncWant**

Did you intend to gain this weight?"

1 Yes

2 No

**{ASK IF (Weig = Decr)}**

**WeigDec**

"By how much has your weight decreased during the last year?

INTERVIEWER: RECORD WHETHER WEIGHT TO BE RECORDED IN STONES/  
POUNDS OR IN KILOGRAMS."

- 1 Stones "Stones/pounds",
- 2 Kilograms,
- 3 Some "Exact amount not known" )

**{ASK IF (WeigDec = Stones)}**

**StonDec**

"INTERVIEWER: RECORD DECREASE IN WEIGHT IN STONES HERE (RECORD POUNDS AT NEXT QUESTION)"

: 0..100

**PounDec**

"INTERVIEWER: RECORD POUNDS HERE"

: 0..13

**{ASK IF (Weig = Decr)} AND (WeigDec = Kilograms)}**

**KiloDec**

"INTERVIEWER: RECORD DECREASE IN WEIGHT IN KILOGRAMS"

: 0.01..50.00

**{ASK IF (Weig = Decr)}**

**DecWant**

Did you intend to lose this weight?"

- 1 Yes
- 2 No

**{ASK IF (AgeP >= 29)}**

**Weig10**

"Over the last 10 years has your weight stayed the same, increased or decreased?"

- 1 Same "Stayed the same",
- 2 Incr "Increased",
- 3 Decr "Decreased")

**{ASK IF ((Weig10 = Incr) OR (Weig10 = Decr))}**

**WeigCh10**

"How much has your weight *{increased/decreased}* by during the last 10 years?  
INTERVIEWER: RECORD WHETHER WEIGHT TO BE RECORDED IN STONES/  
POUNDS OR IN KILOGRAMS."

- 1 Stones "Stones/pounds",
- 2 Kilograms,
- 3 Some "Exact amount not known" )

**{ASK IF (WeigCh10 = Stones)}**

**StonCh10**

"INTERVIEWER: RECORD CHANGE IN WEIGHT IN STONES HERE (RECORD POUNDS AT NEXT QUESTION)"

: 0..100

**PounCh10**

"INTERVIEWER: RECORD POUNDS HERE"

: 0..13

**{ASK IF ((Weig10 = Incr) OR (Weig10 = Decr))} AND (WeigCh10 = Kilograms)}**

**KiloCh10**

“INTERVIEWER: RECORD CHANGE IN WEIGHT IN KILOGRAMS”

: 0.01..50.00

## DRINKING

### *Respondents aged 8 (16) or over*

**{ASK IF AgeP IN [8..25]}**

**DrinIntr**

"INTERVIEWER: DRINKING AND SMOKING SELF-COMPLETION BOOKLET.

^BookChk. "

- 1 Cont "Continue with questions in CAPI (16+ only)"
- 2 Refuse "Refused questions/accepted booklet"

^BookChk

{IF AgeP IN [8..12]}

GIVE CHILD SELF-COMplete BOOKLET FOR AGES 8-12 (PINK COVER)

{IF AgeP IN [13..15]}

GIVE CHILD SELF-COMplete BOOKLET FOR AGES 13-15 (YELLOW COVER)

{IF AgeP IN [16-25]}

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

**{ASK IF (AgeP >= 26)}**

**DrinInt2**

INTERVIEWER: DRINKING SECTION FOR ADULTS. ADULT RESPONDENTS TO BE ASKED DRINKING QUESTIONS IN CAPI - PLEASE CONTINUE.

- 1 continue

**{ASK IF (((DrinIntr = Cont) AND AgeP IN [16..25]) OR (AgeP >= 26))}**

**Intro**

"INTERVIEWER: READ OUT I am now going to ask you a few questions about what you drink - that is if you drink. I do not need to know about non-alcoholic or low alcohol drinks."

INTERVIEWER:PRESS <ENTER> TO CONTINUE

- 1 continue

**DnNow**

"Do you ever drink alcohol nowadays, including drinks you brew or make at home?"

- 1 Yes
- 2 No

**{ASK IF (DnNow = No)}**

**DnAny**

"Could I just check, does that mean you never have an alcoholic drink nowadays, or do you have an alcoholic drink very occasionally, perhaps for medicinal purposes or on special occasions like Christmas and New Year?"

- 1 Occa "Very occasionally"
- 2 Never

**{ASK IF ((DnNow = Yes) OR (DnAny = Occa))}**

**DnOft**

"SHOW CARD R

Nowadays, about how often do you usually have an alcoholic drink?"

- 1 Daily "Almost every day"
- 2 FivDays "Five or six days a week"
- 3 ThrDays "Three or four days a week"
- 4 OneDay "Once or twice a week"
- 5 OneMth "Once or twice a month"
- 6 MthTwo "Once every couple of months"
- 7 OneYr "Once or twice a year"
- 8 NoYr "Not at all in the last 12 months"

**{ASK IF DnOft IN [Daily..OneYr]}**

**DrinkL7**

"Did you have an alcoholic drink in the seven days ending yesterday?"

- 1 Yes
- 2 No

**DDayInt**

"INTERVIEWER: As these questions ask about the last 7 days we need to be sure of the day on which these questions are being asked. Press the <ENTER> key to confirm that you are asking these questions on a *{day of the week}* (ie the day you started interviewing this person). Otherwise select the correct day.

- 1 Sunday
- 2 Monday
- 3 Tuesday
- 4 Wednesday
- 5 Thursday
- 6 Friday
- 7 Saturday

**DrnkDay**

"On how many days of the last seven did you have an alcoholic drink?"  
: 1..7

**DnWhDay**

"On which of the last seven days did you have an alcoholic drink?"

CODE ALL THAT APPLY

- 1 Day1 "^DayTxt[DDay[1]] - yesterday"
- 2 Day2 "^DayTxt[DDay[2]] - 2 days ago"
- 3 Day3 "^DayTxt[DDay[3]] - 3 days ago"
- 4 Day4 "^DayTxt[DDay[4]] - 4 days ago"
- 5 Day5 "^DayTxt[DDay[5]] - 5 days ago"
- 6 Day6 "^DayTxt[DDay[6]] - 6 days ago"
- 7 Day7 "^DayTxt[DDay[7]] - 7 days ago"

**{ASK IF DrnkDay IN [2..7]}**

**DrnSame**

"Did you drink more on one of the days (some days than others), or did you drink about the same on both (each of those) days?"

- 1 MoreD "Drank more on one/some day(s) than other(s)"
- 2 SDay "Same each day"

**DofWeek**

"Day of week referred to"

: 1..7

**DrnkType**

"Thinking about last *{heaviest drinking day last week}* what types of drink did you have on that day?

CODE ALL THAT APPLY"

NormBr "Normal strength beer/lager/cider/shandy",

StrgBr "Strong beer/lager/cider",

SprLiq "Spirits or liqueurs",

SherMa "Sherry or martini",

Wine,

AlcSft "Alcoholic soft drinks (e.g. Bacardi Breeze,Smirnoff Ice, V2, WKD)",

other "Other alcoholic drinks",

LwAlch "Low alcohol drinks only")

**{If DrnkType = Normbr}**

**NBMeas**

"Thinking about last *{heaviest drinking day last week}*, how much normal strength beer, lager, stout, cider or shandy (excluding cans and bottles of shandy) did you drink that day?

INTERVIEWER: CODE MEASURES THAT YOU ARE GOING TO USE"

HalfP "Half pints",

SmllC "Small cans",

LrgC "Large cans",

Bottles

**NBNum**

"ASK OR CODE: How many *{Drink measure}* of much normal strength beer, lager, stout, cider or shandy (excluding cans and bottles of shandy) did you drink that day?"

:1..97

**{If DrnkType = Strgbr}**

**SBMeas**

"Thinking about last *{heaviest drinking day last week}*, how much strong beer, lager, stout or cider did you drink that day?

INTERVIEWER: CODE MEASURES THAT YOU ARE GOING TO USE"

HalfP "Half pints",

SmllC "Small cans",

LrgC "Large cans",

Bottles

**SBNNum**

"ASK OR CODE: How many *{Drink measure}* much strong beer, lager, stout or cider did you drink on that day?"

:1..97

**{If DrnkType = Sprlqr}**

**SprLNum**

"Thinking about last *{heaviest drinking day last week}*, how many spirits or liqueurs (such as gin, whisky, brandy, rum vodka, advocaat or cocktails) did you drink that day?

CODE THE NUMBER OF SINGLES - COUNT DOUBLES AS TWO SINGLES"  
:1..97

**{If DrnkType = SherMar}**

**ShryNum**

"Thinking about last *{heaviest drinking day last week}*, how much sherry or martini, including port, vermouth, Cinzano and Dubonnet did you drink on that day?

INTERVIEWER: CODE THE NUMBER OF GLASSES"

:1..97

**{If DrnkType = wine}**

**WineNum**

"Thinking about last *{heaviest drinking day last week}*, how much wine, including Babycham and champagne did you drink that day?

INTERVIEWER: CODE THE NUMBER OF GLASSES; 1 BOTTLE = 6 GLASSES; 1 LITRE = 8 GLASSES "

:1..97

**{If DrnkType = Alcsft}**

**PopsMes**

"Thinking about last *{heaviest drinking day last week}*, how much alcoholic soft drink ('alcopop') did you drink that day?

INTERVIEWER: CODE MEASURES THAT YOU ARE GOING TO USE":

SMCans "Small cans",

Bottles

**PopsNum**

"ASK OR CODE: How many *{Drink measure}* of alcoholic soft drink ('alcopop') did you drink that day?"

:1..97

**{If DrnkType = Other}**

**OthDrnA**

"Thinking about last *{heaviest drinking day last week}*, what other type of alcoholic drink did you drink that day?

INTERVIEWER:CODE FIRST MENTIONED ONLY"

:STRING [30]

**OthAmtA**

"How much *{Other type of alcoholic drink}* did you drink on that day?

INTERVIEWER: WRITE IN HOW MUCH. REMEMBER TO SPECIFY HALF PINTS/SINGLES/GLASSES/BOTTLES."

:STRING[30]

**OthDrn2**

"Did you drink any other type of alcoholic drink on *{heaviest drinking day last week}*?"

1 Yes

2 No

**OthDrnB**

"What other type of alcoholic drink did you drink in *{heaviest drinking day last week}*,?"

INTERVIEWER: CODE FIRST MENTIONED ONLY"



: STRING[30]

**OthAmtB**

"How much *{Other type of alcoholic drink}* did you drink on that day?

INTERVIEWER: WRITE IN HOW MUCH. REMEMBER TO SPECIFY HALF PINTS/SINGLES/GLASSES/BOTTLES."

:STRING[30]

**OthDrn3**

"Did you drink any other type of alcoholic drink on *{heaviest drinking day last week}*?"

1 Yes

2 No

**OthDrnC**

"What other type of alcoholic drink did you drink in *{heaviest drinking day last week}*,?"

INTERVIEWER: CODE FIRST MENTIONED ONLY"

: STRING[30]

**OthAmtC**

"How much *{Other type of alcoholic drink}* did you drink on that day?

INTERVIEWER: WRITE IN HOW MUCH. REMEMBER TO SPECIFY HALF PINTS/SINGLES/GLASSES/BOTTLES."

:STRING[30]

## SMOKING

*Respondents aged 16 or over and answering drinking and smoking modules in CAPI*

{ASK IF (((QDrin.DrinIntr = Cont) AND AgeP IN [16..25]) OR (AgeP >= 26))}

### SmokIntr

"INTERVIEWER: YOU ARE ENTERING THE SMOKING SECTION This next section is about smoking.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

### SmokEver

"Have you ever smoked a cigarette, cigar, pipe or anything with tobacco in it?"

1 Yes

2 No

{ASK IF (SmokEver = Yes)}

### SmokNow

"Do you smoke cigarettes at all nowadays?"

1 Yes

2 No

{ASK IF (SmokNow = Yes)}

### CigWDay

"About how many cigarettes a day do you usually smoke on a weekday, that is Monday to Thursday?"

INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0. IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT. IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97."

: 0..97

### CigWEnd

"About how many cigarettes a day do you usually smoke at the weekend, that is Friday, Saturday and Sunday?"

INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0. IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT. IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97."

: 0..97

### CigType

"Do you mainly smoke filter-tipped cigarettes, plain or untipped cigarettes, or hand-rolled cigarettes?"

1 Tipped "Filter-tipped cigarettes"

2 Plain "Plain or untipped cigarettes"

3 Rolled "Hand-rolled cigarettes"

{ASK IF (SmokNow = No)}

### CigEver

"Have you ever smoked cigarettes regularly?"

1 Yes

2 No

**{ASK IF (CigEver = Yes)}**

**CigUsed**

"About how many cigarettes did you smoke IN A DAY when you smoked them regularly?"

INTERVIEWER: IF LESS THAN ONE A DAY, CODE 0. IF RANGE GIVEN AND CAN'T ESTIMATE, ENTER MID POINT. IF RESPONDENT SMOKES ROLL UPS AND CANNOT GIVE NUMBER OF CIGARETTES, CODE 97."

: 0..97

**CigStop**

"How long ago did you stop smoking cigarettes regularly?"

- 1 LessSix "Less than 6 months ago"
- 2 SixMth "6 months to 1 year ago"
- 3 OneTwo "1 to 2 years ago"
- 4 TwoFve "2 to 5 years ago"
- 5 FivTen "5 to 10 years ago"
- 6 MoreTen "More than 10 years ago"

## PHYSICAL ACTIVITY (ADULT)

*Respondents aged 16 or over*

### PhysAIntr

"INTERVIEWER: YOU ARE ENTERING THE PHYSICAL ACTIVITY SECTION. I'd like to ask you about some of the things you have done in the past four weeks that involve physical activity, this could be at work (or school/college) or in your free time.

INTERVIEWER: PRESS <ENTER> TO CONTINUE."

1 Continue

### Work

"Can I just check, were you in paid employment or self-employed in the past four weeks?"

1 Yes

2 No

### {ASK IF (Work = Yes)}

#### Active

"Thinking about your job, in general would you say that you are ...RUNNING PROMPT....

1 VActi "...very physically active"

2 Facti "...fairly physically active "

3 NVActi "...not very physically active "

4 NoActi "or, not at all physically active in your job?"

### {ASK IF (PEAct = 2)} (*respondent is in full-time education*)

#### Educ

"Can I just check, were you attending college in the past four weeks?"

1 Yes

2 No

### {ASK IF (Educ = Yes)}

#### EdAct

" Thinking about time when you are at college, in general would you say that you are ...RUNNING PROMPT....

1 VActi "...very physically active"

2 Facti "...fairly physically active "

3 NVActi "...not very physically active "

4 NoActi "or, not at all physically active at college?"

### EdHrs

"In the past four weeks, how many hours per week have you spent at college?  
INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS. ENTER 0 IF LESS THAN 1 HOUR. "

: 0..97

### {ASK IF (AgeP >= 16)}

#### Housewrk

"Still thinking about physical activity, have you done any housework in the past four weeks, up to yesterday?"

INTERVIEWER: EXCLUDE HOUSEWORK DONE AS PART OF JOB (E.G. AS CLEANER OR DOMESTIC HELP).

- 1 Yes
- 2 No

**{ASK IF (Housewrk = Yes)}**

**HWrkList**

"SHOW CARD S

In the past four weeks, up to yesterday, have you done any housework listed on this card?"

- 1 Yes
- 2 No

**{ASK IF (HWrkList = Yes)}**

**HWrkX**

"SHOW CARD S

In the past four weeks, how many hours per week on average have you spent on the type of housework listed on this card?

INTERVIEWER: ENTER 0 IF LESS THAN 1 HOUR."

: 0..42

**HevyHWrk**

"SHOW CARD T

Some kinds of housework are heavier than others. This card gives some examples of heavy housework. It does not include everything, these are just examples. Was any of the housework you did in the last four weeks this kind of heavy housework?"

- 1 Yes
- 2 No

**{ASK IF (HevyHWrk = Yes)}**

**HvHW30**

"SHOW CARD T

During the past four weeks on how many days have you done this kind of heavy housework for at least 30 minutes a time?

INTERVIEWER: IF ONLY EVER DONE FOR LESS THAN 30 MINUTES ENTER 0."

: 0..28

**HvHWX**

"SHOW CARD T

In the past four weeks, how many hours per week on average have you spent on the heavy housework activities listed on this card?

INTERVIEWER: ENTER 0 IF LESS THAN 1 HOUR."

: 0..42

**{ASK IF (AgeP >= 16)}**

**Garden**

"Have you done any gardening, DIY or building work in the past four weeks?"

- 1 Yes
- 2 No

**{ASK IF (Garden = Yes)}**

**GardList**

"SHOW CARD U

Have you done any gardening, DIY or building work listed on this card in the past four weeks up to yesterday?

INTERVIEWER: EXCLUDE ANY WORK DONE AS PART OF JOB (E.G. AS GARDENER OR BUILDER)."

- 1 Yes
- 2 No

**{ASK IF (GardList = Yes)}**

**GardX**

"SHOW CARD U

In the past four weeks, how many hours per week on average have you spent on the gardening, DIY or building work listed on this card?

INTERVIEWER: ENTER 0 IF LESS THAN 1 HOUR."

: 0..42

**ManWork**

"SHOW CARD V

In the past four weeks, have you done any gardening, DIY or building work from this other card, or any similar heavy manual work?"

- 1 Yes
- 2 No

**{ASK IF (ManWork = Yes)}**

**DIY30**

"SHOW CARD V

During the past 4 weeks on how many days have you done this kind of heavy manual gardening or DIY, for at least 30 minutes a time?

INTERVIEWER: IF ONLY EVER DONE FOR LESS THAN 30 MINUTES ENTER 0."

: 0..28

**ManWX**

"SHOW CARD V In the past four weeks, how many hours per week on average have you spent on the heavy manual gardening, DIY or building work listed on this card?

INTERVIEWER: ENTER 0 IF LESS THAN 1 HOUR.

: 0..126

**{ASK IF (AgeP >= 16)}**

**Wlk5Int**

"I'd like you to think about all the walking you have done in the past four weeks either locally or away from here. Please include walking to and from work, any country walks and any other walks that you have done. In the past four weeks, have you done a continuous walk that lasted at least 5 minutes?"

- 1 Yes
- 2 No
- 3 NoWalk "Can't walk at all"

**{ASK IF (Wlk5Int = Yes)}**

**Wlk30M**

"In the past four weeks, have you done a continuous walk that lasted at least 30 minutes?"

- 1 Yes
- 2 No

**{ASK IF (Wlk30M = Yes)}**

**DWlk30**

"In the past four weeks, on how many days did you do a walk of at least 30 minutes?"  
: 0..28

**{ASK IF (Wlk5Int = Yes)}**

**Wlk5X**

"In the past four weeks, how many hours per week on average have you spent walking?"

INTERVIEWER: ENTER 0 IF LESS THAN 1 HOUR.  
: 0..100

**{ASK IF (Wlk5Int <> NoWalk)}**

**WalkPace**

"Which of the following best describes your usual walking pace? Is it ...RUNNING  
PROMPT...

- 1 Slow "...a slow pace,"
- 2 Steady "...a steady average pace,"
- 3 Brisk "...a fairly brisk pace,"
- 4 Fast "...or, a fast pace - at least 4 mph?"
- 5 None "SPONTANEOUSLY ONLY - None of these"

**{ASK IF (AgeP >= 16)}**

**ActPhy**

"SHOW CARD W

Can you tell me if you have done any activities on this card during the last four weeks? Include teaching, coaching, training and practice sessions.

- 1 Yes
- 2 No

**{ASK IF (ActPhy = Yes)}**

**WhtAct**

"SHOW CARD W

Which have you done in the last four weeks? (PROBE Any others?)

INTERVIEWER: CODE ALL THAT APPLY."

- 1 Swim "Swimming"
- 2 Cycle "Cycling"
- 3 WorkOut "Workout at a gym/Exercise bike/ Weight training"
- 4 Aerob "Aerobics/Keep fit/Gymnastics/ Dance for fitness"
- 5 Dance "Any other type of dancing"
- 6 RunJog "Running/jogging"
- 7 Footie "Football/rugby"
- 8 Tennis "Badminton/tennis"
- 9 Squash
- 10 Excer "Exercises (eg press-ups, sit ups)"

*(DayExc, ExcHrs, ExcMin and ExcSwt asked separately for each activity mentioned at WhtAct)*

**DayExc**

“Can you tell me on how many separate days did you do {activity} for at least 15 minutes continuously during the past four weeks?”

INTERVIEWER: IF ONLY EVER DONE FOR LESS THAN 15 MINUTES, ENTER 0”  
: 0..28

**ExcHrs**

“How much time did you usually spend doing {activity} on each day? (Only count times you did it for at least 15 minutes.)

INTERVIEWER: RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION”  
: 0..12

**ExcMin**

INTERVIEWER: RECORD MINUTES HERE  
: 0..59

**ExcSwt**

“During the past four weeks, was the effort of : {activity} usually enough to make you out of breath or sweaty?”

- 1 Yes
- 2 No

**OActQ[ActVar]**

“SHOW CARD W

Have you done any other sport or exercise not listed on the card?”

- 1 Yes
- 2 No

{ASK IF (OActQ[ActVar] = Yes)}

**OthAct**

“INTERVIEWER: PROBE FOR NAME OF SPORT OR EXERCISE. WRITE IN.”  
: STRING[20]

*(DayExc, ExcHrs, ExcMin and ExcSwt asked for 'other' activities mentioned at OActQ)*

**DayExc**

“Can you tell me on how many separate days did you do {activity} for at least 15 minutes continuously during the past four weeks?”

INTERVIEWER: IF ONLY EVER DONE FOR LESS THAN 15 MINUTES, ENTER 0”  
: 0..28

**ExcHrs**

“How much time did you usually spend doing {activity} on each day? (Only count times you did it for at least 15 minutes.)

INTERVIEWER: RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION  
: 0..12



**ExcMin**

INTERVIEWER: RECORD MINUTES HERE

: 0..59

**ExcSwt**

“During the past four weeks, was the effort of *{activity}* usually enough to make you out of breath or sweaty?”

1 Yes

2 No

**PHYSICAL ACTIVITY (CHILD)**

*Respondents aged under 16*

**{ASK IF (AgeP < 16)}**

**PhysCIntr**

"INTERVIEWER: YOU ARE ENTERING THE PHYSICAL ACTIVITY SECTION.  
PRESS <ENTER> TO CONTINUE"

- 1 continue
- 2

**Wlk5Ch**

"Now I'd like to ask you about some of the things you (child name) have (has) done in the last week . By last week I mean in the seven days up to yesterday. In the last week, have you (has (child name)) done a continuous walk that lasted at least 5 minutes (not as part of school lessons or nursery school activities)?"

- 1 Yes
- 2 No

**{ASK IF (Wlk5Ch = Yes)}**

**DaysWlk**

"On how many days in the last week did you (child name) do a continuous walk that lasted at least 5 minutes (not as part of school lessons or nursery school activities)?"

- 1 OneDay "One day",
- 2 TwoDay "Two days",
- 3 ThrDay "Three days",
- 4 FouDay "Four days",
- 5 FivDay "Five days",
- 6 SixDay "Six days",
- 7 SevDay "Every day" )

**DayWlkT**

"SHOW CARD X

On each day that you (child name) did a walk like this for at least 5 minutes, how long did you (he)(she) spend walking altogether? Please give an answer from this card

INTERVIEWER: COUNT TOTAL TIME SPENT WALKING. SO TWO WALKS OF 10 MINUTES EACH = 20 MINUTES WALKING"

- 1 LTenM "5 minutes, less than 15 minutes",
- 2 LThirt "15 minutes, less than 30 minutes",
- 3 LSixty "30 minutes, less than 1 hour",
- 4 L1Half "1 hour, less than 1½ hours",
- 5 LTwoHr "1½ hours, less than 2 hours",
- 6 L2Half "2 hours, less than 2½ hours",
- 7 LThrHr "2½ hours, less than 3 hours",
- 8 L3Half "3 hours, less than 3½ hours",
- 9 LFourHr "3½ hours, less than 4 hours",
- 10 MoreFour "4 hours or more (please specify how long)"

**{ASK IF (DayWlkT = MoreFour)}**

**WlkHrs**

"In the last week how long did you (child name) spend walking on each day?"

INTERVIEWER: RECORD HERE HOURS SPENT WALKING. RECORD MINUTES AT NEXT QUESTION"

: 4..12

**WlkMin**

"INTERVIEWER: RECORD HERE MINUTES SPENT WALKING."

: 0..59

**WlkTot**

Computed total time from WlkHrs and WlkMin

: 0..9997

**{ASK IF (AgeP < 16)}**

**ChPace**

"Which of the following best describes your (child name 's) usual walking pace? Is it... RUNNING PROMPT..."

- 1 Slow "...a slow pace,"
- 2 Steady "...a steady average pace,"
- 3 Brisk "...a fairly brisk pace,"
- 4 Fast "...or, a fast pace - at least 4 mph?"
- 5 None "SPONTANEOUS ONLY - None of these"

**HWkCh**

"In the last week have you (has (child name)) done any housework or gardening which involved pulling or pushing, like Hoovering, cleaning a car, mowing grass or sweeping up leaves for at least 15 minutes a time?"

- 1 Yes
- 2 No

**{ASK IF (HWkCh = Yes)}**

**DHWkCh**

"On how many days in the last week have you (has (you (child name) done any housework or gardening of this type for at least 15 minutes a time?"

- 1 OneDay "One day",
- 2 TwoDay "Two days",
- 3 ThrDay "Three days",
- 4 FouDay "Four days",
- 5 FivDay "Five days",
- 6 SixDay "Six days",
- 7 SevDay "Every day" )

**THWk**

"SHOW CARD Y

On each day that you (child name) did any housework or gardening of this type for at least 15 minutes a time, how long did you (he)(she) spend? Please give an answer from this card."

- 1 LFivM "Less than 5 minutes",
- 2 LTenM "5 minutes, less than 15 minutes",
- 3 LThirt "15 minutes, less than 30 minutes",
- 4 LSixty "30 minutes, less than 1 hour",
- 5 L1Half "1 hour, less than 1½ hours",
- 6 LTwoHr "1½ hours, less than 2 hours",

- 7 L2Half "2 hours, less than 2½ hours",
- 8 LThrHr "2½ hours, less than 3 hours",
- 9 L3Half "3 hours, less than 3½ hours",
- 10 LFourHr "3½ hours, less than 4 hours",
- 11 MoreFour "4 hours or more (please specify how long)" )

**{ASK IF (AgeP < 16)}**

**Sport**

"I would now like to ask you about any sports or exercise activities that you (child name) have (has) done. I will then go on to ask about other active things you (he)(she) may have done like running about, riding a bike, kicking a ball around and things like (not as part of school lessons or nursery school activities).

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

- 1 continue

**SportDo**

"SHOW CARD Z

In the last week have you (has (child name)) done any sports or exercise activities (not as part of school lessons or nursery school activities)? This card shows some of the things you (he)(she) might have done; please also include any other sports or exercise activities like these.

INTERVIEWER: DO NOT COUNT ANYTHING DONE TODAY"

- 1 Yes
- 2 No

**{ASK IF (SportDo = Yes)}**

**WESpDo**

"SHOW CARD Z

Did you (child name) do any of these sports or exercise activities at the weekend?"

- 1 Yes
- 2 No

**{ASK IF (WESpDo = Yes)}**

**DWESp**

"Was that on Saturday or Sunday or on both days?"

- 1 Sat "Saturday only",
- 2 Sun "Sunday only",
- 3 SatSun "Both Saturday and Sunday" )

```
IF (DWESp = Sat) DWESpX := "Saturday"
ENDIF
IF (DWESp = Sun) DWESpX := "Sunday"
ELSEIF (DWESp = SatSun) THEN
DWESpX := "Saturday and Sunday"
ENDIF
IF (DWESp = SatSun) Onday := "(on each day)"
ELSE Onday := ""
ENDIF
```

**WeSpor**

"SHOW CARD Y

On ^DWESpX when you (child name) did these sports or exercise activities, how long did you (he)(she) spend ^Onday. Please give an answer from this card.

INTERVIEWER: IF VARIED, TAKE AVERAGE."

- 1 LFivM "Less than 5 minutes",
- 2 LTenM "5 minutes, less than 15 minutes",
- 3 LThirt "15 minutes, less than 30 minutes",
- 4 LSixty "30 minutes, less than 1 hour",
- 5 L1Half "1 hour, less than 1½ hours",
- 6 LTwoHr "1½ hours, less than 2 hours",
- 7 L2Half "2 hours, less than 2½ hours",
- 8 LThrHr "2½ hours, less than 3 hours",
- 9 L3Half "3 hours, less than 3½ hours",
- 10 LFourHr "3½ hours, less than 4 hours",
- 11 MoreFour "4 hours or more (please specify how long)" )

**{ASK IF (WeSpor = MoreFour)}**

**WeSpH**

"SHOW CARD Z

In the last week how long did you (child name) spend doing these sports or exercise activities?

INTERVIEWER: RECORD HOURS SPENT BELOW. RECORD MINUTES AT NEXT QUESTION."

: 4.12

**WeSpM**

"INTERVIEWER: RECORD HERE MINUTES SPENT DOING SPORTS OR EXERCISE ACTIVITIES."

: 0..59

**{ASK IF (AgeP < 16)}**

**DaySp**

"SHOW CARD Z

Still thinking about last week. On how many of the weekdays did you (child name) do any of these sports or exercise activities? (not as part of school lessons or nursery school activities)"

- 1 None,
- 2 OneDay "One day",
- 3 TwoDay "Two days",
- 4 ThrDay "Three days",
- 5 FouDay "Four days",
- 6 FivDay "Five days" )

**{ASK IF (((((DaySp = OneDay) OR (DaySp = TwoDay)) OR (DaySp = ThrDay)) OR (DaySp = FouDay)) OR (DaySp = FivDay))}**

**WkSpor**

"SHOW CARD Y

On each weekday that you (child name) did these sports or exercise activities, how long did you (he)(she) spend? Please give an answer from this card."

- 1 LFivM "Less than 5 minutes",
- 2 LTenM "5 minutes, less than 15 minutes",
- 3 LThirt "15 minutes, less than 30 minutes",
- 4 LSixty "30 minutes, less than 1 hour",
- 5 L1Half "1 hour, less than 1½ hours",
- 6 LTwoHr "1½ hours, less than 2 hours",

- 7 L2Half "2 hours, less than 2½ hours",
- 8 LThrHr "2½ hours, less than 3 hours",
- 9 L3Half "3 hours, less than 3½ hours",
- 10 LFourHr "3½ hours, less than 4 hours",
- 11 MoreFour "4 hours or more (please specify how long)" )

**{ASK IF (WkSpor = MoreFour)}**

**WkSpH**

"SHOW CARD Z

In the last week how long did you (child name) spend doing these sports or exercise activities on each weekday?

INTERVIEWER: RECORD HERE HOURS SPENT. RECORD MINUTES AT NEXT QUESTION"

: 4.12

**WkSpM**

"INTERVIEWER: RECORD HERE MINUTES SPENT DOING SPORTS OR EXERCISE ACTIVITIES"

: 0.59

**{ASK IF (AgeP < 16)}**

**WEActDo**

"SHOW CARD ZA

Now I would like to know about when you (child name) do (does) active things, like the things on this card or other activities like these. Did you (he)(she) do any active things like these at the weekend?

INTERVIEWER: DO NOT INCLUDE ANY ACTIVITIES ALREADY COVERED UNDER SPORTS AND EXERCISE ACTIVITIES"

- 1 Yes
- 2 No

**{ASK IF (WEActDo = Yes)}**

**DWEact**

"Was that on Saturday or Sunday or on both days?"

- 1 Sat "Saturday only",
- 2 Sun "Sunday only",
- 3 SatSun "Both Saturday and Sunday" )

**WEAct**

"SHOW CARD Y

On ^DWEactX when you (child name) did active things like these, how long did you (he)(she) spend ^Onday. Please give an answer from this card.

INTERVIEWER: IF IT VARIED, TAKE AVERAGE.

- 1 Less than 5 minutes
- 2 5 minutes, less than 15 minutes
- 3 15 minutes, less than 30 minutes
- 4 30 minutes, less than 1 hour
- 5 1 hour, less than 1½ hours
- 6 1½ hours, less than 2 hours
- 7 2 hours, less than 2½ hours
- 8 2½ hours, less than 3 hours
- 9 3 hours, less than 3½ hours

- 10 3½ hours, less than 4 hours  
11 4 hours or more (please specify how long)

```
IF (DWEact = Sat) THEN DWEactX := "Saturday"  
ENDIF  
IF (DWEact = Sun) THEN DWEactX := "Sunday"  
ELSEIF (DWEact = SatSun)}  
DWEactX := "Saturday and Sunday"  
ENDIF
```

**{ASK IF (WEAct = MoreFour)}**

**WeActH**

“SHOW CARD ZA

In the last week how long did you (child name) spend doing active things like these?

INTERVIEWER: RECORD HERE HOURS SPENT. RECORD MINUTES AT NEXT QUESTION.”

: 4..12

**WeActM**

“INTERVIEWER: RECORD HERE MINUTES SPENT DOING ACTIVE THINGS LIKE THESE.”

: 0..59

**{ASK IF (AgeP < 16)}**

**WkActDo**

“SHOW CARD ZA

Still thinking about last week. On how many of the weekdays did you (child name) do active things, like the things on this card or other activities like these(not as part of school lessons or nursery school activities).

INTERVIEWER: DO NOT INCLUDE ANY ACTIVITIES ALREADY COVERED UNDER SPORTS AND EXERCISE ACTIVITIES.”

- 1 None,
- 2 OneDay "One day",
- 3 TwoDay "Two days",
- 4 ThrDay "Three days",
- 5 FouDay "Four days",
- 6 FivDay "Five days")

**{ASK IF (((((WkActDo = OneDay) OR (WkActDo = TwoDay)) OR (WkActDo = ThrDay)) OR (WkActDo = FouDay)) OR (WkActDo = FivDay))}**

**WkAct**

“SHOW CARD Y

On each weekday that you (child name) did active things like these, how long did you (he)(she) spend? Please give an answer from this card.

INTERVIEWER: ONLY CODES 3-11 ALLOWED”

- 1 LFivM "Less than 5 minutes",
- 2 LTenM "5 minutes, less than 15 minutes",
- 3 LThirt "15 minutes, less than 30 minutes",
- 4 LSixty "30 minutes, less than 1 hour",
- 5 L1Half "1 hour, less than 1½ hours",
- 6 LTwoHr "1½ hours, less than 2 hours",
- 7 L2Half "2 hours, less than 2½ hours",
- 8 LThrHr "2½ hours, less than 3 hours",
- 9 L3Half "3 hours, less than 3½ hours",

- 10 LFourHr "3½ hours, less than 4 hours",  
11 MoreFour "4 hours or more (please specify how long)" )

**{ASK IF (WkAct = MoreFour)}**

**WkActH**

"SHOW CARD ZA

In the last week how long did you (child name) spend doing active things like these on each weekday?

INTERVIEWER: RECORD HERE HOURS SPENT. RECORD MINUTES AT NEXT QUESTION"

: 4..12

**WkActM**

"INTERVIEWER: RECORD HERE MINUTES SPENT DOING ACTIVE THINGS LIKE THESE."

: 0..59

**{ASK IF (((SportDo = Yes) OR (WEActDo = Yes)) OR WkActDo IN [OneDay..FivDay])}**

**DaysTot**

"Now thinking about all the activities during the past week you have just told me about including any walking, (gardening, housework) sports or other active things. On how many days in the last week in total did you (child name) do any of these activities (not as part of school lessons or nursery school activities)"

- 1 OneDay "One day",  
2 TwoDay "Two days",  
3 ThrDay "Three days",  
4 FouDay "Four days",  
5 FivDay "Five days",  
6 SixDay "Six days",  
7 SevDay "Every day" )

**Usual**

"Were the activities you (child name) did last week different from what you (he)(she) would usually do for any reason?

INTERVIEWER: IF YES PROBE: Would ^you (he)(she) usually do more physical activity or less?"

- 1 Same "NO - same as usual"  
2 DiffMore "YES DIFFERENT - usually do MORE"  
3 DiffLess "YES DIFFERENT - usually do LESS"



## EDUCATION

### *Respondents aged 16 or over*

**{ASK IF ((EActP = 1) OR (EActP = 3))}** *(respondent is either working or not working but not in full-time education)*

#### **Educ**

"I'd now like to ask you a couple of questions about education and work-related training. Firstly, how old were you when you finished your continuous full-time education?"

: 10..96

#### **QualCh**

"Do you have any qualifications from school, college or university, connected with work or from government schemes?"

- 1 Yes
- 2 No

**{ASK IF (QualCh = No)}**

#### **QuaYrs**

"How many years of education did you complete?"

INTERVIEWER: INCLUDE SCHOOL, COLLEGE OR UNIVERSITY, CONNECTED WITH WORK OR FROM GOVERNMENT SCHEMES"

: 0..12

**{ASK IF (QualCh = Yes)}**

#### **Qual**

"SHOW CARD AA - 2 PAGES

Please look at this card and tell me whether you have any of the qualifications listed. Start at the top of the list and tell me the first one you come to that you have passed."

- 1 Degree " Degree"
- 2 Teach " Teaching qualifications"
- 3 HNCD " HNC/HND, BEC/TEC Higher, BTEC Higher"
- 4 CGFTC " City and Guilds Full Technological Certificate"
- 5 Nurse " Nursing qualifications (SRN, SCM, RGN, RM, RHV, Midwife)"
- 6 Alevel " 'A' levels/SCE Higher"
- 7 ONC " ONC/OND/BEC/TEC NOT Higher"
- 8 CGAF " City and Guilds Advanced/Final"
- 9 Olevel " 'O' level passes (Grade A to C if after 1975)"
- 10 GCSEhi " GCSE (Grades A to C)"
- 11 CSE " CSE (Grade 1)"
- 12 SCE " SCE Ordinary (Bands A to C)"
- 13 SGrad " Standard Grade (Levels 1 to 3)"
- 14 SLCLo " SLC Lower"
- 15 SUPE " SUPE Lower or Ordinary"
- 16 School " School certificate or Matric"
- 17 CGOlev " City and Guilds Craft/Ordinary level"
- 18 CSELo " CSE Grades 2 to 5"
- 19 GCE " GCE 'O' level (Grades D & E if after 1975)"
- 20 GCSElo " GCSE (Grades D,E,F,G)"
- 21 SCEor " SCE Ordinary (Bands D & E)"

- 22 SGLo " Standard Grade (Level 4 & 5)"
- 23 Cleric " Clerical or commercial qualifications"
- 24 Apren " Apprenticeship"
- 25 CSEun " CSE Ungraded"
- 26 CSFour " Overseas education level 4 - Post-Secondary Completed (MORE
- 27 CSThre " Overseas education level 3 - (Upper) Secondary Completed (NOT  
less than 11-12 years education)"
- 28 CSTwo " Overseas education level 2 - Lower Secondary Completed (NOT  
less than 9 years education)"
- 29 CSOne " Overseas education level 1 - Primary Completed (NOT less than 6  
years basic education)"
- 30 OSNght " Overseas education - Primary (less than 6 years basic education)"
- 31 Other " Other qualifications"

## MANAGING FINANCES

*Respondent 1 only (aged 16 or over)*

### ManageI

"Now I would like to ask you some questions about money.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

### HowManag

"SHOW CARD BB

Think about the cost of living as it affects you (and your household). Which of the descriptions on this card best describes your situation?

INTERVIEWER: HOUSEHOLD = CATERING UNIT"

1 Strain "Find it a strain to get by from week to week"

2 Careful "Have to be careful about money"

3 Manage "Able to manage without much difficulty"

4 NoProb "Able to manage with no difficulty"

### PayGas

"How do you pay for your gas?"

1 KeyM "Key meter"

2 SlotM "Slot meter"

3 DDebt "Direct debit"

4 Cash "By cash or cheque"

5 PayBook "Payment card/book"

6 Budget "Budget plan"

7 Other "Other payment method"

8 NoGas "Do not have gas supply"

### PayElec

"How do you pay for your electricity?"

1 KeyM "Key meter"

2 SlotM "Slot meter"

3 DDebt "Direct debit"

4 Cash "By cash or cheque"

5 PayBook "Payment card/book"

6 Budget "Budget plan"

7 Other "Other payment method"

### Credit

"Do you (or other members of your household) ever buy food or other items on credit. Please do not include using a credit card?

INTERVIEWER: SELECT ALL THAT APPLY INCLUDE ANY PURCHASES.

PROMPT: For example putting off payment until later in the week, using catalogues, obtaining goods on tick (informal credit arrangements with local shops or stall holders) etc."

1 YesFood "Yes, on food"

2 YesOth "Yes, on other items"

3 No



## EMPLOYMENT

### *Respondents who are working*

**{ASK IF (EActP = 1)}**

**JobInt**

"You've told me that you are in work. I would like to ask you some questions about your work.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**RegCas**

"Can I just check, are you in a regular job or an occasional job?"

1 RegJob "Regular job"

2 OccasJob "Occasional job"

3 Both "Both regular job AND occasional job"

**{ASK IF ((RegCas = RegJob) OR (RegCas = Both))}**

**RegHrs**

"How many hours do you work per week in your regular job?"

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS"

: 0..97

**{ASK IF ((RegCas = OccasJob) OR (RegCas = Both))}**

**Cashrs**

"How many hours did you work in this occasional job in the seven days ending last Sunday?"

: 1..97

**TypCas**

"Is this the typical number of hours you work in your occasional job?"

1 Yes

2 No

**{ASK IF (TypCas = No)}**

**NCasHrs**

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK IN OCCASIONAL JOB(S)

: 1..97

## JOB OF HOUSEHOLD REFERENCE PERSON

*HRP (if HRP is one of the respondents) or Respondent 1 (aged 16 or over)*

### **JHRPIntr**

"Now I would like to ask a few questions about the job that you (name of HRP) do (does).

INTERVIEWER: PRESS <ENTER> TO CONTINUE. IF ASKED SAY 'because the accommodation is in your (name of HRP 's) name.

1 continue

### **InD**

"CURRENT (MOST RECENT) JOB OF (HR(NAME OF RESPONDENT))

What does (did) the firm or organisation you (name of HRP) work (works)(worked) for mainly make or do (at the place where you (name of HRP) work (works)(worked))?

INTERVIEWER: DESCRIBE FULLY - PROBE MANUFACTURING or PROCESSING or DISTRIBUTING ETC. AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE or RETAIL ETC."

: STRING[80]

### **OccT**

"JOB TITLE CURRENT (MOST RECENT) JOB What is (was) your (name of HRP 's) main job?"

: STRING[30]

### **OccD**

"CURRENT (MOST RECENT) JOB OF HRP What do (does) you (name of HRP) mainly do in this job?

INTERVIEWER: CHECK SPECIAL QUALIFICATIONS/TRAINING NEEDED TO DO THE JOB"

: STRING[80]

### **Stat**

"Are (Is)(Was)(Were) you (name of HRP) working as an employee or are (is)(was)(were) you (name of HRP) self-employed?"

1 Emp "Employee"

2 SelfEmp "Self-employed"

**{ASK IF (Stat = Emp)}**

### **Manage**

"In this job, do (does) you (name of HRP) have any formal responsibility for supervising the work of other employees?

INTERVIEWER: CODE 1 ('YES') INCLUDES PEOPLE WHO SAY THEY ARE MANAGERS. DO NOT INCLUDE IN CODE 1 (I.E. CODE AS 'NO'):-

SUPERVISORS OF CHILDREN (E.G. TEACHERS,NANNIES, CHILDMINDERS) - SUPERVISORS OF ANIMALS - PEOPLE WHO SUPERVISE SECURITY OR BUILDINGS ONLY (E.G. CARETAKERS, SECURITY GUARDS)"

1 Yes

2 No

**EmpNo**

How many people work (works)(worked) for your (name of HRP 's) employer at that place? Are (were) there ... (RUNNING PROMPT)...

- 1        n1\_24    "1-24"
- 2        n25\_499 "25 to 499, or"
- 3        n500plus "500 or more employees?"

**{ASK IF (Stat = SelfEmp)}****Solo**

"Are (Is)(Was)(Were) you (name of HRP) working alone or do (does) you (name of HRP) have employees?"

- 1        OnOwn    "on own/with partner(s) but no employees"
- 2        WithEmp  "with employees"

**{ASK IF (Solo = WithEmp)}****SENo**

"How many people do (does) you (name of HRP) employ at the place where you (name of HRP) work (works)(worked)? Were there ... (RUNNING PROMPT)..."

- 1        n1\_24    "1-24"
- 2        n25\_499 "25 to 499, or"
- 3        n500plus "500 or more employees?"

## HOUSEHOLD INCOME (1)

*Respondent 1 only (aged 16 or over)*

{ASK IF (SerP = 1)}

### IncIntr

"Now I would like to ask you some questions about your (households) sources and amounts of income.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

### SrcInc

"SHOW CARD CC - 2 PAGES.

Please look down this card and tell me whether you (or other members of your household) are currently getting any of the things listed on this card?

INTERVIEWER: INCLUDE INCOME FROM ALL SOURCES, INCLUDING CHILDREN. HOUSING BENEFIT/COUNCIL TAX BENEFIT SHOULD NOT BE INCLUDED AS 'OTHER BENEFITS' (THESE ARE COVERED LATER). PROBE FOR MONEY FROM OTHER SOURCES e.g. relatives. CODE ALL THAT APPLY."

- 1 ChBen " Child benefit"
- 2 IncSup " Income Support/Pension Credit"
- 3 WTaxC " Working Tax Credit"
- 4 CTaxC " Child Tax Credit"
- 5 JSAllow " Jobseeker's Allowance"
- 6 StPens " State Retirement Pension"
- 7 EmpPens " Employer's Pension"
- 8 PriPens " Private Pension"
- 9 DisLivA " Disability Living Allowance"
- 10 IncapA " Incapacity Benefit"
- 11 CarerA " Attendance (Carer's) Allowance"
- 12 OthBen " Other benefit(s)"
- 13 RegJob " Money from regular job"
- 14 OccJob " Money from occasional job"
- 15 Partner " Money from former or absent spouse or partner"
- 16 GvtTrSc " Money from Government training schemes"
- 17 EdGrant " Educational grant/bursary"
- 18 Invest " Interest (from savings / investments)"
- 19 Rent " Rent from property / subletting (TO NON-HOUSEHOLD MEMBERS ONLY)"
- 20 OthReg " Other regular source(s) of income or payment e.g. family paying bills)"
- 21 NoInc " No source of income"

### Src3M

"SHOW CARD CC

Which sources of income did you (and your household) receive 3 months ago?

INTERVIEWER: CODE ALL THAT APPLY."

- 1 ChBen " Child benefit"
- 2 IncSup " Income Support/Pension Credit"
- 3 WTaxC " Working Tax Credit"
- 4 CTaxC " Child Tax Credit"



- 5 JSAllow " Jobseeker's Allowance"
- 6 StPens " State Retirement Pension"
- 7 EmpPens " Employer's Pension"
- 8 PriPens " Private Pension"
- 9 DisLivA " Disability Living Allowance"
- 10 IncapA " Incapacity Benefit"
- 11 CarerA " Attendance (Carer's) Allowance"
- 12 OthBen " Other benefit(s)"
- 13 RegJob " Money from regular job"
- 14 OccJob " Money from occasional job"
- 15 Partner " Money from former or absent spouse or partner"
- 16 GvtTrSc " Money from Government training schemes"
- 17 EdGrant " Educational grant/bursary"
- 18 Invest " Interest (from savings / investments)"
- 19 Rent " Rent from property / subletting (TO NON-HOUSEHOLD MEMBERS ONLY)"
- 20 OthReg " Other regular source(s) of income or payment e.g. family paying bills)"
- 21 None " Received none of these 3 months ago"

**{ASK IF ((SrcInc = RESPONSE) AND NOT NoInc IN SrcInc)}**

**AmtIntr**

"Thinking again about your (household's) present sources of income, I'd like to talk to you a bit more about these.

INTERVIEWER: PRESS <ENTER> TO CONTINUE"

1 continue

**{ASK IF (RegJob IN SrcInc OR OccJob IN SrcInc)}**

**Earnings**

"Thinking about your (household's) present earnings from work, what was your (household's) last take-home pay - that is, including any overtime, tips or bonuses but after any deductions were made for national insurance, income tax or any other expenses?

INTERVIEWER: HOUSEHOLD MEANS CATERING UNIT. INCLUDE EARNINGS FOR ALL HOUSEHOLD MEMBERS. ENTER AMOUNT TO NEAREST POUND. IF SELF-EMPLOYED: Roughly how much did you make, after deductions? IF VARIES, TAKE AVERAGE FOR LAST MONTH"

: 0..9997

**FrqEarn**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (FrqEarn = Other)}**

**OFrqEarn**

"INTERVIEWER: SPECIFY OTHER PERIOD"  
: STRING[20]

{ASK IF (SerP = 1)}

**EarnD**

"On what date did you (or your household) last receive earnings from work?"  
: DATETYPE

{ASK IF ChBen IN SrcInc}

**CBenAmt**

"How much Child Benefit did you (or your household) receive last time it was paid?  
INTERVIEWER: RECORD TO NEAREST POUND."  
: 0..9997

**CBenPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (CBenPd = Other)}

**CBenPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"  
: STRING[20]

{ASK IF ChBen IN SrcInc}

**CBenRec**

"SHOW CARD DD

How do (does) you (or your household) receive Child Benefit? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POftNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**CBenD**

"On what date did you (or your household) last receive Child benefit?"  
: DATETYPE

{ASK IF IncSup IN SrcInc}

**ISPCamt**

"How much Income Support/Pension Credit did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."  
: 0..9997

**ISPCPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (ISPCPd = Other)}

**ISPCPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"  
: STRING[20]

{ASK IF IncSup IN SrcInc}

**ISPCRec**

"SHOW CARD DD

How do (does) you (or your household) receive the Income Support/Pension Credit?  
Please take your answer from the card

- 1 Cheque
- 2 Giro
- 3 Directly into Bank or Building Society
- 4 Weekly from Post Office using Order Book
- 5 Fortnightly from Post Office using Order Book
- 6 Every four weeks from Post Office using Order Book
- 7 Included in pay
- 8 Some other way

**ISPCD**

"On what date did you (or your household) last receive the Income Support/Pension Credit?"  
: DATETYPE

**ISPCTime**

Could you tell me exactly how long you (or other members of your household) have been receiving the Income Support/Pension Credit?"

- 1 LSixMth "Less than 6 months",
- 2 LTwlvM "6 months but less than 12 months",
- 3 L1HlfYr "One year but less than 1.5 years",
- 4 L2Yr "1.5 years but less than 2 years",
- 5 LFivYr "2 years but less than 5 years",
- 6 LTenYr "5 years but less than 10 years",
- 7 MoreTen "More than 10 years",
- 8 NotReg "On and off this benefit for some time" )

{ASK IF WTaxC IN SrcInc}

**WTCamt**

"How much Working Tax Credit do (does) you (or your household) receive last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**WTCPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (WTCPd = Other)}

**WTCPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

{ASK IF WTaxC IN SrcInc}

**WTCRec**

"SHOW CARD DD

How do (does) you (or your household) receive Working Tax Credit? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POftNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**WTCD**

"On what date did ^you (or your household) last receive Working Tax Credit?"

: DATETYPE

{ASK IF CTaxC IN SrcInc}

**CTCAmt**

"How much Child Tax Credit did you (or your household) receive last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**CTCPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",

- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (CTCPd = Other)}**

**CTCPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF CTaxC IN SrcInc}**

**CTCRec**

"SHOW CARD DD

How do (does) you (or your household) receive Child Tax Credit? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**CTCD**

"On what date did you (or your household) last receive Child Tax Credit?"

: DATETYPE

**{ASK IF JSAllow IN SrcInc}**

**JSAAmt**

"How much Jobseeker's Allowance did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**JSAPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (JSAPd = Other)}**

**JSAPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF JSAllow IN SrcInc}**

**JSARec**

"SHOW CARD DD

How do (does) you (or your household) receive Jobseeker's Allowance? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

{ASK IF (JSAPd = OneWeek) OR (JSAPd = TwoWeek)}

**JSAD**

"On what date did you (or your household) last receive Jobseeker's Allowance?"

: DATETYPE

**JSATime**

"Could you tell me exactly how long you (or other members of your household) have been on Jobseeker's Allowance?"

- 1 LSixMth "Less than 6 months",
- 2 LTwlvM "6 months but less than 12 months",
- 3 L1HlfYr "One year but less than 1.5 years",
- 4 L2Yr "1.5 years but less than 2 years",
- 5 LFivYr "2 years but less than 5 years",
- 6 LTenYr "5 years but less than 10 years",
- 7 MoreTen "More than 10 years",
- 8 NotReg "On and off this benefit for some time" )

{ASK IF StPens IN SrcInc}

**SPenAmt**

"How much State Retirement Pension did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**SPenPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (SPenPd = Other)}

**SPenPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF StPens IN SrcInc}**

**SPenRec**

"SHOW CARD DD

How do (does) you (or your household) receive State Retirement Pension? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**SPenD**

"On what date did you (or your household) last receive the State Retirement Pension?"

: DATETYPE

**{ASK IF EmpPens IN SrcInc}**

**EPenAmt**

"How much Employer's Pension did you (or your household) receive last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**EPenPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (EPenPd = Other)}**

**EPenPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF EmpPens IN SrcInc}**

**EPenRec**

"SHOW CARD DD

How do (does) you (or your household) receive the Employer's Retirement Pension? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",

- 5      POFtNt "Fortnightly from Post Office using Order Book",
- 6      PO4wk "Every four weeks from Post Office using Order Book",
- 7      InPay "Included in pay",
- 8      Other )

**EPenD**

"On what date did you (or your household) last receive the Employer's Retirement Pension?"

: DATETYPE

**{ASK IF PriPens IN SrcInc}**

**PPenAmt**

"How much Employer's Pension did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**PPenPd**

"ASK OR CODE: What period does that cover?"

- 1      OneWeek "One week",
- 2      TwoWeek "Two weeks",
- 3      FourWeek (4) "Four weeks",
- 4      Month (5) "Calendar month",
- 5      ThrMonth (13) "Three months / 13 weeks",
- 6      SixMonth (26) "Six months / 26 weeks",
- 7      Year (52) "One year / 12 months / 52 weeks",
- 8      Other (97) "None of these (DESCRIBE)" )

**{ASK IF (PPenPd = Other)}**

**PPenPdO**

INTERVIEWER: SPECIFY OTHER PERIOD

: STRING[20]

**{ASK IF PriPens IN SrcInc}**

**PPenRec**

"SHOW CARD DD

How do (does) you (or your household) receive the Private Pension? Please take your answer from the card

- 1      Cheque,
- 2      Giro,
- 3      Bank "Directly into Bank or Building Society",
- 4      POWk "Weekly from Post Office using Order Book",
- 5      POFtNt "Fortnightly from Post Office using Order Book",
- 6      PO4wk "Every four weeks from Post Office using Order Book",
- 7      InPay "Included in pay",
- 8      Other )

**PPenD**

"On what date did you (or your household) last receive the Private Pension?"

: DATETYPE

**{ASK IF DisLivA IN SrcInc}**



**DLAAmt**

"How much Disability Living Allowance did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**DLAPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (DLAPd = Other)}

**DLAPdO**

INTERVIEWER: SPECIFY OTHER PERIOD

: STRING[20]

{ASK IF DisLivA IN SrcInc}

**DLARec**

"SHOW CARD DD

How do (does) you (or your household) receive Disability Living Allowance? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POftNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**DLAD**

"On what date did you (or your household) last receive Disability Living Allowance?"

: DATETYPE

{ASK IF IncapA IN SrcInc}

**IncapAmt**

"How much Incapacity Benefit did ^you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**IncapPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",

- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (IncapPd = Other)}**

**IncapPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF IncapA IN SrcInc}**

**IncapRec**

"SHOW CARD DD

How do (does) you (or your household) receive Incapacity Benefit? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**IncapD**

"On what date did you (or your household) last receive Incapacity Benefit?"

: DATETYPE

**{ASK IF CarerA IN SrcInc}**

**AttAmt**

"How much Attendance Allowance did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**AttPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (AttPd = Other)}**

**AttPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF CarerA IN SrcInc}**

**AttRec**

"SHOW CARD DD

How do (does) you (or your household) receive Attendance Allowance? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**AttD**

"On what date did you (or your household) last receive Attendance Allowance?"

: DATETYPE

**{ASK IF OthBen IN SrcInc}**

**OthBAmt**

"How much income from other benefits did you (or your household) receive last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**OthBPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (OthBPd = Other)}**

**OthBPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF OthBen IN SrcInc}**

**OthBRec**

"SHOW CARD DD

How do (does) you (or your household) receive other benefit(s)? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",

- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**OthBD**

"On what date did ^you (or your household) last receive other benefit(s)?"

: DATETYPE

**{ASK IF Partner IN SrcInc}**

**PartnAmt**

"How much did you (or your household) receive from a former/ absent partner last time it was paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**PartnPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (PartnPd = Other)}**

**PartnPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF Partner IN SrcInc}**

**PartnRec**

"SHOW CARD DD

How do (does) you (or your household) receive money from a former/absent partner? Please take your answer from the card

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POftNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**PartnD**

"On what date did you (or your household) last receive money from a former/absent partner?"

: DATETYPE

**{ASK IF GvtTrSc IN SrcInc}**

**GTSAmt**

"How much did you (or your household) receive from the Government Training scheme(s) last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**GTSPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (GTSPd = Other)}

**GTSPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

{ASK IF GvtTrSc IN SrcInc}

**GTSRec**

"SHOW CARD DD

How do (does) you (or your household) receive money from Government Training scheme(s)? Please take your answer from the card

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POftNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**GTSD**

"On what date did you (or your household) last receive money from the Government Training scheme(s)?"

: DATETYPE

{ASK IF EdGrant IN SrcInc}

**EducAmt**

"How much did you (or your household) receive from the educational grant/bursary last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**EducPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",

- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (EducPd = Other)}**

**EducPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF EdGrant IN SrcInc}**

**EducRec**

"SHOW CARD DD

How do (does) you (or your household) receive money from the educational grant/bursary? Please take your answer from the card

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POftNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**EducD**

"On what date did you (or your household) last receive money from an educational grant/bursary?"

: DATETYPE

**{ASK IF Invest IN SrcInc}**

**IntAmt**

"How much interest from savings and investments did you (or your household) receive last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**IntPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (IntPd = Other)}**

**IntPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF Invest IN SrcInc}**

**IntRec**

"SHOW CARD DD

How do (does) you (or your household) receive interest from savings and investments? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**IntD**

"On what date did you (or your household) last receive interest from savings and investments?"

: DATETYPE

**{ASK IF Rent IN SrcInc}**

**RentAmt**

"How much rent did ^you (or your household) receive last time it was paid?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**RentPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (RentPd = Other)}**

**RentPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF Rent IN SrcInc}**

**RentRec**

"SHOW CARD DD

How do (does) you (or your household) receive rent from property or subletting?  
Please take your answer from the card

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",

- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**RentD**

"On what date did you (or your household) last receive rent from property or subletting?"

: DATETYPE

**{ASK IF OthReg IN SrcInc}**

**ORegAmt**

"How much did you (or your household) receive from other regular sources of income last time it was/they were paid?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**ORegPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

**{ASK IF (ORegPd = Other)}**

**ORegPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

**{ASK IF OthReg IN SrcInc}**

**ORegRec**

"SHOW CARD DD

How do (does) you (or your household) receive money from other regular sources of income? Please take your answer from the card"

- 1 Cheque,
- 2 Giro,
- 3 Bank "Directly into Bank or Building Society",
- 4 POWk "Weekly from Post Office using Order Book",
- 5 POFtNt "Fortnightly from Post Office using Order Book",
- 6 PO4wk "Every four weeks from Post Office using Order Book",
- 7 InPay "Included in pay",
- 8 Other )

**ORegD**

"On what date did you (or your household) last receive money from other regular sources of income?"

: DATETYPE



**HBen**

"Thinking now about one or two other benefits. Firstly, do (does) you (or anyone in your household) receive housing benefit?"

INTERVIEWER: INCLUDE HOUSING BENEFIT RECEIVED DIRECTLY E.G. PAID TO LANDLORD."

- 1 Yes
- 2 No

{ASK IF (HBen = Yes)}

**HowHB**

"How is this housing benefit received?"

- 1 RentRbt "As a rent rebate (council tenants)"
- 2 RentAll "As a rent allowance (ie received personally)"
- 3 LandLd "Paid direct to a landlord"

**HBAmt**

"How much Housing Benefit did you (or your household) receive last time it was paid?"

INTERVIEWER: ENTER AMOUNT TO NEAREST POUND."

: 0..9997

**HBPd**

"ASK OR CODE: What period does that cover?"

- 1 OneWeek "One week",
- 2 TwoWeek "Two weeks",
- 3 FourWeek (4) "Four weeks",
- 4 Month (5) "Calendar month",
- 5 ThrMonth (13) "Three months / 13 weeks",
- 6 SixMonth (26) "Six months / 26 weeks",
- 7 Year (52) "One year / 12 months / 52 weeks",
- 8 Other (97) "None of these (DESCRIBE)" )

{ASK IF (HBPd = Other)}

**HBPdO**

"INTERVIEWER: SPECIFY OTHER PERIOD"

: STRING[20]

{ASK IF (HBen = Yes)}

**HBCover**

"What does your housing benefit cover?"

INTERVIEWER: PROMPT AS NECESSARY."

- 1 AllRent "All of your rent"
- 2 PartRent "Part of the rent"
- 3 Water "Water charges"
- 4 Other "Other housing costs (eg gas electricity)"

{ASK IF PartRent IN HBCover}

**HHRent**

"How much rent did you (or your household) have to pay last time it was due?"

INTERVIEWER: RECORD AMOUNT ACTUALLY PAID BY HOUSEHOLD/CATERING GROUP. ENTER AMOUNT TO NEAREST POUND."

: 1..1000

**CTBen**

"Do (Does) you (or your household) receive Council Tax Benefit?

INTERVIEWER: DO NOT INCLUDE COUNCIL TAX DISCOUNTS OF 25-50% FOR SINGLE PEOPLE, STUDENTS OR THE DISABLED"

- 1 Yes
- 2 No

**Deduct**

"SHOW CARD EE

Could you look at this card and tell me, are any of these items taken off any benefit or income before it is received by you (or anyone in your household)?"

INTERVIEWER: CODE ALL THAT APPLY

- 1 RentArr "Rent arrears"
- 2 SFRepay "Social fund repayment"
- 3 HsCost "Housing costs"
- 4 ChSMain "Child support maintenance"
- 5 Utility "Utility company repayment"
- 6 Court "Court order payments"
- 7 Other "Other"
- 8 None "None of these"

**GrossInc**

"INTERVIEWER: SHOW CARD FF - 2 PAGES.

Could you look at this card and tell me which income band best indicates your (household's) gross income. Please include income from all sources before any compulsory deductions such as income tax, national insurance and superannuation contributions. ^HBreceipt

INTERVIEWER: ENTER CODE OF BAND (1-32) THAT BEST FITS GROSS INCOME (TO NEAREST POUND) OF HOUSEHOLD/CATERING UNIT).

: 1..32

IF (HBen = Yes) THEN HBreceipt := "Please exclude Housing Benefit." ELSE HBreceipt := " " ENDIF
--

**UnExpt**

"How do (does) you (or your household) cope financially when you have unexpected expenses?

INTERVIEWER: CODE ALL THAT APPLY"

- 1 BorrFam "Borrow from family"
- 2 BorrFr "Borrow from friends"
- 3 FreeCred "Seek (additional) interest free credit"
- 4 CrisisL "Apply for Social Fund Crisis Loan (interest free loan from Social Security)"
- 5 CredCard "Use Credit card"
- 6 OthCred "Seek other credit"
- 7 Savings "Draw on savings"
- 8 RedFood "Cut back on food/drink"
- 9 RedFuel "Cut back on fuel/heating"
- 10 RedOth "Reduce other expenses (i.e. 'non-essentials')"
- 11 Juggle "Juggle finances"

- 12 Manage "Manage/cope"  
13 NevExp "Can't say" [" never been in that situation"]

**{ASK IF NevExp <> UnExpt}**

**UEFood**

"When you (or your household) have (has) unexpected expenses, does this affect how much money you have to spend on food?"

- 1 Yes  
2 No

**{ASK IF (UEFood = Yes)}**

**UEHow**

"What do (does) you (or your household) do when that happens?"

INTERVIEWER: CODE ALL THAT APPLY"

- 1 Essent "Only buy essential items"  
2 BuyLess "Buy fewer of selected items (e.g. fewer potatoes than usual)"  
3 BuyCheap "Buy cheaper brands/reduced items"  
4 Without "Go without"  
5 BorrFam "Borrow from family"  
6 BorrFr "Borrow from friends"  
7 Credit "Seek (additional) credit"  
8 Other

**LackC6**

"[\*]If you had another £10 per week to spend, what would you spend it on?"

INTERVIEWER: CODE ALL THAT APPLY"

- 1 QualFood "Better quality food"  
2 Morefood "More food"  
3 ChCloth "Clothes/shoes for CHILD(REN)"  
4 Children "'The children' (NOT FURTHER SPECIFIED)"  
5 AdCloth "Clothes/shoes for ADULT(S)"  
6 Fuel "Fuel bills (eg. Gas, electricity)"  
7 OthBill "Other bills (e.g. credit card)"  
8 Hhltem "Household items (e.g. furniture, computer)"  
9 Alcohol  
10 Cigs "Cigarettes"  
11 Social "Socialising (e.g. going to the pub, out for a meal)"  
12 General "Nothing in particular" [" general expenses/household budget"]  
13 Save "Save it"  
14 Other  
15 NoNeed "SPONTANEOUS ONLY" [" do not need extra money"]

**{ASK IF (Morefood IN LackC6 OR QualFood IN LackC6)}**

**OLackC6**

"(You've said that you would spend the money on better quality food/more food.) Can you tell me a little more about what you mean by 'better quality food/more food?'"

: STRING[30]

**TimePE**

"Time at end of individual interview"

: 0..1440

**EndOfP**

"INTERVIEWER: You have now completed the individual questions for (name of respondent). You will need to enter a '1' here to ensure the outcome for (name of respondent) is computed to productive

1        continue

## MEASUREMENTS

*All respondents*

### Intro

"INTERVIEWER: CODE AS 'Later' IF YOU DO NOT WISH TO DO THE MEASUREMENTS FOR (name of respondent) NOW. USUALLY DONE ON SECOND VISIT. PREAMBLE: I would now like to measure ^your (name of child 's) height and weight. There is interest in how people's weight, given their height, is associated with their health.

INTERVIEWER: MAKE OUT MRC FOR (name of respondent), IF MEASUREMENTS WILL BE TAKEN.

- 1 Now
- 2 Later

{ASK IF (Intro = Later)}

### LStop

"INTERVIEWER: Please remember to come back to these questions. Each time you exit then re-enter the questionnaire and move through it by hitting the END key you will stop at this question. Use the <UpArrow> key to move to the previous question and change 'later' to 'now' when you are ready to complete the missing questions.

- 1 continue

### RespHts

"Measurements for (name of respondent)

INTERVIEWER: MEASURE HEIGHT AND CODE. INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO OUT' ETC. AT CODE 2: HEIGHT REFUSED."

- 1 Meas "Height measured",
- 2 Ref "Height refused",
- 3 Attmp "Height attempted, not obtained",
- 4 NotAt "Height not attempted")

### Height1

"Height/weight measurements. Measurements for (name of respondent).

INTERVIEWER: ENTER HEIGHT, IN CENTIMETERS."

: 60.0..244.0

### Height2

"Height/weight measurements. Measurements for (name of respondent).

INTERVIEWER: PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETERS."

: 60.0..244.0

{ASK IF (ABS(Height1 - Height2) > 0.5)}

### Height3

""Height/weight measurements. Measurements for (name of respondent).

INTERVIEWER: THE PREVIOUS HEIGHTS DIFFER BY MORE THAN .5 CM.

PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETERS."

: 60.0..244.0

**RelHite**

"Measurements for (name of respondent)

INTERVIEWER: CODE ONE ONLY."

- 1 NoProb "No problems experienced, reliable height measurement obtained"
- 2 Rel "Problems experienced, measurement likely to be" [" Reliable"]
- 3 UnRel "Problems experienced, measurement likely to be" [" Unreliable"]

**{ASK IF (RelHite = UnRel)}****HiNRel**

"Measurements for (name of respondent)

INTERVIEWER: WHAT CAUSED THE HEIGHT MEASUREMENT TO BE UNRELIABLE?"

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

**{ASK IF (HiNRel = Other)}****OHiNRel**

"Measurements for (name of respondent)

INTERVIEWER: PLEASE SPECIFY WHAT CAUSED UNRELIABLE HEIGHT MEASUREMENT."

: STRING[60]

**MBookHt**

"Measurements for (name of respondent)

INTERVIEWER: CHECK HEIGHT RECORDED ON MEASUREMENT RECORD CARD. HEIGHT: ^Height cm OR ^Foot feet ^Inch inches."

- 1 continue

**StadNo**

"Measurements for (name of respondent)

INTERVIEWER: Please record serial number of stadiometer used for this interview. The serial number should be of the form LSTnnn where nnn is a 3 digit number. e.g. LST123 OR NSnnn where nnn is a 3 digit number. e.g. NS123"

: STRING[6]

**ResNHi**

"Measurements for (name of respondent)

INTERVIEWER: GIVE REASONS FOR REFUSAL."

- 1 NoPoint "Cannot see point/Height already known/Doctor has measurement"
- 2 Busy "Too busy/Taken too long already/ No time"
- 3 TooIll "Respondent too ill/frail/tired"
- 4 Intrusiv "Considered intrusive information"
- 5 Anxious "Respondent too anxious/nervous/ shy/embarrassed"
- 6 Refused "Refused (no other reason given)"
- 7 Other

**{ASK IF RespHts IN [Attmpt..NotAt]}**

**NoHtBC**

"Measurements for (name of respondent)

INTERVIEWER: CODE REASON FOR NOT OBTAINING HEIGHT. CODE ALL THAT APPLY."

- 1 Away "Child" [" away from home during fieldwork period (specify in a Note)"]
- 2 Unsted "Respondent is unsteady on feet"
- 3 CantStan "Respondent cannot stand upright/too stooped"
- 4 Chair "Respondent is chairbound"
- 5 Bed "Confined to bed"
- 6 Shoes "Respondent unable to remove shoes"
- 7 NotStl "Child" [" subject would not stand still"]
- 8 Ill "Ill or in pain"
- 9 NotWrk "Stadiometer faulty or not available"
- 10 ASleep "Child asleep"
- 11 Other "Other - specify"

**{ASK IF ((EditR = Yes) AND Other IN NoHtBC)}**

**CNoHtBC**

"Measurements for (name of respondent)

CODER: CODE REASON FOR NOT OBTAINING HEIGHT. CODE ALL THAT APPLY."

- 1 Away "Child" [" away from home during fieldwork period (specify in a Note)"]
- 2 Unsted "Respondent is unsteady on feet"
- 3 CantStan "Respondent cannot stand upright/too stooped"
- 4 Chair "Respondent is chairbound"
- 5 Bed "Confined to bed"
- 6 Shoes "Respondent unable to remove shoes"
- 7 NotStl "Child" [" subject would not stand still"]
- 8 Ill "Ill or in pain"
- 9 NotWrk "Stadiometer faulty or not available"
- 10 ASleep "Child asleep"
- 11 Other "Other - specify"

**{ASK IF (Other IN NoHtBC AND ((EditR <> Yes) OR ((CNoHtBC = EMPTY) OR Other IN CNoHtBC)))}**

**NoHitCO**

"Measurements for (name of respondent)

INTERVIEWER: Please specify other reason."

: STRING[60]

**{ASK IF ((PSex = Female) AND ((Page >= 16) AND (Page <= 49)))}**

**PregNowB**

"Measurements for (name of respondent).

May I check, are you pregnant now?"

- 1 Yes
- 2 No

**{ASK IF (PregNowB <> Yes)}**

**RespWts**

"Measuremnts for (name of respondent)  
INTERVIEWER: MEASURE WEIGHT AND CODE.

^TXT150

INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I  
HAVE TO GO OUT' ETC. AT CODE 2: WEIGHT REFUSED."

- 1 Held (0) "^ChHeld",
- 2 Meas "Weight obtained ^OnOwn",
- 3 Ref "Weight refused",
- 4 Attmpt "Weight attempted, not obtained",
- 5 NotAt "Weight not attempted")

IF (PAge >= 6) THEN TXT150 := "If respondent weighs more than 130 kg (20 1/2 stones) do  
not weigh. Code as weight not attempted."

ELSEIF PAge IN [0..5] THEN

TXT150 := ""

### **XWt1**

"Measurements for (name of respondent)  
INTERVIEWER: RECORD WEIGHT IN KILOGRAMS."

: 1.0..150.0

### **XWt2**

"Measurements for (name of respondent)  
INTERVIEWER: PLEASE MEASURE WEIGHT AGAIN AND RECORD IN  
KILOGRAMS."

: 1.0..150.0

{ASK IF (ABS(XWt1 - XWt2) > 0.1)}

### **XWt3**

"Measuremnts for (name of respondent)  
INTERVIEWER: THE PREVIOUS WEIGHTS DIFFER BY MORE THAN .1 Kg.  
PLEASE MEASURE WEIGHT AGAIN AND RECORD IN KILOGRAMS."

: 1.0..150.0

ELSEIF (RespWts = Held)}

### **WtAd1**

"Measurements for (name of respondent)  
INTERVIEWER: ENTER WEIGHT OF ADULT ON HIS/HER OWN AND ENTER  
WEIGHT IN KILOGRAMS."

: 15.0..150.0

### **WtChA1**

"Measurements for (name of respondent)  
INTERVIEWER: ENTER WEIGHT OF ADULT HOLDING CHILD AND ENTER  
WEIGHT IN KILOGRAMS."

: 15.0..150.0

### **WtAd2**

"Measurements for (name of respondent)  
INTERVIEWER: WEIGH ADULT ON HIS/HER OWN AGAIN AND ENTER  
WEIGHT IN KILOGRAMS."

: 15.0..150.0



**WtChA2**

"Measurements for (name of respondent)  
INTERVIEWER: WEIGH ADULT HOLDING CHILD AGAIN AND ENTER  
WEIGHT IN KILOGRAMS."  
: 15.0..150.0

{ASK IF (ABS((WtChA2 - WtAd2) - (WtChA1 - WtAd1)) > 0.1)}

**WtAd3**

"Measurements for (name of respondent)  
INTERVIEWER: THE PREVIOUS WEIGHTS DIFFER BY MORE THAN .1 Kg.  
PLEASE WEIGH ADULT ON HIS/HER OWN AGAIN AND ENTER WEIGHT IN  
KILOGRAMS."  
: 15.0..150.0

**WtChA3**

"Measurements for (name of respondent)  
INTERVIEWER: WEIGH ADULT HOLDING CHILD AGAIN AND ENTER  
WEIGHT IN KILOGRAMS."  
: 15.0..150.0

**Weight**

Measurements for (name of respondent)  
Weight in Kilograms. Computed  
: 0.0..150.0

**FloorC**

"Measurements for (name of respondent)  
INTERVIEWER CODE: SCALES PLACED ON?"  
1 Uneve "Uneven floor"  
2 Carpet  
3 Neither

**RelWaitB**

"Measurements for (name of respondent)  
INTERVIEWER: CODE ONE ONLY."  
1 NoProb "No problems experienced, reliable weight measurement obtained"  
2 Rel "Problems experienced, measurement likely to be" ["Reliable"]  
3 UnRel "Problems experienced, measurement likely to be" ["Unreliable"]

**MBookWt**

"Measurements for (name of respondent)  
INTERVIEWER: CHECK WEIGHT RECORDED ON MEASUREMENT RECORD  
CARD.  
Weight: ..... If weight looks wrong, go back to 'XWt1' or 'WtAd1' and reweigh."  
1 continue

**ScINo**

"Measurements for (name of respondent)  
INTERVIEWER: Please record serial number of scales used for this interview. The  
serial number should be of the form LSCnnn where nnn is a 3 digit number. e.g.  
LSC123 OR SCnnn where nnn is a 3 digit number. e.g. SC123"  
: STRING[6]

**BMI**

"Measurements for (name of respondent)  
Measured Body Mass Index (BMI). Computed"  
: 5.0..50.0

**{ASK IF RespWts IN [Ref..NotAt]}****ResNWt**

"Measurements for (name of respondent)  
INTERVIEWER: GIVE REASONS FOR REFUSAL."

- 1 NoPoint "Cannot see point/Weight already known/Doctor has measurement"
- 2 Busy "Too busy/Taken long enough already/No time"
- 3 TooIll "Respondent too ill/frail/tired"
- 4 Intrusiv "Considered intrusive information"
- 5 Anxious "Respondent too anxious/nervous/shy/embarrassed"
- 6 ChildRef "Child refused to be held by parent"
- 7 ParRef "Parent refused to hold child"
- 8 Refused "Refused (no other reason given)"
- 9 Other

**{ASK IF RespWts IN [Attmpt..NotAt]}****NoWtBC**

"Measurements for (name of respondent)  
INTERVIEWER: CODE REASON FOR NOT OBTAINING WEIGHT. CODE ALL THAT APPLY."

- 1 Away "Child" [" away from home during fieldwork period (specify in a Note)"]
- 2 Unsted "Respondent is unsteady on feet"
- 3 CantStan "Respondent cannot stand upright"
- 4 Chair "Respondent is chairbound"
- 5 Bed "Confined to bed"
- 6 Shoes "Respondent unable to remove shoes"
- 7 More130 "Respondent weighs more than 130 kg"
- 8 Ill "Ill or in pain"
- 9 NotWrk "Scales not working"
- 10 NoHold "Parent unable to hold child"
- 11 ASleep "Child asleep"
- 12 Other "Other - specify"

**{ASK IF ((EditR = Yes) AND Other IN NoWtBC)}****CNoWtBC**

"Measurements for (name of respondent)  
CODER: CODE REASON FOR NOT OBTAINING WEIGHT. CODE ALL THAT APPLY."

- 1 Away "Child" [" away from home during fieldwork period (specify in a Note)"]
- 2 Unsted "Respondent is unsteady on feet"
- 3 CantStan "Respondent cannot stand upright"
- 4 Chair "Respondent is chairbound"
- 5 Bed "Confined to bed"
- 6 Shoes "Respondent unable to remove shoes"

- 7 More130 "Respondent weighs more than 130 kg"
- 8 Ill "Ill or in pain"
- 9 NotWrk "Scales not working"
- 10 NoHold "Parent unable to hold child"
- 11 ASleep "Child asleep"
- 12 Other "Other - specify"

**{ASK (Other IN NoWtBC AND ((EditR <> Yes) OR ((CNoWtBC = EMPTY) OR Other IN CNoWtBC)))}**

**NoWatCO**

"Measurements for (name of respondent)  
 INTERVIEWER: Please specify other reason."  
 : STRING[60]

**{ASK ALL}**

**BWeig**

"Measurements for (name of respondent).  
 Do you know your (name of CHILD 's) weight at birth?  
 INTERVIEWER: RECORD WHETHER THIS WILL BE AN ESTIMATE OR NOT"

- 1 est "Estimated birth weight"
- 2 exact "Actual birth weight"
- 3 NSure "Birth weight not known/recalled"

**{ASK IF (BWeig = exact)}**

**BirthW**

"Measurements for (name of respondent)  
 What was your (name of CHILD 's) weight at birth?  
 INTERVIEWER: CODE WHETHER RECORDING IN POUNDS/OUNCES OR  
 KILOGRAMS"

- 1 Imperial "Pounds and ounces"
- 2 Metric "Kilograms"

**{ASK IF (BirthW = Imperial)}**

**BirthWP**

"Measurements for (name of respondent)  
 INTERVIEWER: ENTER POUNDS HERE THEN OUNCES AT THE NEXT  
 QUESTION."  
 : 1..20

**BirthWO**

"Measurements for (name of respondent)  
 INTERVIEWER: ENTER OUNCES HERE."  
 : 0..15

**{ASK IF (BirthW = Metric)}**

**BirthWk**

"Measurements for (name of respondent)  
 INTERVIEWER: ENTER KILOGRAMS HERE."  
 : 1.0..20.0

**{ASK IF (BWeig = est)}**

**BEstW**

"Measurements for (name of respondent)  
INTERVIEWER: ASK OR RECORD ESTIMATE BIRTH WEIGHT CODE WHETHER  
RECORDING IN POUNDS/OUNCES OR KILOGRAMS"

- 1 Imperial "Pounds and ounces"
- 2 Metric "Kilograms"

**{ASK IF (BEstW = Imperial)}**

**BEstWP**

"Measurements for (name of respondent)  
INTERVIEWER: ENTER POUNDS HERE THEN OUNCES AT THE NEXT  
QUESTION."

: 1..20

**BEstWO**

"Measurements for (name of respondent)  
INTERVIEWER: ENTER OUNCES HERE."

: 0..15

**{ASK IF (BEstW = Metric)}**

**BEstWk**

"Measurements for (name of respondent)  
INTERVIEWER: ENTER KILOGRAMS HERE."

: 1.0..20.0

**EndofM**

"Measurements for (name of respondent)  
INTERVIEWER: YOU HAVE NOW COMPLETED ALL THE MEASUREMENTS  
FOR (name of respondent). YOU NEED TO ENTER A '1' HERE TO ENSURE THAT  
FEES ARE COMPUTED CORRECTLY

- 1 continue

## INTRODUCTION TO NURSE VISIT

*All respondents*

### {ASK IF on third visit (in person) or fourth visit}

#### NursInt

"There are two parts to this survey. You have helped us with the first part, we hope you will also help us with the second part. The second part of the survey is a visit by a qualified nurse to ask a few more questions and to carry out some measurements. The nurse would like to come round and explain some more about what is required. May I get him/her to contact you?"

- 1 Agree "Agreed nurse could contact"
- 2 Refuse "Refused nurse contact"

### {ASK IF(NursInt = Agree)}

#### RtnWrk

"INTERVIEWER: PLEASE REMEMBER TO DO A RETURN OF WORK AS SOON AS POSSIBLE SO WORK CAN BE TRANSMITTED TO THE NURSE. PRESS <ENTER> TO CONTINUE"

- 1 continue

### {ASK IF(NursInt = Refuse)}

#### NurseRef

"RECORD REASON WHY RESPONDENT REFUSED NURSE CONTACT."

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

### {ASK IFOther IN NurseRef}

#### NsRefO

"INTERVIEWER: PLEASE SPECIFY OTHER REASON FOR REFUSAL."

: STRING[30]

#### NHSCan

"We would like to ask your consent for us to send your (name of CHILD 's) name, address and date of birth to the National Health Service Central Register and Cancer Registry. Please read this form, it explains more about what is involved.

INTERVIEWER: Give the Respondent the NHSCR consent form and allow them time to read the information. If a personal copy is requested, complete another copy and leave with respondent.

- 1 Con "Consent given"
- 2 NoCon "Consent not given"

### {ASK IF(NHSCan = Con)}

#### NHSSig

“Before I can pass on your (name of CHILD ‘s) details, I have to obtain written consent from you (your parent/ guardian).

INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the ^colour consent form.

Ask respondent to sign and date the form. If the respondent wishes leave another copy of the form. Code whether signed consents obtained.”

- 1 Both "Both consents obtained",
- 2 NHS "NHS Central Register consent only",
- 3 Can "Cancer Registry consent only",
- 4 None "No signed consents"}}

## VISIT 4

*The following questions are asked as the final task before the interviewer leaves the respondent. There are (1) individual questions for all adult respondents (aged 16 or over), (2) income questions for Respondent 1, and (3) questions for the Main Food Provider.*

{ASK IF AgeP>=16 AND QSignIn.FirstQ IN [Vis3, Vis4]}

### IntroV4

"This is the start of the visit 4 questions.

INTEVIEWER: Do you want to do these questions for (name of respondent) now or later?"

- 1 Now,
- 2 Later

{ASK IF (IntroV4 = Later)}

### LStop1

INTERVIEWER: You have not completed Visit 4 questions for ^ (name of respondent)1. Please remember to come back to these questions. If you wish to complete Visit 4 questions for {name of respondent} now use the <UpArrow> to move to the previous question and change 'Later' to 'Now'. Each time you exit then re-enter the questionnaire and move through it by hitting the <END> key you will stop at this question.

- 1 continue

## ATTITUDES AND BARRIERS (VISIT 4)

*Respondents aged 16 or over*

**{ASK IF AgeP>=16}**

**AttBIntr**

"INTERVIEWER: YOU ARE ENTERING THE ATTITUDES AND BARRIERS SECTION FOR (name of respondent)

1 continue

**Choose**

"SHOW CARD GG.

[\*]There are many reasons why we choose the foods that we eat. Looking at this list, which would you say are the most important influences on your choice of foods?

INTERVIEWER: THIS QUESTION IS ABOUT ANY FOODS BOUGHT OR CHOSEN FOR ONESELF. DO NOT PROMPT NOR CHANGE WORDING. CODE ALL THAT APPLY."

- 1 Quality or freshness of food
- 2 Habit or routine
- 3 Price of food
- 4 What my family / spouse / children will eat
- 5 Trying to eat a healthy diet
- 6 Taste of food
- 7 Value for money
- 8 Convenience in preparation
- 9 Presentation or packaging
- 10 Slimming
- 11 How much money I've got for food
- 12 Vegetarian or other special eating habits
- 13 Health/medical reasons
- 14 Content of additives or preservatives or colours
- 15 My cultural or religious or ethnic background
- 16 Availability in the shops I can usually get to
- 17 Recommendations from friends, family or colleagues
- 18 Advertising
- 19 Foods I know how to cook / prepare
- 20 Someone else decides on most of the food I eat
- 21 Other
- 22 No particular influence

**{ASK IF (Choose.CARDINAL >= 2)}**

**Rank1Ch**

"Out of those you have chosen, which would you say is the most important influence on your choice of foods?

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE {categories selected at 'choose'}

- 1 Qual "Quality or freshness of food",
- 2 Habit "Habit or routine",
- 3 Price "Price of food",
- 4 Family "What my family/spouse/children will eat",
- 5 Health "Trying to eat a healthy diet",
- 6 Taste "Taste of food",



- 7 VFM "Value for money",
- 8 Conven "Convenience in preparation",
- 9 Package "Presentation or packaging",
- 10 Slim "Slimming",
- 11 Money "How much money I've got for food",
- 12 Veggi "Vegetarian or other special eating habits",
- 13 HlthMed "Health/medical reasons",
- 14 Content "Content of additives or preservatives or colours",
- 15 Culture "My cultural or religious or ethnic background",
- 16 Availa "Availability in the shops I can usually get to",
- 17 Recom "Recommendations from friends, family or colleagues",
- 18 Advert "Advertising",
- 19 FKnow "Foods I know how to cook/prepare",
- 20 NoChoice "Someone else decides on most of the food I eat",
- 21 Other,
- 22 None "No particular influence" )

**{ASK IF (Choose.CARDINAL >= 3)}**

**Rank2Ch**

"Out of those you have chosen, which would you say is the second most important on your choice of foods?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE *{categories selected at 'choose' minus the one selected at Rank1Ch}*"

- 1 Qual "Quality or freshness of food",
- 2 Habit "Habit or routine",
- 3 Price "Price of food",
- 4 Family "What my family/spouse/children will eat",
- 5 Health "Trying to eat a healthy diet",
- 6 Taste "Taste of food",
- 7 VFM "Value for money",
- 8 Conven "Convenience in preparation",
- 9 Package "Presentation or packaging",
- 10 Slim "Slimming",
- 11 Money "How much money I've got for food",
- 12 Veggi "Vegetarian or other special eating habits",
- 13 HlthMed "Health/medical reasons",
- 14 Content "Content of additives or preservatives or colours",
- 15 Culture "My cultural or religious or ethnic background",
- 16 Availa "Availability in the shops I can usually get to",
- 17 Recom "Recommendations from friends, family or colleagues",
- 18 Advert "Advertising",
- 19 FKnow "Foods I know how to cook/prepare",
- 20 NoChoice "Someone else decides on most of the food I eat",
- 21 Other,
- 22 None "No particular influence" )

**{ASK IF (Choose.CARDINAL >= 4)}**

**Rank3Ch**

"Out of those you have chosen, which would you say is the third most important influence on your choice of foods?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE *{categories selected at 'choose' excluding those one selected at Rank1Ch and Rank2Ch}*

- 1 Qual "Quality or freshness of food",
- 2 Habit "Habit or routine",
- 3 Price "Price of food",
- 4 Family "What my family/spouse/children will eat",
- 5 Health "Trying to eat a healthy diet",
- 6 Taste "Taste of food",
- 7 VFM "Value for money",
- 8 Conven "Convenience in preparation",
- 9 Package "Presentation or packaging",
- 10 Slim "Slimming",
- 11 Money "How much money I've got for food",
- 12 Veggi "Vegetarian or other special eating habits",
- 13 HlthMed "Health/medical reasons",
- 14 Content "Content of additives or preservatives or colours",
- 15 Culture "My cultural or religious or ethnic background",
- 16 Availa "Availability in the shops I can usually get to",
- 17 Recom "Recommendations from friends, family or colleagues",
- 18 Advert "Advertising",
- 19 FKnow "Foods I know how to cook/prepare",
- 20 NoChoice "Someone else decides on most of the food I eat",
- 21 Other,
- 22 None "No particular influence" )

**{ASK IF AgeP>=16}**

**CHANGE**

"Are there things you would like to change about your current diet?

INTERVIEWER: IF NECESSARY PROMPT 'e.g. to make it healthier or improve it'

1 Yes

2 No

**{ASK IF (CHANGE = Yes)}**

**ChWhat**

"What would you like to change?

INTERVIEWER: PROBE FULLY"

: STRING[100]

**ChHow**

"[\*]What would help you make that change?

INTERVIEWER: IF NECESSARY PROMPT, e.g. more or better information, more money"

: STRING[100]

**{ASK IF (CHANGE = No)}**

**ChWhyNo**

"[\*]Why not?

INTERVIEWER: PROBE FULLY"

: STRING[100]

**{ASK IF (HasChild[PNo] = Yes)} (Whether parent of any child aged 0-15 in hhold)**

**ChCh**

"[\*]Are there things you would like to change about your child(ren)'s diet?

INTERVIEWER: IF NECESSARY PROMPT 'e.g. to make it healthier or improve it.'"

- 1 Yes
- 2 No

**{ASK IF (ChCh = Yes)}**

**ChChWh**

"[\*]What would you like to change?

INTERVIEWER: PROBE FULLY"

: STRING[100]

**ChChHow**

"[\*]What would help you make that change?

INTERVIEWER: IF NECESSARY PROMPT 'e.g. more or better information, more money')"

: STRING[100]

**{ASK IF (ChCh = No)}**

**ChChWNo**

"[\*]Why not?

INTERVIEWER: PROBE FULLY"

: STRING[100]

**{ASK IF AgeP>=16}**

**HIEat**

"[\*]There is no one definition for healthy eating. Can you tell me please how you personally would describe healthy eating?

INTERVIEWER: PROBE 'what would healthy eating include or not include?' AND 'what else?' UNTIL THE RESPONDENT HAS NOTHING ELSE TO SAY"

: STRING[100]

**EatImp**

"SHOW CARD HH

[\*]How important is healthy eating to you?"

- 1 NAImp "Not at all important"
- 2 FUnimp "Not very important"
- 3 Neither "Neither important nor unimportant"
- 4 FImp "Fairly important"
- 5 EImp "Very important"

**{ASK IF ((EatImp = FImp) OR (EatImp = EImp))}**

**YEatImp**

"[\*]Can you tell me why healthy eating is important to you?

INTERVIEWER: PROBE FULLY"

: STRING[100]

**{ASK IF ((EatImp = NAImp) OR (EatImp = FUnimp))}**

**YNotImp**

"[\*]Can you tell me why healthy eating is not important to you?

INTERVIEWER: PROBE FULLY"

: STRING[100]

**{ASK IF AgeP>=16}**

**NoCh**

“SHOW CARD II

I would like to ask you whether you agree or disagree with the following statement. Please take your answer from the card. [\*]I do not need to make any changes to the food I eat, as it is already healthy enough'.

- 1 SAgree "Strongly agree"
- 2 TAgree "Tend to agree"
- 3 TDisag "Tend to disagree"
- 4 SDisag "Strongly disagree"
- 5 DKnow "Don't know - SPONTANEOUSLY ONLY"

**EverCh**

“Have you ever changed your eating habits to try and eat healthier?”

- 1 Yes
- 2 No

{ASK IF (EverCh = Yes)}

**TryEatH**

“Are you eating or trying to eat healthier these days?”

- 1 Yes
- 2 No

{ASK IF (TryEatH = Yes)}

**TimHeat**

“How long have you been eating or trying to eat healthier?”

- 1 LessSix "Less than 6 months"
- 2 MoreSix "6 months or more"
- 3 NoIdea "Can't remember"

{ASK IF (((EverCh = No) OR (EverCh = DONTKNOW)) OR (TryEatH = No)) OR (TryEatH = DONTKNOW))}

**MthCh**

“In the past month, have you thought about changes you could make to eat healthier?”

- 1 Yes
- 2 No

{ASK IF (MthCh = Yes)}

**ConfCh**

“SHOW CARD KK

[\*]How confident are you that you will make some changes in order to eat healthier during the next month?”

- 1 EConfid "Very confident"
- 2 FConfid "Fairly confident"
- 3 Neither "Neither confident nor unconfident"
- 4 NVConfid "Not very confident"
- 5 NACConfid "Not at all confident"

{ASK IF ((MthCh = No) OR (MthCh = DONTKNOW))}

**DiffCh**

“SHOW CARD JJ

[\*]How difficult do you feel it would be for you to eat a healthier diet?”

- 1 EDiffic "Very difficult"

- 2 FDiffic "Fairly difficult"
- 3 Neither "Neither difficult nor easy"
- 4 FEasy "Fairly easy"
- 5 EEasy "Very easy"

**{ASK IF AgeP>=16}**

**PerBar**

"SHOW CARD LL.

This card shows some difficulties that people may have in trying to eat healthier. Can you tell me please, which do you think would be the major difficulties for you?

INTERVIEWER: DO NOT PROMPT OR CHANGE WORDING. CODE ALL THAT APPLY.

- 1 IrregWk "Irregular work hours"
- 2 HeatYuk "Healthy food is unappealing "
- 3 CkSkill "Cooking skills"
- 4 BsyLife "Busy lifestyle"
- 5 SlfCon "Feeling self-conscious amongst others"
- 6 LimiCh "Choices are more limited when eating out"
- 7 Family "Taste preferences of household members"
- 8 BigChg "Too great a change from my current diet"
- 9 Avail "Healthy options are not available in shop or canteen"
- 10 ILike "I don't want to give up foods that I like"
- 11 Price "Price of healthy foods"
- 12 Trans "Healthy food is more awkward to carry home from shops"
- 13 Dura "Healthy food doesn't keep as long"
- 14 NoKnow "I don't know enough about healthy eating"
- 15 Filling "Healthy food doesn't satisfy hunger"
- 16 PrepTim "Healthy food takes too long to prepare"
- 17 Confus "'Experts' keep changing their minds"
- 18 NoWill "Lack of willpower"
- 19 NoStore "Lack of storage facilities"
- 20 NoKitch "Limited cooking facilities"
- 21 NoWant "I don't want to change my eating habits"
- 22 Other "Other"
- 23 None "No difficulty trying to eat healthier"

**{ASK IF (PerBar.CARDINAL >= 2)}**

**Rank1PB**

"Out of those you have chosen, which would you say is the greatest difficulty?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE ^LRank1PB

(ie only responses chosen at PerBar are displayed here )

- 1 IrregWk "Irregular work hours"
- 2 HeatYuk "Healthy food is unappealing "
- 3 CkSkill "Cooking skills"
- 4 BsyLife "Busy lifestyle"
- 5 SlfCon "Feeling self-conscious amongst others"
- 6 LimiCh "Choices are more limited when eating out"
- 7 Family "Taste preferences of household members"
- 8 BigChg "Too great a change from my current diet"
- 9 Avail "Healthy options are not available in shop or canteen"
- 10 ILike "I don't want to give up foods that I like"
- 11 Price "Price of healthy foods"

- 12 Trans "Healthy food is more awkward to carry home from shops"
- 13 Dura "Healthy food doesn't keep as long"
- 14 NoKnow "I don't know enough about healthy eating"
- 15 Filling "Healthy food doesn't satisfy hunger"
- 16 PrepTim "Healthy food takes too long to prepare"
- 17 Confus "'Experts' keep changing their minds"
- 18 NoWill "Lack of willpower"
- 19 NoStore "Lack of storage facilities"
- 20 NoKitch "Limited cooking facilities"
- 21 NoWant "I don't want to change my eating habits"
- 22 Other "Other"
- 23 None "No difficulty trying to eat healthier"

**{ASK IF (PerBar.CARDINAL >= 3)}**

**Rank2PB**

"Out of those you have chosen, which would you say is the second greatest difficulty?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE ^LRank2PB

*(ie only responses chosen at PerBar are displayed here minus the one selected at Rank1PB)*

- 1 IrregWk "Irregular work hours"
- 2 HeatYuk "Healthy food is unappealing "
- 3 CkSkill "Cooking skills"
- 4 BsyLife "Busy lifestyle"
- 5 SlfCon "Feeling self-conscious amongst others"
- 6 LimiCh "Choices are more limited when eating out"
- 7 Family "Taste preferences of household members"
- 8 BigChg "Too great a change from my current diet"
- 9 Avail "Healthy options are not available in shop or canteen"
- 10 ILike "I don't want to give up foods that I like"
- 11 Price "Price of healthy foods"
- 12 Trans "Healthy food is more awkward to carry home from shops"
- 13 Dura "Healthy food doesn't keep as long"
- 14 NoKnow "I don't know enough about healthy eating"
- 15 Filling "Healthy food doesn't satisfy hunger"
- 16 PrepTim "Healthy food takes too long to prepare"
- 17 Confus "'Experts' keep changing their minds"
- 18 NoWill "Lack of willpower"
- 19 NoStore "Lack of storage facilities"
- 20 NoKitch "Limited cooking facilities"
- 21 NoWant "I don't want to change my eating habits"
- 22 Other "Other"
- 23 None "No difficulty trying to eat healthier"

**{ASK IF (PerBar.CARDINAL >= 4)}**

**Rank3PB**

"Out of those you have chosen, which would you say is the third greatest difficulty?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE ^LRank3PB

*(ie only responses chosen at PerBar are displayed here here minus the one selected at Rank2PB)*

- 1 IrregWk "Irregular work hours"
- 2 HeatYuk "Healthy food is unappealing "
- 3 CkSkill "Cooking skills"

- 4 BsyLife "Busy lifestyle"
- 5 SlfCon "Feeling self-conscious amongst others"
- 6 LimiCh "Choices are more limited when eating out"
- 7 Family "Taste preferences of household members"
- 8 BigChg "Too great a change from my current diet"
- 9 Avail "Healthy options are not available in shop or canteen"
- 10 ILike "I don't want to give up foods that I like"
- 11 Price "Price of healthy foods"
- 12 Trans "Healthy food is more awkward to carry home from shops"
- 13 Dura "Healthy food doesn't keep as long"
- 14 NoKnow "I don't know enough about healthy eating"
- 15 Filling "Healthy food doesn't satisfy hunger"
- 16 PrepTim "Healthy food takes too long to prepare"
- 17 Confus "'Experts' keep changing their minds"
- 18 NoWill "Lack of willpower"
- 19 NoStore "Lack of storage facilities"
- 20 NoKitch "Limited cooking facilities"
- 21 NoWant "I don't want to change my eating habits"
- 22 Other "Other"
- 23 None "No difficulty trying to eat healthier"

**HOUSEHOLD INCOME (2) (VISIT 4)**

*Respondent 1 (aged 16 or over), if answered income questions in CAPI Part I and has at least one source of income*

**{QTLstPay : Table TLstPay}**

**LPayIntr**

"Now, I'd like to talk to you a little more about your (household's) income. When we first spoke on *{Date of first interview}*, you told me that you (your household/catering unit) received income from the following sources:

*list of sources of income previously mentioned.*

INTERVIEWER: REFERS TO HOUSEHOLD/CATERING UNIT INCOME. PRESS <ENTER> TO CONTINUE"

1 continue

**{ASK IF ((NoInc IN QPerson[1].QIncome1.SrcInc OR (QPerson[1].QIncome1.SrcInc = DK)) OR (QPerson[1].QIncome1.SrcInc = RF))}**

**LPayIntB**

"Now, I'd like to talk to you a little more about your (household's) income.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**{ASK IF ((QPerson[1].QIncome1.SrcInc = RESPONSE) AND NOT NoInc IN QPerson[1].QIncome1.SrcInc)}**

**OthInc**

"(And other than any of the sources you have just told me about), have (has) you (your household) received income from any other source since *{date of first interview}*?"

1 Yes

2 No

**{ASK IF (OthInc = Yes)}**

**OIncDat**

"What was the most recent date on which you (your household) received income from another source?"

: DATETYPE

**OIncAmt**

"How much did you (or your household) receive on this date?"

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**OthInc2**

"Did you (or your household) receive income from another source between *{date of first interview}*? and ^OIncDat?"

1 Yes

2 No

**{ASK IF (OthInc2 = Yes)}**

**OIncDat2**

"On what date did you (or your household) receive this income?"



: DATETYPE

**OIncAmt2**

"How much did you (or your household) receive on this date?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

**OthInc3**

"Did you (or your household) receive income from another source between *{date of first interview}*? and ^OIncDat2?

INTERVIEWER: IF MORE THAN THREE DATES ON WHICH ADDITIONAL INCOME WAS RECEIVED, ENTER ALL REMAINING AMOUNTS UNDER NEXT TWO QUESTIONS (OIncDat3 & OIncAmt3)."

1 Yes

2 No

{ASK IF (OthInc3 = Yes)}

**OIncDat3**

"On what date did you (or your household) receive this income?"

: DATETYPE

**OIncAmt3**

"How much did you (or your household) receive on this date?

INTERVIEWER: RECORD TO NEAREST POUND."

: 0..9997

## MFP QUESTIONNAIRE (VISIT 4): FOOD SECURITY

### *Main Food Provider or adult proxy (aged 16 or over)*

#### **MFPProx**

"INTERVIEWER: The final set of questions should be asked of the main food provider - (name of MFP). If current respondent is not MFP then thank and ask if (name of MFP) available. If (name of MFP) not available then ask questions of ^ProxTxt.

- 1 WithMFP "To be asked of main food provider (name of MFP)"
- 2 Prox1 "^ProxTx1"
- 3 Prox2 "^ProxTx2"

```
IF (P1Sel <> MFP) THEN ProxTx1 := "To be asked of " + PName1  
ELSE ProxTx1 := ""  
ENDIF
```

```
IF (((P2Sel > 0) AND (P2Sel <> MFP)) AND (P2Age >= 16)) THEN ProxTx2 := "To be asked of  
" + PName2  
ELSE ProxTx2 := ""  
ENDIF
```

#### **FdScInt**

"I'd now like to ask you some questions about the food eaten by you (or your household) in the last 12 months, that is since (day, month, year 12 months since interview date) and whether you were able to afford the food you need."

- 1 continue

#### **Fresh**

"Can you afford to eat as much fresh food as you want to? ^LFoodS1

INTERVIEWER: IF NECESSARY PROMPT FOR FRESH FOOD - 'by fresh food we mean food that doesn't keep, for example bread, milk, eggs, fruit and vegetables, meat, poultry and fish. This does not include frozen, tinned or dried food."

- 1 Yes
- 2 No

```
IF (DMHSIZE = 1) THEN LFoodS1 := " "  
ELSE LFoodS1 := " INTERVIEWER: REFERS TO HOUSEHOLD NOT JUST RESPONDENT."
```

**{ASK IF (HasChild[PNo] = Yes)}** *(Whether parent of any child aged 0-15 in hhold)*

#### **FreshCh**

"Can you afford to give your child(ren) as much fresh food as you want to?

INTERVIEWER: IF NECESSARY PROMPT FOR FRESH FOOD - 'by fresh food we mean food that doesn't keep, for example bread, milk, eggs, fruit and vegetables, meat, poultry and fish. This does not include frozen, tinned or dried food."

- 1 Yes
- 2 No

#### **Enough**

SHOW CARD MM

"Which of the statement on the card best describes the food eaten by you (or your household) in the last 12 months?"

- 1 Enou "^LfoodS2 have enough of the kinds of food ^LFoodS2 want to eat"

- 2 Kinds "^LFoodS2 have enough food, but not always the kinds of food  
^LFoodS2 want to eat"
- 3 St "Sometimes ^LFoodS2 do not have enough to eat"
- 4 Ot "Often ^LFoodS2 do not have enough to eat"

IF (DMHSIZE = 1) THEN LFoodS2 := "I"  
ELSE LFoodS2 := "we"  
ENDIF

**{ASK IF ((Enough = St) OR (Enough = Ot))}**

**NotEnou**

"SHOW CARD NN

Here are some reasons why people don't always have enough to eat. Please tell me which, if any, are reasons why ^LFoodS3 not always have enough to eat.

INTERVIEWER: CODE ALL THAT APPLY"

- 1 NoEno "Not enough money for food"
- 2 NoTim "Not enough time for shopping or cooking"
- 3 HlthSh "It's too hard to get to the shops because of health problems"
- 4 TranSh "It's too hard to get to the shops (lack of transport)"
- 5 Dist "The shops are too far away"
- 6 EquipL "Lack of working cooker or microwave"
- 7 EquipS "Lack of equipment e.g. sharp knives, pots and pans"
- 8 HlthCk "Difficulty cooking or eating because of health problems"
- 9 LackSt "Lack of storage facilities"
- 10 HMDiet "On a diet for health or medical reasons, or other special eating habits"
- 11 Other "Any other reason"
- 12 Npart "SPONTANEOUS ONLY - No particular reason"

**{ASK IF (Enough <> Enou)}**

**QuaVar**

"SHOW CARD OO - 2 PAGES.

[\*]Here are some reasons why people don't always have the quality or variety of food they want. Can you tell me if any of these are reasons why you (or your household) do (does) not always have the kinds of food you want to eat.

INTERVIEWER: DO NOT PROMPT NOR CHANGE WORDING. CODE ALL THAT APPLY."

- 1 Not enough money
- 2 Not enough time for shopping
- 3 Not enough time for cooking
- 4 Not available in local shops
- 5 Not available at work
- 6 It's too hard to get to the shops (health problems)
- 7 It's too hard to get to the shops (lack of transport)
- 8 It's too hard to get to the shops with the children
- 9 The shops I can afford to go to don't sell a wide variety of foods
- 10 The shops I can afford to go to don't sell good quality foods
- 11 These kinds of foods get eaten too quickly
- 12 Lack of cooking facilities
- 13 Lack of storage facilities
- 14 Difficulty preparing or cooking meals
- 15 Not knowing how to cook different foods/meals
- 16 No particular reason

**{ASK IF (QuaVar.CARDINAL >= 2)}**

**Rank1QV**

"Out of those you have chosen, which would you say is the most important reason?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE ^LRank1Ch

*(ie only responses chosen at QuaVar are displayed here)*

- 1 Money "Not enough money",
- 2 TimeCk "Not enough time for shopping",
- 3 TimeSh "Not enough time for cooking",
- 4 LAvail "Not available in local shops",
- 5 WkAvail "Not available at work",
- 6 Health "It's too hard to get to the shops (health problems)",
- 7 Transp "It's too hard to get to the shops (lack of transport)",
- 8 ChildSh "It's too hard to get to the shops with the children",
- 9 Variety "The shops I can afford to go to don't sell a wide variety of foods",
- 10 Quality "The shops I can afford to go to don't sell good quality foods",
- 11 Dura "These kinds of foods get eaten too quickly",
- 12 LackCk "Lack of cooking facilities",
- 13 LackSt "Lack of storage facilities",
- 14 Prep "Difficulty preparing or cooking meals",
- 15 KnowPr "Not knowing how to cook different foods/meals",
- 16 NPart "No particular reason" ,
- 17 Other "Other" )

**{ASK IF (QuaVar.CARDINAL >= 3)}**

**Rank2QV**

"Out of those you have chosen, which would you say is the second most important reason?"

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE ^LRank2Ch

*(ie only responses chosen at QuaVar are displayed here here minus the one selected at Rank1QV)*

- 1 Money "Not enough money",
- 2 TimeCk "Not enough time for shopping",
- 3 TimeSh "Not enough time for cooking",
- 4 LAvail "Not available in local shops",
- 5 WkAvail "Not available at work",
- 6 Health "It's too hard to get to the shops (health problems)",
- 7 Transp "It's too hard to get to the shops (lack of transport)",
- 8 ChildSh "It's too hard to get to the shops with the children",
- 9 Variety "The shops I can afford to go to don't sell a wide variety of foods",
- 10 Quality "The shops I can afford to go to don't sell good quality foods",
- 11 Dura "These kinds of foods get eaten too quickly",
- 12 LackCk "Lack of cooking facilities",
- 13 LackSt "Lack of storage facilities",
- 14 Prep "Difficulty preparing or cooking meals",
- 15 KnowPr "Not knowing how to cook different foods/meals",
- 16 NPart "No particular reason" ,
- 17 Other "Other" )

**{ASK IF (QuaVar.CARDINAL >= 4)}**

**Rank3QV**

“Out of those you have chosen, which would you say is the third most important reason?”

INTERVIEWER: ANSWERS TO CHOOSE FROM ARE ^LRank3Ch

(ie only responses chosen at QuaVar are displayed here here minus the one selected at Rank2QV)

- 1 Money "Not enough money",
- 2 TimeCk "Not enough time for shopping",
- 3 TimeSh "Not enough time for cooking",
- 4 LAvail "Not available in local shops",
- 5 WkAvail "Not available at work",
- 6 Health "It's too hard to get to the shops (health problems)",
- 7 Transp "It's too hard to get to the shops (lack of transport)",
- 8 ChildSh "It's too hard to get to the shops with the children",
- 9 Variety "The shops I can afford to go to don't sell a wide variety of foods",
- 10 Quality "The shops I can afford to go to don't sell good quality foods",
- 11 Dura "These kinds of foods get eaten too quickly",
- 12 LackCk "Lack of cooking facilities",
- 13 LackSt "Lack of storage facilities",
- 14 Prep "Difficulty preparing or cooking meals",
- 15 KnowPr "Not knowing how to cook different foods/meals",
- 16 NPart "No particular reason",
- 17 Other "Other" )

### **Worry**

“Now I'm going to read out to you some statements that people have made about the food they have. For each statement, please tell me whether the statement was often true, sometimes true, or never true for you (or your household) in the last 12 months, that is, since last (day, month, year 12 months prior to date of interview). I (we) worried whether my (our) food would run out before I (we) got money to buy more.' (Was that often true, sometimes true, or never true for you (or your household) in the last 12 months?)

- 1 OT "Often true",
- 2 ST "Sometimes true",
- 3 NT "Never true" )

### **NoDura**

“[\*]^I (we) bought just didn't last, and I (we) didn't have money to get more.' (Was that often true, sometimes true, or never true for you (or your household) in the last 12 months?)

- 1 OT "Often true",
- 2 ST "Sometimes true",
- 3 NT "Never true" )

### **Expens**

“[\*]^I (We) couldn't afford to eat balanced meals.' (Was that often true, sometimes true, or never true for you (or your household) in the last 12 months?)”

- 1 OT "Often true",
- 2 ST "Sometimes true",
- 3 NT "Never true" )

**MFP QUESTIONNAIRE (VISIT 4): COPING STRATEGIES**

*Main Food Prover or adult proxy (aged 16 or over)*

{ASK IF (((QFodSec.Enough IN [OT, ST] OR QFodSec.Worry IN [OT, ST]) OR QFodSec.NoDura IN [OT, ST]) OR QFodSec.Expens IN [OT, ST])}

**Skip**

"[\*]In the last 12 months, that is since last (date 12 months prior to interview date), did you (or other adults in your household) ever reduce the size of your meals or skip meals because there wasn't enough money for food?"

- 1 Yes
- 2 No

{ASK IF (Skip = Yes)}

**XSkip**

"How often did this happen? Was it...RUNNING PROMPT..."

INTERVIEWER: CODE FIRST THAT APPLIES."

- 1 AllMth "...almost every month",
- 2 SomMth "...some months but not every month",
- 3 One2Mth "or only 1 or 2 months?" )

**EatLes**

"[\*]In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?"

INTERVIEWER: QUESTION REFERS TO RESPONDENT NOT HOUSEHOLD."

- 1 Yes
- 2 No

**Hunger**

"[\*]In the last 12 months, were you ever hungry but didn't eat because you couldn't afford enough food?"

INTERVIEWER: QUESTION REFERS TO RESPONDENT NOT HOUSEHOLD."

- 1 Yes
- 2 No

**WtLos**

"[\*]In the last 12 months, did you ever lose any weight because you didn't have enough money for food?"

INTERVIEWER: QUESTION REFERS TO RESPONDENT NOT HOUSEHOLD."

- 1 Yes
- 2 No

{ASK IF (((Skip = Yes) OR (Hunger = Yes)) OR (EatLes = Yes))}

**NotEat**

"[\*]In the last 12 months, did you (or other adults in your household) ever not eat for a whole day because there wasn't enough money for food?"

- 1 Yes
- 2 No

{ASK IF (NotEat = Yes)}

**XNotEat**

"How often did this happen? Was it...RUNNING PROMPT... CODE FIRST THAT APPLIES."

- 1 AllMth "...almost every month",
- 2 SomMth "...some months but not every month",
- 3 One2Mth "or only 1 or 2 months?" )

{ASK IF (Num18 < DMHSIZE)} (Num18=number of persons aged 18+)

**LackCInt**

"The next questions are about children living in your household. PRESS <ENTER> TO CONTINUE."

- 1 continue

{ASK IF (HasChild[PNo] = Yes)} (Whether parent of any child aged 0-15 in hhold)

**Lo4Ch**

"[\*]In the last 12 months, did you ever reduce the size of your own meal to ensure there was sufficient food for your child(ren)?"

- 1 Yes
- 2 No

{ASK IF (Num18 < DMHSIZE)} (Num18=number of persons aged 18+)

**Lo4Mon**

"[\*]In the last 12 months, did you ever cut the size of (your)child's (any of the children's) meals because there wasn't enough money for food?"

INTERVIEWER: REFERS TO ALL CHILDREN IN THE HOUSEHOLD/CATERING UNIT."

- 1 Yes
- 2 No

**CSkip**

"[\*]In the last 12 months, did (your)child (any of the children) ever skip meals because there wasn't enough money for food?"

- 1 Yes
- 2 No

{ASK IF (CSkip = Yes)}

**XCSkip**

"How often did this happen? Was it...RUNNING PROMPT... CODE FIRST THAT APPLIES."

- 1 AllMth "...almost every month",
- 2 SomMth "...some months but not every month",
- 3 One2Mth "or only 1 or 2 months?" )

{ASK IF (Num18 < DMHSIZE)} (Num18=number of persons aged 18+)

**CHunger**

"[\*]In the last 12 months, was (were) (your) child (any of the children) ever hungry but you just couldn't afford more food?"

- 1 Yes
- 2 No

**CNotEat**

"[\*]In the last 12 months, did (your)child (any of the children) ever not eat for a whole day because there wasn't enough money for food?"

- 1 Yes
- 2 No

**TimeV4E**

Time at end of visit4 interview  
: 0..1440

**EndofV4**

"You have now completed the 'fourth visit' questions."  
1 continue



**THANKS**

*All respondents*

**Token**

“INTERVIEWER: THANK RESPONDENT(S) FOR THEIR CO-OPERATION. NOW PLEASE COMPLETE THE RECORD OF TOKEN OF APPRECIATION FOR EACH RESPONDENT WHO COMPLETED AT LEAST THREE 24 HOUR RECALL FORMS. ENTER THE SERIAL NUMBER, CHECK LETTER AND RESPONDENT NUMBER ON THE FORM. ^P1Name: ^StrSer-^CheckLet-1 ^P2Name: ^StrSer-^CheckLet-2 IF USING A VOUCHER, RECORD FINAL 5 DIGITS OF THE VOUCHER ON THE FORM. ASK RESPONDENT TO SIGN FOR TOKEN AND GIVE THE TOKEN TO RESPONDENT. IF RESPONDENT REFUSES TOKEN RECORD REASON ON FORM”

- 1 TGiven "Token given"
- 2 TRef "Token Refused"



National Centre *for*  
Social Research

# **SOCIAL AND RESOURCE INFLUENCES ON EATING HABITS**

## **PROMPT CARDS**

**P2347**



**CARD A**

- 1 English
- 2 Scottish
- 3 Welsh
- 4 Irish
- 5 British
- 6 Other

**CARD B**

- 1 White - British
- 2 Any other white background
- 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
- 8 Asian or Asian British – Pakistani
- 9 Asian or Asian British – Bangladeshi
- 10 Any other Asian/Asian British background
- 11 Black or Black British – Caribbean
- 12 Black or Black British – African
- 13 Any other Black/Black British background
- 14 Chinese
- 15 Any other

**CARD C**

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

## **CARD D**

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

## CARD E

- 1 Transport: can't get to shops (on own)
- 2 General help: can't get to/around shops on own due to health problems
- 3 They (help) carry shopping
- 4 I like/need help choosing items
- 5 They contribute to the cost of shopping
- 6 Other kind of help



## CARD F

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Never

**CARD G**

- 1 Fresh fruit or fruit juice
- 2 Dried fruit
- 3 Nuts
- 4 Potatoes
- 5 Vegetables or salad (including celery), dried beans or lentils
- 6 Breakfast cereals
- 7 Other cereal products (e.g. bread, rice and pasta)
- 8 Meat (including chicken)
- 9 (Free range) eggs
- 10 Milk
- 11 Other dairy products
- 12 Crisps or savoury snacks
- 13 Biscuits and cakes (including organic cereal bars)
- 14 Confectionery
- 15 Baby / weaning foods
- 16 Other organic products
- 17 None of these

## CARD H

- 1 Meals (including main part of meal eg meat for Sunday roast) **supplied regularly** (at least once a fortnight)
- 2 Snacks **supplied regularly** (at least once a fortnight)
- 3 Bargains / foods on special offer **supplied regularly** (at least once a fortnight)
- 4 Fruit and / or vegetables **supplied regularly** (at least once a fortnight)
- 5 Meals (including main part of meal eg meat for Sunday roast) **supplied occasionally**
- 6 Snacks **supplied occasionally**
- 7 Bargains / foods on special offer **supplied occasionally**
- 8 Fruit and / or vegetables **supplied occasionally**
- 9 Other

## **CARD I**

- 1 Boil, stew or casserole
- 2 Steam
- 3 Roast or bake
- 4 Fry
- 5 Stir fry
- 6 Grill
- 7 Microwave
- 8 Sauté
- 9 Any other way of cooking
- 10 Do not prepare / eat this food

**CARD J**

- 1 Free school meal (at lunchtime)
- 2 Reduced price or subsidised school meal (at lunchtime)
- 3 Free school milk
- 4 Subsidised school milk
- 5 Free vitamin tablets (under 5s)
- 6 Free fruit
- 7 Milk tokens (under 5s)
- 8 Free food BEFORE school
- 9 Free food AFTER school
- 10 Other
- 11 None of these

## **CARD K**

- 1 Yes, with no help at all
- 2 Yes, with a little help
- 3 Yes, with a lot of help
- 4 No, not at all

**CARD L**

- 1 Early morning (before breakfast)
- 2 Breakfast time
- 3 Mid-morning
- 4 Mid-day
- 5 Mid-Afternoon
- 6 Late afternoon
- 7 Evening time
- 8 Late evening
- 9 Late night or during the night

## CARD M

- 1 Strong tea
- 2 Medium / Weak tea
- 3 Strong decaffeinated tea
- 4 Medium / Weak decaffeinated tea
- 5 Instant tea (eg Tetley Instant)
- 6 Instant tea with milk powder (e.g. Typhoo QT)
- 7 Other





VegType

## CARD N

- 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

**see over for more codes**

**card N continued....**

- 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

**CARD O**

- 1 Fruit salad (fresh)
- 2 Apple
- 3 Banana
- 4 Cherries
- 5 Satsuma, Tangerine, clementine
- 6 Grapefruit
- 7 Grapes
- 8 Kiwi fruit
- 9 Melon
- 10 Mango
- 11 Nectarine
- 12 Orange
- 13 Raspberries
- 14 Redcurrants / blackcurrants
- 15 Strawberries
- 16 Peach
- 17 Pear

**see over for more codes**

**card O continued....**

- 18 Pineapple
- 19 Plum
- 20 Dried fruit (e.g. raisins, dates, figs)
- 21 Tinned fruit (e.g. peaches, fruit salad)
- 22 Other fruit
  
- 23 No fruit eaten in last 7 days

## CARD P

- 1 No difficulty
- 2 A little difficulty
- 3 A fair amount of difficulty
- 4 A great amount of difficulty

SliceB, CrustyB, Cheese, Tomat, Carrot, Greens, Lettuce, Meats, Steak, Apple, Orange, Nuts

## **CARD Q**

- 1      Could eat easily
- 2      Could eat with some difficulty
- 3      Could not eat at all

## **CARD R**

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



## **CARD S**

Hoovering

Dusting

Ironing

General tidying

Washing floors and paintwork

## **CARD T**

Moving heavy furniture

Spring cleaning

Walking with heavy shopping (for more than 5 minutes)

Cleaning windows

Scrubbing floors with a scrubbing brush

## **CARD U**

Hoeing, weeding, pruning

Mowing with a power mower

Planting flowers/seeds

Decorating

Minor household repairs

Car washing and polishing

Car repairs and maintenance

## **CARD V**

Digging, clearing rough ground

Building in stone / bricklaying

Mowing large areas with a hand mower

Felling trees, chopping wood

Mixing / laying concrete

Moving heavy loads

Refitting a kitchen or bathroom

## CARD W

INCLUDE TEACHING, COACHING AND  
TRAINING/PRACTICE SESSIONS

- 1 Swimming
- 2 Cycling
- 3 Workout at a gym / Exercise bike / Weight training
- 4 Aerobics / Keep fit / Gymnastics / Dance for fitness
- 5 Any other type of dancing
- 6 Running / jogging
- 7 Football / rugby
- 8 Badminton/tennis
- 9 Squash
- 10 Exercises (eg press-ups, sit ups)

## CARD X

- 1 5 minutes, less than 15 minutes
- 2 15 minutes, less than 30 minutes
- 3 30 minutes, less than 1 hour
- 4 1 hour, less than 1½ hours
- 5 1½ hours, less than 2 hours
- 6 2 hours, less than 2½ hours
- 7 2½ hours, less than 3 hours
- 8 3 hours, less than 3½ hours
- 9 3½ hours, less than 4 hours
- 10 4 hours or more (please specify how long)

## CARD Y

- 1 Less than 5 minutes
- 2 5 minutes, less than 15 minutes
- 3 15 minutes, less than 30 minutes
- 4 30 minutes, less than 1 hour
- 5 1 hour, less than 1½ hours
- 6 1½ hours, less than 2 hours
- 7 2 hours, less than 2½ hours
- 8 2½ hours, less than 3 hours
- 9 3 hours, less than 3½ hours
- 10 3½ hours, less than 4 hours
- 11 4 hours or more (please specify how long)

## CARD Z

- |  |  |
|--|--|
| <p>1 Playing football, rugby or netball in a team</p> <p>2 Playing tennis, squash or badminton</p> | <p>Include playing in:<br/>a club<br/>a match<br/>practice sessions<br/>out-of-school lesson</p> |
|--|--|
- 3 Going swimming  
(include out-of-school swimming lessons)
- 4 Gymnastics  
(include Toddler Gym or Tumble Tots etc)
- 5 Dance lessons, ballet lessons, ice skating
- 6 Horse riding
- 7 Disco dancing
- 8 Any other organised sports, team sports or exercise activities



## CARD ZA

1. Ride a bike
2. Kick a ball around
3. Run about (outdoors or indoors)
4. Play active games
5. Jump around

**CARD AA**

- 1 Degree
- 2 Teaching qualifications
- 3 HNC/HND, BEC/TEC Higher, BTEC Higher
- 4 City and Guilds Full Technological Certificate
- 5 Nursing qualifications (SRN, SCM, RGN, RM, RHV, Midwife)
- 6 'A' levels/SCE Higher
- 7 ONC/OND/BEC/TEC NOT Higher
- 8 City and Guilds Advanced/Final
- 9 'O' level passes (Grade A to C if after 1975)
- 10 GCSE (Grades A to C)
- 11 CSE (Grade 1)
- 12 SCE Ordinary (Bands A to C)
- 13 Standard Grade (Levels 1 to 3)
- 14 SLC Lower
- 15 SUPE Lower or Ordinary
- 16 School certificate or Matric
- 17 City and Guilds Craft/Ordinary level
- 18 CSE Grades 2 to 5
- 19 GCE 'O' level (Grades D & E if after 1975)
- 20 GCSE (Grades D,E,F,G)
- 21 CE Ordinary (Bands D & E)

**see over for more codes**

card AA continued....

- 22 Standard Grade (Level 4 & 5)
- 23 Clerical or commercial qualifications
- 24 Apprenticeship
- 25 CSE Ungraded
- 26 Overseas education level 4 - Post-Secondary Completed (MORE THAN 12 years basic education)
- 27 Overseas education level 3 - (Upper) Secondary Completed (NOT less than 11-12 years education)
- 28 Overseas education level 2 - Lower Secondary Completed (NOT less than 9 years education)
- 29 Overseas education level 1 - Primary Completed (NOT less than 6 years basic education)
- 30 Overseas education - Primary (less than 6 years basic education)
- 31 Other qualifications

## **CARD BB**

- 1 Find it a strain to get by from week to week
- 2 Have to be careful about money
- 3 Able to manage without much difficulty
- 4 Able to manage with no difficulty



**CARD CC**

- 1 Child benefit
- 2 Income Support/Pension Credit
- 3 Working Tax Credit
- 4 Child Tax Credit
- 5 Jobseeker's Allowance
- 6 State Retirement Pension
- 7 Employer's Pension
- 8 Private Pension
- 9 Disability Living Allowance
- 10 Incapacity Benefit
- 11 Attendance (Carer's) Allowance
- 12 Other benefit(s)
- 13 Money from regular job
- 14 Money from occasional job
- 15 Money from former or absent spouse or partner
- 16 Money from Government training schemes

**see over for more codes**

**card CC continued....**

- 17 Educational grant/bursary
- 18 Interest (from savings / investments)
- 19 Rent from property / subletting (TO NON-HOUSEHOLD MEMBERS ONLY)
- 20 Other regular source(s) of income or payment e.g. family paying bills)
- 21 No source of income

**CARD DD**

- 1 Cheque
- 2 Giro
- 3 Directly into Bank or Building Society
- 4 Weekly from Post Office using Order Book
- 5 Fortnightly from Post Office using Order Book
- 6 Every four weeks from Post Office using Order Book
- 7 Included in pay
- 8 Some other way



## CARD EE

- 1 Rent arrears
- 2 Social fund repayment
- 3 Housing costs
- 4 Child support maintenance
- 5 Utility company repayment
- 6 Court order payments
- 7 Other
- 8 None of these

**CARD FF**

<b>Income group</b>	<b>Per WEEK</b>	
<b>1</b>	Less than £10	
	At least...	But less than
<b>2</b>	£10	£20
<b>3</b>	£20	£30
<b>4</b>	£30	£40
<b>5</b>	£40	£50
<b>6</b>	£50	£60
<b>7</b>	£60	£70
<b>8</b>	£70	£80
<b>9</b>	£80	£90
<b>10</b>	£90	£100
<b>11</b>	£100	£120
<b>12</b>	£120	£140
<b>13</b>	£140	£160
<b>14</b>	£160	£180
<b>15</b>	£180	£200
<b>16</b>	£200	£220
<b>17</b>	£220	£240
<b>18</b>	£240	£260
<b>19</b>	£260	£280
<b>20</b>	£280	£300
<b>21</b>	£300	£320
<b>22</b>	£320	£340
<b>23</b>	£340	£360
<b>24</b>	£360	£380
<b>25</b>	£380	£400
<b>26</b>	£400	£450
<b>27</b>	£450	£500
<b>28</b>	£500	£550
<b>29</b>	£550	£600
<b>30</b>	£600	£650
<b>31</b>	£650	£700
<b>32</b>	£700 or more	

see over for more codes

card FF continued....

Income group	Per MONTH		Per YEAR	
	At least...	But less than	At least...	But less than
1	Less than £43		Less than £520	
2	£43	£87	£520	£1,040
3	£87	£130	£1,040	£1,560
4	£130	£173	£1,560	£2,080
5	£173	£217	£2,080	£2,600
6	£217	£260	£2,600	£3,120
7	£260	£303	£3,120	£3,640
8	£303	£347	£3,640	£4,160
9	£347	£390	£4,160	£4,680
10	£390	£433	£4,680	£5,200
11	£433	£520	£5,200	£6,240
12	£520	£607	£6,240	£7,280
13	£607	£693	£7,280	£8,320
14	£693	£780	£8,320	£9,360
15	£780	£867	£9,360	£10,400
16	£867	£953	£10,400	£11,440
17	£953	£1,040	£11,440	£12,480
18	£1,040	£1,127	£12,480	£13,520
19	£1,127	£1,213	£13,520	£14,560
20	£1,213	£1,300	£14,560	£15,600
21	£1,300	£1,387	£15,600	£16,640
22	£1,387	£1,473	£16,640	£17,680
23	£1,473	£1,560	£17,680	£18,720
24	£1,560	£1,647	£18,720	£19,760
25	£1,647	£1,733	£19,760	£20,800
26	£1,733	£1,950	£20,800	£23,400
27	£1,950	£2,167	£23,400	£26,000
28	£2,167	£2,383	£26,000	£28,600
29	£2,383	£2,600	£28,600	£31,200
30	£2,600	£2,817	£31,200	£33,800
31	£2,817	£3,033	£33,800	£36,400
32	£3,033 or more		£36,400 or more	

**CARD GG**

- 1 Quality or freshness of food
- 2 Habit or routine
- 3 Price of food
- 4 What my family / spouse / children will eat
- 5 Trying to eat a healthy diet
- 6 Taste of food
- 7 Value for money
- 8 Convenience in preparation
- 9 Presentation or packaging
- 10 Slimming
- 11 How much money I've got for food
- 12 Vegetarian or other special eating habits
- 13 Health/medical reasons
- 14 Content of additives or preservatives or colours
- 15 My cultural or religious or ethnic background
- 16 Availability in the shops I can usually get to
- 17 Recommendations from friends, family or colleagues
- 18 Advertising
- 19 Foods I know how to cook / prepare
- 20 Someone else decides on most of the food I eat
- 21 Other
- 22 No particular influence

## CARD HH

- 1 Not at all important
- 2 Not very important
- 3 Neither important nor unimportant
- 4 Fairly important
- 5 Very important

## CARD II

- 1 Strongly agree
- 2 Tend to agree
- 3 Tend to disagree
- 4 Strongly disagree

## CARD JJ

- 1 Very difficult
- 2 Fairly difficult
- 3 Neither difficult nor easy
- 4 Fairly easy
- 5 Very easy

## CARD KK

- 1 Very confident
- 2 Fairly confident
- 3 Neither confident nor unconfident
- 4 Not very confident
- 5 Not at all confident



**CARD LL**

- 1 Irregular work hours
- 2 Healthy food is unappealing
- 3 Cooking skills
- 4 Busy lifestyle
- 5 Feeling self-conscious amongst others
- 6 Choices are more limited when eating out
- 7 Taste preferences of household members
- 8 Too great a change from my current diet
- 9 Healthy options are not available in shop or canteen
- 10 I don't want to give up foods that I like
- 11 Price of healthy foods
- 12 Healthy food is more awkward to carry home from shops
- 13 Healthy food doesn't keep as long
- 14 I don't know enough about healthy eating
- 15 Healthy food doesn't satisfy hunger
- 16 Healthy food takes too long to prepare
- 17 'Experts' keep changing their minds
- 18 Lack of willpower
- 19 Lack of storage facilities
- 20 Limited cooking facilities
- 21 I don't want to change my eating habits
- 22 Other
- 23 No difficulty trying to eat healthier

## **CARD MM**

- 1 I/We have enough of the kinds of food I/we want to eat
- 2 I/We have enough food, but not always the kinds of food I/we want to eat
- 3 Sometimes I/we do not have enough to eat
- 4 Often I/we do not have enough to eat

**CARD NN**

- 1 Not enough money for food
- 2 Not enough time for shopping or cooking
- 3 It's too hard to get to the shops because of health problems
- 4 It's too hard to get to the shops (lack of transport)
- 5 The shops are too far away
- 6 Lack of working cooker or microwave
- 7 Lack of equipment e.g. sharp knives, pots and pans
- 8 Difficulty cooking or eating because of health problems
- 9 Lack of storage facilities
- 10 On a diet for health or medical reasons, or other special eating habits
- 11 Any other reason

**CARD OO**

- 1 Not enough money
- 2 Not enough time for shopping
- 3 Not enough time for cooking
- 4 Not available in local shops
- 5 Not available at work
- 6 It's too hard to get to the shops (health problems)
- 7 It's too hard to get to the shops (lack of transport)
- 8 It's too hard to get to the shops with the children
- 9 The shops I can afford to go to don't sell a wide variety of foods
- 10 The shops I can afford to go to don't sell good quality foods
- 11 These kinds of foods get eaten too quickly
- 12 Lack of cooking facilities
- 13 Lack of storage facilities
- 14 Difficulty preparing or cooking meals
- 15 Not knowing how to cook different foods/meals
- 16 No particular reason
- 17 Other

P2347

**IN CONFIDENCE**

**SOCIAL & RESOURCE INFLUENCES ON EATING HABITS**

**Food consumption record: individual 24-hour recall**

<p>(1-7)</p> <table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table> <p><b>SERIAL NUMBER</b></p>									<p>(8)</p> <table border="1" style="width: 30px; height: 20px;"> <tr> <td></td> </tr> </table> <p><b>CKL</b></p>		<p>(9)</p> <table border="1" style="width: 30px; height: 20px;"> <tr> <td></td> </tr> </table> <p><b>RESPONDENT No.</b></p>		<p>(10-13) Spare</p>  <p>Card No. (14-15)</p>
<p><b>First name:</b> <table border="1" style="width: 300px; height: 20px;"></table></p>													
<p><b>Sex:</b> Male / Female</p>		<p><b>Date of birth:</b> <table border="1" style="width: 200px; height: 20px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table></p>											
<p>(16-21) <b>INTERVIEWER NUMBER:</b> <table border="1" style="width: 100px; height: 20px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table></p>						<p><b>INTERVIEWER NAME:</b> <table border="1" style="width: 200px; height: 20px;"></table></p>							

**SUMMARY OF COMPLETED 24-HOUR RECALLS (to be completed after each recall)**

	Completed (✓)	Date recalled	Day recalled						
<b>DAY 1</b>	<table border="1" style="width: 20px; height: 20px;"></table>	<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table>							_____
<b>DAY 2</b>	<table border="1" style="width: 20px; height: 20px;"></table>	<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table>							_____
<b>DAY 3</b>	<table border="1" style="width: 20px; height: 20px;"></table>	<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table>							_____
<b>DAY 4</b>	<table border="1" style="width: 20px; height: 20px;"></table>	<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table>							_____

## EATING HABITS

circle or enter appropriate response

**TEA**

Strong	Medium/weak	Instant	Instant with milk powder
Strong, decaffeinated	Medium/weak, decaffeinated	Other	

Cup	Mug	Sugar	Sweetener	No. of tsp or tablets		<b>AMOUNT OF MILK</b>			
				<input style="width: 30px; height: 20px;" type="text"/>		None	Dash	Some	Very milky

**COFFEE**

Cup	Mug	Sugar	Sweetener	No. of tsp or tablets		<b>AMOUNT OF MILK</b>			
				<input style="width: 30px; height: 20px;" type="text"/>		None	Dash	Some	Very milky

**MILK** Type \_\_\_\_\_

**PORRIDGE**

Porridge oats	Cornmeal	Water	Milk	No. of tsp		<b>AMOUNT OF MILK</b>			
				<input style="width: 30px; height: 20px;" type="text"/>		None	Damp	Normal	Drowned

**CEREAL**

Sugar/honey	Salt	No. of tsp		<b>AMOUNT OF MILK</b>			
		<input style="width: 30px; height: 20px;" type="text"/>		None	Damp	Normal	Drowned

**BREAD FROM LOAF**

White	Brown	Granary	Wheatgerm	Wholemeal/wholewheat/oven wheaten	Other	
Small loaf	Large loaf	Sliced loaf	Un sliced loaf	Thin slice	Medium slice	Thick slice

Spread \_\_\_\_\_ Amount (atlas ref.) \_\_\_\_\_

**BREAD ROLLS**

White	Brown/granary/wheatgerm	Wholemeal/wholewheat/oven wheaten	Other	Size of rolls (atlas ref.)	_____
-------	-------------------------	-----------------------------------	-------	----------------------------	-------

Spread \_\_\_\_\_ Amount (atlas ref.) \_\_\_\_\_

**OTHER BREAD**

Pitta, white	Naan	Pitta, wholemeal	Paratha	Chapatti, white	Other	Chapatti, brown	Size of bread (atlas ref.)	_____
--------------	------	------------------	---------	-----------------	-------	-----------------	----------------------------	-------

Spread \_\_\_\_\_ Amount (atlas ref.) \_\_\_\_\_

## Food Description

In general the following information is required:

- Type of food or drink
- How was it bought – fresh, canned, frozen, dehydrated etc?
- Was it home-made – if so – what was in it? *Don't forget to record any recipes on the Recipe Pages.*
- How was it cooked – boiled, grilled, fried etc?
- If it was cooked in fat, or fat was used in pastry or cakes or any other dish, what sort of fat or oil was used?
- If it was a dried / dehydrated product, was it reconstituted using water, milk or both?
- Was the item coated before cooking – if so – was it flour, batter, egg, breadcrumbs etc?
- Was it unsweetened, sweetened with sugar/honey, or artificially sweetened?
- Was it low fat / low calorie?

Remember to use neutral prompts to gather the above information and to prompt for foods that may be eaten in combination e.g. dressing on salad, jam on toast.

Many foods require additional, specific information. These are on the [Food Description Prompt Sheet for Interviewers.](#)

For takeaway food and fast food, please enter the name of the food as it appears on the menu and the name and address of the outlet.

DAY: 1 2 3 4 DATE RECALLED: \_\_\_ / \_\_\_ / \_\_\_ DAY OF WEEK RECALLED: \_\_\_\_\_ START TIME: \_\_\_\_\_ hrs (24 hour)

<b>Quick list</b>		Time	Place	Description of food or drink	Brand	Amount (P/H/W)	Leftovers (P/H/W)	Food Code	P/H /W	Portion Code	N
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**RECIPE 1**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

**Cooking Method**

**RECIPE 2**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

**Cooking Method**

**RECIPE 3**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

**Cooking Method**

**RECIPE 4**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

**Cooking Method**

## 24-HOUR QUESTIONS FOR DAY 1 2 3 4 (Please ring one)

**Ring one**

Did you use the **forgotten foods** list (item 3 of protocol)?

Yes / No

Did you **review** the day's food after completing the detailed record (item 5 of protocol)?

Yes / No

Have you **asked the respondent** to give you a **place** name for each eating occasion (item 6 of protocol)?

Yes / No

Have you **checked the respondent's** food store for any missing **brand** names (item 7 of protocol)?

Yes / No

**HAND SUBJECT CARD 2 AND ASK:**

1. Please look at Card 2 and tell me if yesterday you had any of the dietary supplements listed whether in tablets, capsules or liquid form.

**Yes / No**

If Yes, please record below

Supplement number (from card)	Name of supplement	Brand of supplement	Strength of supplement (if applicable)	Number of units taken <sup>§</sup>

<sup>§</sup> Unit may be a tablet, capsule or spoonful

**2a. ASK:** Did you have any plain drinking water yesterday, either from a tap or bottle, that you have not already mentioned (including water taken with medicines)?

<sub>1</sub>

Yes

**(RECORD ON FOOD CONSUMPTION RECORD)**

<sub>2</sub>

No

**3a. ASK:** Was the amount of food that you had yesterday about what you usually have, less than usual, or more than usual?

<sub>1</sub>

Usual amount

**(GO TO QUESTION 4a)**

<sub>2</sub>

Less than usual

**(GO TO QUESTION 3b)**

<sub>3</sub>

More than usual

**(GO TO QUESTION 3c)**

<sub>4</sub>

Don't know

**(GO TO QUESTION 4a)**

**3b. ASK:** What is the main reason that the amount you had to eat yesterday was less than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not hungry
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**GO TO QUESTION 4a.**

**3c. ASK:** What is the main reason that the amount you had to eat yesterday was more than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very hungry
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**4a. ASK:** Was the amount of drink that you had yesterday about what you usually have, less than usual, or more than usual?

- <sub>1</sub> Usual amount (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)
- <sub>2</sub> Less than usual (**GO TO QUESTION 4b**)
- <sub>3</sub> More than usual (**GO TO QUESTION 4c**)
- <sub>4</sub> Don't know (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)

**4b. ASK:** What is the main reason that the amount you had to drink yesterday was **less than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not thirsty
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

**4c. ASK:** What is the main reason that the amount you had to drink yesterday was **more than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very thirsty
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

5a. *[For children only]*  
**RECORD:**

- <sub>1</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS CHILD
- <sub>2</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS PARENT/CARER
- <sub>3</sub> BOTH CHILD AND PARENT/CARER PROVIDED EQUAL AMOUNTS OF INFORMATION

**GO TO QUESTION 5b**

5b. *[For children only]*  
**ASK (If not already known):**

Name of parent/carer: \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Is this person the main food provider for the child?

**Ring one**  
Yes<sub>1</sub> /No<sub>2</sub>

6. *[For adults and children]*  
**RECORD:**

Who else was present during the interview?

**CODE RELATIONSHIP TO RESPONDENT (i.e. person about whom recall is being conducted).**  
**CODE ALL THAT APPLY**

- <sub>1</sub> NO ONE ELSE PRESENT
- <sub>2</sub> SPOUSE/PARTNER
- <sub>3</sub> CHILDREN
- <sub>4</sub> PARENT/CARER
- <sub>5</sub> OTHER FAMILY MEMBERS
- <sub>6</sub> VISITORS
- <sub>7</sub> OTHER (specify) \_\_\_\_\_

7. **RECORD:**

TIME AT WHICH INTERVIEW FINISHED (24-HOUR CLOCK) \_\_\_\_\_:

8. **ARRANGE THE NEXT 24-HOUR RECALL**

# INTERVIEWER FEED BACK QUESTIONNAIRE – 24-hour recall

PLEASE RECORD THE FOLLOWING IMMEDIATELY AFTER THE INTERVIEW

**1. RECORD:**

- <sub>1</sub> INTERVIEW CONDUCTED IN PERSON
- <sub>2</sub> INTERVIEW CONDUCTED BY TELEPHONE (THIRD RECALL ONLY)

**2. What language was the interview conducted in?**

- <sub>1</sub> ENGLISH
- <sub>2</sub> OTHER .....SPECIFY LANGUAGE AND NAME OF TRANSLATOR

---

---

**3. Is this the respondent's first language?**

- <sub>1</sub> YES
- <sub>2</sub> NO

**4. Did you or the respondent have difficulty with this interview?**

- <sub>1</sub> YES (**GO TO QUESTION 5**)
- <sub>2</sub> NO (**GO TO QUESTION 6**)

**5. What was the reason for this difficulty?**

- <sub>1</sub> Did not understand questions
- <sub>2</sub> Did not prepare food
- <sub>3</sub> Foods were eaten away from home
- <sub>4</sub> Poor memory of food
- <sub>5</sub> Sick
- <sub>6</sub> Language barrier
- <sub>7</sub> Uncooperative / Impatient
- <sub>8</sub> Not ascertained
- <sub>9</sub> Frequent interruptions
- <sub>10</sub> Other (Specify .....)

**6. Overall, how well do you think the record reflects what the respondent ate and drank over this 24-hour period?**

- <sub>1</sub> Good
- <sub>2</sub> Moderate
- <sub>3</sub> Poor

**7. Please add any additional comments you have in the box below**



## Food Description

In general the following information is required:

- Type of food or drink
- How was it bought – fresh, canned, frozen, dehydrated etc?
- Was it home-made – if so – what was in it? *Don't forget to record any recipes on the Recipe Pages.*
- How was it cooked – boiled, grilled, fried etc?
- If it was cooked in fat, or fat was used in pastry or cakes or any other dish, what sort of fat or oil was used?
- If it was a dried / dehydrated product, was it reconstituted using water, milk or both?
- Was the item coated before cooking – if so – was it flour, batter, egg, breadcrumbs etc?
- Was it unsweetened, sweetened with sugar/honey, or artificially sweetened?
- Was it low fat / low calorie?

Remember to use neutral prompts to gather the above information and to prompt for foods that may be eaten in combination e.g. dressing on salad, jam on toast.

Many foods require additional, specific information. These are on the Food Description Prompt Sheet for Interviewers.

For takeaway food and fast food, please enter the name of the food as it appears on the menu and the name and address of the outlet.

DAY: 1 2 3 4 DATE RECALLED: \_\_\_/\_\_\_/\_\_\_ DAY OF WEEK RECALLED: \_\_\_\_\_ START TIME: \_\_\_\_\_ hrs (24 hour)





### RECIPE 1

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [ ] No [ ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

**Cooking Method**

### RECIPE 2

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [ ] No [ ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

**Cooking Method**

### RECIPE 3

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

<p><b>Cooking Method</b></p>
------------------------------

### RECIPE 4

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

<p><b>Cooking Method</b></p>
------------------------------

## 24-HOUR QUESTIONS FOR DAY 1 2 3 4 (Please ring one)

- Did you use the **forgotten foods** list (item 3 of protocol)? **Ring one**  
Yes / No
- Did you **review** the day's food after completing the detailed record (item 5 of protocol)? Yes / No
- Have you **asked the respondent** to give you a **place** name for each eating occasion (item 6 of protocol)? Yes / No
- Have you **checked the respondent's** food store for any missing **brand** names (item 7 of protocol)? Yes / No

**HAND SUBJECT CARD 2 AND ASK:**

1. Please look at Card 2 and tell me if yesterday you had any of the dietary supplements listed whether in tablets, capsules or liquid form.

**Yes / No**

If Yes, please record below

Supplement number (from card)	Name of supplement	Brand of supplement	Strength of supplement (if applicable)	Number of units taken <sup>§</sup>

<sup>§</sup> Unit may be a tablet, capsule or spoonful

- 2a. ASK:** Did you have any plain drinking water yesterday, either from a tap or bottle, that you have not already mentioned (including water taken with medicines)?

- <sub>1</sub> Yes **(RECORD ON FOOD CONSUMPTION RECORD)**
- <sub>2</sub> No

- 3a. ASK:** Was the amount of food that you had yesterday about what you usually have, less than usual, or more than usual?

- <sub>1</sub> Usual amount **(GO TO QUESTION 4a)**
- <sub>2</sub> Less than usual **(GO TO QUESTION 3b)**
- <sub>3</sub> More than usual **(GO TO QUESTION 3c)**
- <sub>4</sub> Don't know **(GO TO QUESTION 4a)**

**3b. ASK:** What is the main reason that the amount you had to eat yesterday was less than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not hungry
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**GO TO QUESTION 4a.**

**3c. ASK:** What is the main reason that the amount you had to eat yesterday was more than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very hungry
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**4a. ASK:** Was the amount of drink that you had yesterday about what you usually have, less than usual, or more than usual?

- <sub>1</sub> Usual amount (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)
- <sub>2</sub> Less than usual (**GO TO QUESTION 4b**)
- <sub>3</sub> More than usual (**GO TO QUESTION 4c**)
- <sub>4</sub> Don't know (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)

**4b. ASK:** What is the main reason that the amount you had to drink yesterday was **less than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
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- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

**4c. ASK:** What is the main reason that the amount you had to drink yesterday was **more than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
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- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**



5a. *[For children only]*

**RECORD:**

- <sub>1</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS CHILD
- <sub>2</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS PARENT/CARER
- <sub>3</sub> BOTH CHILD AND PARENT/CARER PROVIDED EQUAL AMOUNTS OF INFORMATION

**GO TO QUESTION 5b**

5b. *[For children only]*

**ASK (If not already known):**

Name of parent/carer: \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Is this person the main food provider for the child?

**Ring one**

Yes<sub>1</sub> /No<sub>2</sub>

6. *[For adults and children]*

**RECORD:**

Who else was present during the interview?

**CODE RELATIONSHIP TO RESPONDENT (i.e. person about whom recall is being conducted).  
CODE ALL THAT APPLY**

- <sub>1</sub> NO ONE ELSE PRESENT
- <sub>2</sub> SPOUSE/PARTNER
- <sub>3</sub> CHILDREN
- <sub>4</sub> PARENT/CARER
- <sub>5</sub> OTHER FAMILY MEMBERS
- <sub>6</sub> VISITORS
- <sub>7</sub> OTHER (specify) \_\_\_\_\_

7. **RECORD:**

TIME AT WHICH INTERVIEW FINISHED (24-HOUR CLOCK) \_\_\_\_\_:

8. **ARRANGE THE NEXT 24-HOUR RECALL**

# INTERVIEWER FEED BACK QUESTIONNAIRE – 24-hour recall

PLEASE RECORD THE FOLLOWING IMMEDIATELY AFTER THE INTERVIEW

**1. RECORD:**

- <sub>1</sub> INTERVIEW CONDUCTED IN PERSON
- <sub>2</sub> INTERVIEW CONDUCTED BY TELEPHONE (THIRD RECALL ONLY)

**2. What language was the interview conducted in?**

- <sub>1</sub> ENGLISH
- <sub>2</sub> OTHER .....SPECIFY LANGUAGE AND NAME OF TRANSLATOR

---

---

**3. Is this the respondent's first language?**

- <sub>1</sub> YES
- <sub>2</sub> NO

**4. Did you or the respondent have difficulty with this interview?**

- <sub>1</sub> YES (**GO TO QUESTION 5**)
- <sub>2</sub> NO (**GO TO QUESTION 6**)

**5. What was the reason for this difficulty?**

- <sub>1</sub> Did not understand questions
- <sub>2</sub> Did not prepare food
- <sub>3</sub> Foods were eaten away from home
- <sub>4</sub> Poor memory of food
- <sub>5</sub> Sick
- <sub>6</sub> Language barrier
- <sub>7</sub> Uncooperative / Impatient
- <sub>8</sub> Not ascertained
- <sub>9</sub> Frequent interruptions
- <sub>10</sub> Other (Specify .....)

**6. Overall, how well do you think the record reflects what the respondent ate and drank over this 24-hour period?**

- <sub>1</sub> Good
- <sub>2</sub> Moderate
- <sub>3</sub> Poor

**7. Please add any additional comments you have in the box below**

## Food Description

In general the following information is required:

- Type of food or drink
- How was it bought – fresh, canned, frozen, dehydrated etc?
- Was it home-made – if so – what was in it? *Don't forget to record any recipes on the Recipe Pages.*
- How was it cooked – boiled, grilled, fried etc?
- If it was cooked in fat, or fat was used in pastry or cakes or any other dish, what sort of fat or oil was used?
- If it was a dried / dehydrated product, was it reconstituted using water, milk or both?
- Was the item coated before cooking – if so – was it flour, batter, egg, breadcrumbs etc?
- Was it unsweetened, sweetened with sugar/honey, or artificially sweetened?
- Was it low fat / low calorie?

Remember to use neutral prompts to gather the above information and to prompt for foods that may be eaten in combination e.g. dressing on salad, jam on toast.

Many foods require additional, specific information. These are on the Food Description Prompt Sheet for Interviewers.

For takeaway food and fast food, please enter the name of the food as it appears on the menu and the name and address of the outlet.

DAY: 1 2 3 4 DATE RECALLED: \_\_\_/\_\_\_/\_\_\_ DAY OF WEEK RECALLED: \_\_\_\_\_ START TIME: \_\_\_\_\_ hrs (24 hour)





**RECIPE 1**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

<b>Ingredients</b>	Amount

**Cooking Method**

**RECIPE 2**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

<b>Ingredients</b>	Amount

**Cooking Method**

**RECIPE 3**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

<b>Ingredients</b>	<b>Amount</b>

**Cooking Method**

**RECIPE 4**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [  ] No [  ]

If yes, name of dish \_\_\_\_\_

<b>Ingredients</b>	<b>Amount</b>

**Cooking Method**

## 24-HOUR QUESTIONS FOR DAY 1 2 3 4 (Please ring one)

**Ring one**

Did you use the **forgotten foods** list (item 3 of protocol)?

Yes / No

Did you **review** the day's food after completing the detailed record (item 5 of protocol)?

Yes / No

Have you **asked the respondent** to give you a **place** name for each eating occasion (item 6 of protocol)?

Yes / No

Have you **checked the respondent's** food store for any missing **brand** names (item 7 of protocol)?

Yes / No

### **HAND SUBJECT CARD 2 AND ASK:**

1. Please look at Card 2 and tell me if yesterday you had any of the dietary supplements listed whether in tablets, capsules or liquid form.

**Yes / No**

If Yes, please record below

Supplement number (from card)	Name of supplement	Brand of supplement	Strength of supplement (if applicable)	Number of units taken <sup>§</sup>

<sup>§</sup> Unit may be a tablet, capsule or spoonful

**2a. ASK:** Did you have any plain drinking water yesterday, either from a tap or bottle, that you have not already mentioned (including water taken with medicines)?

<sub>1</sub>

Yes

**(RECORD ON FOOD CONSUMPTION RECORD)**

<sub>2</sub>

No

**3a. ASK:** Was the amount of food that you had yesterday about what you usually have, less than usual, or more than usual?

<sub>1</sub>

Usual amount

**(GO TO QUESTION 4a)**

<sub>2</sub>

Less than usual

**(GO TO QUESTION 3b)**

<sub>3</sub>

More than usual

**(GO TO QUESTION 3c)**

<sub>4</sub>

Don't know

**(GO TO QUESTION 4a)**



**3b. ASK:** What is the main reason that the amount you had to eat yesterday was less than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not hungry
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**GO TO QUESTION 4a.**

**3c. ASK:** What is the main reason that the amount you had to eat yesterday was more than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very hungry
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**4a. ASK:** Was the amount of drink that you had yesterday about what you usually have, less than usual, or more than usual?

- <sub>1</sub> Usual amount (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)
- <sub>2</sub> Less than usual (**GO TO QUESTION 4b**)
- <sub>3</sub> More than usual (**GO TO QUESTION 4c**)
- <sub>4</sub> Don't know (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)

**4b. ASK:** What is the main reason that the amount you had to drink yesterday was **less than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not thirsty
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

**4c. ASK:** What is the main reason that the amount you had to drink yesterday was **more than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very thirsty
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

5a. *[For children only]*

**RECORD:**

- <sub>1</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS CHILD
- <sub>2</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS PARENT/CARER
- <sub>3</sub> BOTH CHILD AND PARENT/CARER PROVIDED EQUAL AMOUNTS OF INFORMATION

**GO TO QUESTION 5b**

5b. *[For children only]*

**ASK (If not already known):**

Name of parent/carer: \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Is this person the main food provider for the child?

**Ring one**

Yes<sub>1</sub> /No<sub>2</sub>

6. *[For adults and children]*

**RECORD:**

Who else was present during the interview?

**CODE RELATIONSHIP TO RESPONDENT (i.e. person about whom recall is being conducted).  
CODE ALL THAT APPLY**

- <sub>1</sub> NO ONE ELSE PRESENT
- <sub>2</sub> SPOUSE/PARTNER
- <sub>3</sub> CHILDREN
- <sub>4</sub> PARENT/CARER
- <sub>5</sub> OTHER FAMILY MEMBERS
- <sub>6</sub> VISITORS
- <sub>7</sub> OTHER (specify) \_\_\_\_\_

7. **RECORD:**

TIME AT WHICH INTERVIEW FINISHED (24-HOUR CLOCK) \_\_\_\_\_:

8. **ARRANGE THE NEXT 24-HOUR RECALL**

# INTERVIEWER FEED BACK QUESTIONNAIRE – 24-hour recall

PLEASE RECORD THE FOLLOWING IMMEDIATELY AFTER THE INTERVIEW

**1. RECORD:**

- <sub>1</sub> INTERVIEW CONDUCTED IN PERSON
- <sub>2</sub> INTERVIEW CONDUCTED BY TELEPHONE (THIRD RECALL ONLY)

**2. What language was the interview conducted in?**

- <sub>1</sub> ENGLISH
- <sub>2</sub> OTHER .....SPECIFY LANGUAGE AND NAME OF TRANSLATOR

---

---

**3. Is this the respondent's first language?**

- <sub>1</sub> YES
- <sub>2</sub> NO

**4. Did you or the respondent have difficulty with this interview?**

- <sub>1</sub> YES (**GO TO QUESTION 5**)
- <sub>2</sub> NO (**GO TO QUESTION 6**)

**5. What was the reason for this difficulty?**

- <sub>1</sub> Did not understand questions
- <sub>2</sub> Did not prepare food
- <sub>3</sub> Foods were eaten away from home
- <sub>4</sub> Poor memory of food
- <sub>5</sub> Sick
- <sub>6</sub> Language barrier
- <sub>7</sub> Uncooperative / Impatient
- <sub>8</sub> Not ascertained
- <sub>9</sub> Frequent interruptions
- <sub>10</sub> Other (Specify .....)

**6. Overall, how well do you think the record reflects what the respondent ate and drank over this 24-hour period?**

- <sub>1</sub> Good
- <sub>2</sub> Moderate
- <sub>3</sub> Poor

**7. Please add any additional comments you have in the box below**

## Food Description

In general the following information is required:

- Type of food or drink
- How was it bought – fresh, canned, frozen, dehydrated etc?
- Was it home-made – if so – what was in it? *Don't forget to record any recipes on the Recipe Pages.*
- How was it cooked – boiled, grilled, fried etc?
- If it was cooked in fat, or fat was used in pastry or cakes or any other dish, what sort of fat or oil was used?
- If it was a dried / dehydrated product, was it reconstituted using water, milk or both?
- Was the item coated before cooking – if so – was it flour, batter, egg, breadcrumbs etc?
- Was it unsweetened, sweetened with sugar/honey, or artificially sweetened?
- Was it low fat / low calorie?

Remember to use neutral prompts to gather the above information and to prompt for foods that may be eaten in combination e.g. dressing on salad, jam on toast.

Many foods require additional, specific information. These are on the [Food Description Prompt Sheet for Interviewers](#).

For takeaway food and fast food, please enter the name of the food as it appears on the menu and the name and address of the outlet.





**RECIPE 1**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [ ] No [ ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

<b>Cooking Method</b>
-----------------------

**RECIPE 2**

Name of home-made dish: \_\_\_\_\_

Were ingredients added to a dish cooked before? Yes [ ] No [ ]

If yes, name of dish \_\_\_\_\_

Ingredients	Amount

<b>Cooking Method</b>
-----------------------





## 24-HOUR QUESTIONS FOR DAY 1 2 3 4 (Please ring one)

**Ring one**

Did you use the **forgotten foods** list (item 3 of protocol)?

Yes / No

Did you **review** the day's food after completing the detailed record (item 5 of protocol)?

Yes / No

Have you **asked the respondent** to give you a **place** name for each eating occasion (item 6 of protocol)?

Yes / No

Have you **checked the respondent's** food store for any missing **brand** names (item 7 of protocol)?

Yes / No

**HAND SUBJECT CARD 2 AND ASK:**

1. Please look at Card 2 and tell me if yesterday you had any of the dietary supplements listed whether in tablets, capsules or liquid form.

**Yes / No**

If Yes, please record below

Supplement number (from card)	Name of supplement	Brand of supplement	Strength of supplement (if applicable)	Number of units taken <sup>§</sup>

<sup>§</sup> Unit may be a tablet, capsule or spoonful

**2a. ASK:** Did you have any plain drinking water yesterday, either from a tap or bottle, that you have not already mentioned (including water taken with medicines)?

<sub>1</sub>

Yes

**(RECORD ON FOOD CONSUMPTION RECORD)**

<sub>2</sub>

No

**3a. ASK:** Was the amount of food that you had yesterday about what you usually have, less than usual, or more than usual?

<sub>1</sub>

Usual amount

**(GO TO QUESTION 4a)**

<sub>2</sub>

Less than usual

**(GO TO QUESTION 3b)**

<sub>3</sub>

More than usual

**(GO TO QUESTION 3c)**

<sub>4</sub>

Don't know

**(GO TO QUESTION 4a)**

**3b. ASK:** What is the main reason that the amount you had to eat yesterday was less than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not hungry
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**GO TO QUESTION 4a.**

**3c. ASK:** What is the main reason that the amount you had to eat yesterday was more than usual?  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very hungry
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**4a. ASK:** Was the amount of drink that you had yesterday about what you usually have, less than usual, or more than usual?

- <sub>1</sub> Usual amount (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)
- <sub>2</sub> Less than usual (**GO TO QUESTION 4b**)
- <sub>3</sub> More than usual (**GO TO QUESTION 4c**)
- <sub>4</sub> Don't know (*if child [2-17] GO TO QUESTION 5a, if adult GO TO QUESTION 6*)

**4b. ASK:** What is the main reason that the amount you had to drink yesterday was **less than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Sickness
- <sub>2</sub> Short of money
- <sub>3</sub> Little food in the house
- <sub>4</sub> Travelling
- <sub>5</sub> At a special occasion or on holiday
- <sub>6</sub> On a special day
- <sub>7</sub> Weekend day
- <sub>8</sub> Too busy
- <sub>9</sub> Not thirsty
- <sub>10</sub> Dieting
- <sub>11</sub> Fasting
- <sub>12</sub> Bored or stressed
- <sub>13</sub> Working shifts
- <sub>14</sub> Don't know
- <sub>15</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

**4c. ASK:** What is the main reason that the amount you had to drink yesterday was **more than usual?**  
**CODE ONLY ONE. DO NOT PROMPT FOR RESPONSE**

- <sub>1</sub> Just got some money
- <sub>2</sub> Travelling
- <sub>3</sub> At a special occasion or on holiday
- <sub>4</sub> On a special day
- <sub>5</sub> Weekend day
- <sub>6</sub> Very thirsty
- <sub>7</sub> Bored or stressed
- <sub>8</sub> Working shifts
- <sub>9</sub> Don't know
- <sub>10</sub> Some other reason (specify) \_\_\_\_\_

**IF CHILD GO TO QUESTION 5a**  
**IF ADULT GO TO QUESTION 6**

5a. *[For children only]*  
**RECORD:**

- <sub>1</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS CHILD  
<sub>2</sub> PRIMARY RESPONDENT IN 24-HOUR RECALL WAS PARENT/CARER  
<sub>3</sub> BOTH CHILD AND PARENT/CARER PROVIDED EQUAL AMOUNTS OF INFORMATION

**GO TO QUESTION 5b**

5b. *[For children only]*  
**ASK (If not already known):**

Name of parent/carer: \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Is this person the main food provider for the child?

**Ring one**  
Yes<sub>1</sub> /No<sub>2</sub>

6. *[For adults and children]*  
**RECORD:**

Who else was present during the interview?

**CODE RELATIONSHIP TO RESPONDENT (i.e. person about whom recall is being conducted).  
CODE ALL THAT APPLY**

- <sub>1</sub> NO ONE ELSE PRESENT  
<sub>2</sub> SPOUSE/PARTNER  
<sub>3</sub> CHILDREN  
<sub>4</sub> PARENT/CARER  
<sub>5</sub> OTHER FAMILY MEMBERS  
<sub>6</sub> VISITORS  
<sub>7</sub> OTHER (specify) \_\_\_\_\_

7. **RECORD:**

TIME AT WHICH INTERVIEW FINISHED (24-HOUR CLOCK) \_\_\_\_\_:

8. **ARRANGE THE NEXT 24-HOUR RECALL**

# INTERVIEWER FEED BACK QUESTIONNAIRE – 24-hour recall

PLEASE RECORD THE FOLLOWING IMMEDIATELY AFTER THE INTERVIEW

**1. RECORD:**

- <sub>1</sub> INTERVIEW CONDUCTED IN PERSON
- <sub>2</sub> INTERVIEW CONDUCTED BY TELEPHONE (THIRD RECALL ONLY)

**2. What language was the interview conducted in?**

- <sub>1</sub> ENGLISH
- <sub>2</sub> OTHER .....SPECIFY LANGUAGE AND NAME OF TRANSLATOR

---

---

**3. Is this the respondent's first language?**

- <sub>1</sub> YES
- <sub>2</sub> NO

**4. Did you or the respondent have difficulty with this interview?**

- <sub>1</sub> YES (**GO TO QUESTION 5**)
- <sub>2</sub> NO (**GO TO QUESTION 6**)

**5. What was the reason for this difficulty?**

- <sub>1</sub> Did not understand questions
- <sub>2</sub> Did not prepare food
- <sub>3</sub> Foods were eaten away from home
- <sub>4</sub> Poor memory of food
- <sub>5</sub> Sick
- <sub>6</sub> Language barrier
- <sub>7</sub> Uncooperative / Impatient
- <sub>8</sub> Not ascertained
- <sub>9</sub> Frequent interruptions
- <sub>10</sub> Other (Specify .....)

**6. Overall, how well do you think the record reflects what the respondent ate and drank over this 24-hour period?**

- <sub>1</sub> Good
- <sub>2</sub> Moderate
- <sub>3</sub> Poor

**7. Please add any additional comments you have in the box below**

**Protocol for the completion of a food consumption record:  
Individual 24-hour recall**

The following instructions provide detailed prompts for obtaining information in the individual 24-hour recall of food and drink consumption. Please follow the sequence carefully. Where words appear in upper case inside parentheses, supply the appropriate word (e.g. if DAY appears, say the name of the appropriate day of the week). Words that appear inside square brackets are instructions to you.

**Introduction at beginning of first 24 hour recall**

[Where interview being conducted with parent/carer on behalf of child, insert child's name as appropriate]

**IF RESPONDENT IS ADULT OR CHILD AGED UNDER FIVE SAY**

I am going to ask you about everything that you/(NAME OF CHILD) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much you/(NAME OF CHILD) had.

**OR**

**IF RESPONDENT IS CHILD AGED BETWEEN FIVE AND TWELVE SAY**

I am going to ask you about everything that (NAME OF CHILD) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much (NAME OF CHILD) had.

[Addressing yourself to child, say]

I will ask you to tell me about any foods and drinks which your (MUM, DAD (main food provider)) does not know about or cannot remember. Is that okay?

[Wait for agreement].

**OR**

**IF RESPONDENT IS CHILD AGED TWELVE AND OVER SAY**

I am going to ask you about everything that you ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much you had.

[Say to Mum or Dad]

I would prefer to ask (NAME OF CHILD) for information first and then ask you to fill in the details. Is that okay? [Wait for agreement].

[Addressing yourself to child say]

I will ask your (MUM, DAD (main food provider)) to tell me exactly what it was you ate when you are not sure.

## Introducing portion size estimation

[Where interview being conducted with parent/carer on behalf of child, insert child's name as appropriate]

### **THE INTERVIEWER SAYS:**

1. When I ask you how much food and drink you/(NAME OF CHILD) had, I would like you to tell me in as much detail as possible in terms of the size of the package for example half a tin of baked beans. In this case also tell me the size of the tin for example a 420g tin.
2. Or in terms of household utensils for example a glass of milk. In this case I would like you to tell me how big the glass was. Or number of spoons, in which case I would ask you for the size of spoon. This is a life size photograph of a teaspoon, dessertspoon and tablespoon [show photograph of spoons]
3. To help you to tell me how much of a food you/(NAME OF CHILD) ate, I have a book here with photographs of different amounts of foods.  
[Show book and open book at page 1 (photograph of rice)]  
As you can see there are eight photographs. I will ask you to pick **one photograph** that looks like the amount you/(NAME OF CHILD) had to eat.
4. This is a life size photograph of the plate used in most of these photographs.  
[Show photograph of 10" plate]  
[Show other photographs of plates, as necessary during recall]
5. Have a look at a few more photographs and then we can start.  
[Allow subject to flick through book if they want and start when they are ready].
6. If you/(NAME OF CHILD) ate any homemade dishes for example a stew, I would like you to tell me the ingredients and how much was used. If you do not know the ingredients I may need to ask whoever prepared and cooked the dish



## 24 hour recall itself

### **THE INTERVIEWER SAYS:**

1. I would like you to tell me everything that you had to eat and drink yesterday. By yesterday I mean, from midnight to midnight. Include everything that you/(NAME OF CHILD) had to eat and drink at home and away from home, including snacks, tea, coffee, sweets, soft drinks (AND ALCOHOL). [Omit for child].
  - First we'll make a list of the foods you/(NAME OF CHILD) ate and drank all day yesterday (DAY).
  - Next I'll ask you about the foods including amounts and then I'll ask you a few questions.
  - It may help you to remember what you/(NAME OF CHILD) ate by thinking about where you/(NAME OF CHILD) were, whom you/(NAME OF CHILD) were with, or what you/(NAME OF CHILD) were doing yesterday; like going to work, eating out or watching television. Feel free to keep these activities in mind and say them aloud if it helps you.
  - So... if you would like to start at midnight at the beginning of (DAY).

**[COMPLETE QUICK LIST WITHOUT INTERRUPTION]**

**[WHEN SUBJECT STOPS ASK]**

- What else?

2. [Where interview is being addressed to child]  
[Say to parent/carer] Can you think of anything else that (NAME OF CHILD) had to eat or drink yesterday.

**OR**

2. [Where interview is being addressed to parent on behalf of child]  
[Say to child] Can you think of anything else that you had to eat or drink yesterday?

**[ADD ITEMS INTO QUICK LIST AT APPROPRIATE POINTS]**

**[THEN ASK]**

- What else?

**[CONTINUE UNTIL NO FURTHER ADDITIONS]**

3. There are some foods that people often forget. In addition to what you have already told me about, did you/(NAME OF CHILD) have any:
  - Coffee, tea, soft drinks or milk
  - Alcoholic drinks
  - Biscuits, cakes, sweets, chocolate bars or other confectionery
  - Crisps, peanuts or other snacks
  - Sauces, dressings,
  - Anything you have not already told me about?

4. Now I would like to go through the list you have just given me and ask you some details about each item of food and drink. If while we are talking you remember anything else that you/(NAME OF CHILD) had to eat or drink, please tell me.

4a. Was (FIRST FOOD FROM QUICK LIST) the first thing that you/(NAME OF CHILD) had to eat/drink yesterday?

***IF YES: [GO TO BOX 1, Step a and work through steps in box]***

***IF NO:*** What was the first thing you/(NAME OF CHILD) had to eat or drink yesterday?

***[RECORD ITEM NAMED ON MAIN LIST]***

***[GO TO BOX 1, Step b]***

4b. Was (NEXT ITEM FROM QUICK LIST) the next thing you/(NAME OF CHILD) had to eat/drink?

***[CONFIRM IF FOOD IS OBVIOUSLY PART OF SAME MEAL (e.g. milk on cereal) AND GO TO BOX 1]***

4c. ***[CONTINUE UNTIL ALL FOODS ON QUICK LIST HAVE BEEN TICKED]***

## **BOX 1**

- a. **TRANSFER ITEM FROM QUICK LIST AND TICK BOX.**
- b. (If necessary) **ASK:** About what time was that?
- c. **RECORD TIME (in 24-hour clock format e.g. 18.00 for 6pm)**
- d. **ASK FOR DETAILED DESCRIPTION (USE THE FOOD DESCRIPTIONS LISTED AT THE BEGINNING OF THE RECORD SHEET AND THE FOOD DESCRIPTION PROMPT SHEET)**
- e. **RECORD 'DESCRIPTION'**
- f. **ASK FOR BRAND NAME**
- g. **RECORD 'BRAND NAME' (if recalled at first request)**
- h. **ASK FOR AMOUNT (USE PHOTOS AND HOUSEHOLD MEASURES)**
- i. **RECORD 'AMOUNT'**
- j. (If necessary) **PROMPT FOR RECIPES. (Record on recipe pages including amounts of ingredients)**
- k. **GO TO 4b**

**Before moving on to the next meal/snack:**

- l. **ASK ABOUT SECOND HELPINGS. (Record on separate line)**
- m. **ASK ABOUT LEFTOVERS (Record in Leftovers column).**
- n. (If necessary) **PROMPT FOR ADDITIONS (USE COMMONLY CONSUMED ADDITIONAL FOOD PROMPTS)**

## **REVIEW**

5. Let's see if I have everything. I would like you to try and remember anything else that you/(NAME OF CHILD) had to eat or drink yesterday that you have not already told me about, including anything that you/(NAME OF CHILD) had to eat or drink while you were preparing a meal or waiting to eat.

### **[USE THE FOLLOWING PROMPTS TO ELICIT ADDITIONAL FOODS]**

- 5a. Did you/(NAME OF CHILD) have anything to eat or drink between midnight yesterday and (TIME / NAME OF FIRST OCCASION)?
- 5b. At (TIME / NAME OF OCCASION) you/(NAME OF CHILD) had (FOODS/DRINKS). Do you recall (NAME OF CHILD) having anything else to eat or drink?
- 5c. Did you/(NAME OF CHILD) have anything to eat or drink between (TIME / THIS OCCASION) and (NEXT OCCASION)?

### **[REPEAT STEPS 5b TO 5c UNTIL LAST OCCASION / TIME]**

- 5d. At (TIME / NAME OF OCCASION) you/(NAME OF CHILD) had (FOODS/DRINKS). Do you recall (NAME OF CHILD) having anything else to eat or drink?
- 5e. Did you/(NAME OF CHILD) have anything else to eat or drink between (THIS OCCASION) and midnight last night?

## **PLACE NAMES**

6. I would like to ask you to give me a place name from this card **[SHOW CARD 1]** for each occasion at which you/(NAME OF CHILD) ate or drank something.

### **[FOR EACH OCCASION / TIME ASK:]**

- 6a. Where did you/(NAME OF CHILD) eat/drink that?

### **[PROMPT WITH CARD 1]**

- 6b. **[ENTER "PLACE" LETTER]**

- 7 **[WHERE BRAND HAS NOT BEEN RECALLED AT FIRST REQUEST BUT RESPONDENT HAS PRODUCT IN CUPBOARD, FRIDGE ETC, ASK IF YOU CAN CHECK PRODUCT AND ENTER BRAND NAME ON RECALL]**

- 8 **[COMPLETE '24 HOUR QUESTIONS' IN THE BOOKLET FOR THIS FOOD CONSUMPTION RECORD]**

**CARD 1**

<b>Place</b>	
<b>A</b>	Home, own food supply
<b>B</b>	Home, take-away brought in
<b>C</b>	Home, other food brought in, paid for
<b>D</b>	Home, other food brought in, free
<b>E</b>	Friend's or Relative's house
<b>F</b>	Restaurant or Cafe
<b>G</b>	School (bought food or drink)
<b>H</b>	School (food or drink from home)
<b>I</b>	School (free/other)
<b>J</b>	Work (bought food or drink)
<b>K</b>	Work (food or drink from home)
<b>L</b>	Work (free/other)
<b>M</b>	Pub, bar, lounge, hotel, club
<b>N</b>	Take-away eaten away from home
<b>O</b>	Other place (bought food or drink)
<b>P</b>	Other place (food or drink from home)
<b>Q</b>	Other place (free/other)

## CARD 2

<b>1</b>	Cod liver oil and other fish based supplements
<b>2</b>	Evening primrose oil type supplements
<b>3</b>	Vitamin C only
<b>4</b>	Other single vitamins NOT vitamin C
<b>5</b>	Vitamins A, C and D only
<b>6</b>	Vitamins with iron
<b>7</b>	Iron only
<b>8</b>	Non-prescribed folic acid only
<b>9</b>	Multivitamins and multiminerals
<b>10</b>	Multivitamins, NO minerals
<b>11</b>	Minerals ONLY; NOT fluoride or iron ONLY
<b>12</b>	Other (specify)

## Sample page from food code list

### 13 MILK AND MILK BASED DRINKS

#### 13.1. MILK (WHOLE, SEMI-SKIMMED, SKIMMED)

##### 13.1.1 Milk - whole

- 602 Milk, whole, pasteurised (fresh), Summer (May-October), silver top. Includes homogenised
- 603 Milk, whole pasteurised (fresh), Winter (November-April), silver top. Includes homogenised
- 604 Milk, whole, sterilised
- 605 Milk, whole, UHT or longlife
- 606 Milk, whole, Channel Island or Jersey, pasteurised; Breakfast Milk; Summer (May-October) gold top
- 607 Milk, whole, Channel Island or Jersey, pasteurised; Breakfast Milk; Winter (November-April) gold top
- 3145 Milk, unpasteurised, whole, e.g. Farm fresh untreated milk
- 698 Milk, whole, pasteurised (fresh), after boiling

##### 13.1.2 Milk - semi-skimmed

- 608 Milk, semi-skimmed, pasteurised (fresh), summer (May-October), red and silver striped top
- 8543 Milk, semi-skimmed, pasteurised (fresh), winter (November-April), red and silver striped top
- 609 Milk, semi-skimmed, pasteurised (fresh), with added vitamins and milk solids, e.g. low fat Vitapint, Sainsbury's vitamin enriched half fat milk, Shape, Waitrose semi-skimmed milk with vitamins A and D.
- 610 Milk, semi-skimmed, UHT or longlife
- 611 Milk, semi-skimmed, UHT or longlife, Channel Island, e.g. 'Light Gold'
- 694 Milk, semi-skimmed, UHT or longlife, CANNED
- 694 Canned milk, semi-skimmed, UHT or longlife
- 9132 Semi-skimmed milk, sterilised
- 699 Milk, semi-skimmed, pasteurised (fresh), after boiling

##### 13.1.3 Milk - skimmed

- 613 Milk, skimmed, pasteurised (fresh), summer (May-October), blue and silver checked top
- 8544 Milk, skimmed, pasteurised (fresh), winter (November-April), blue and silver checked top
- 614 Milk, skimmed, pasteurised (fresh), with added vitamins and milk solids, e.g. Boots Shapers. NOT Vital or Calcia
- 615 Milk, skimmed, sterilised
- 616 Milk, skimmed, UHT or longlife
- 617 Milk, skimmed, UHT or longlife with added vitamins
- 700 Milk, skimmed, pasteurised (fresh), after boiling

**P2347**

**IN CONFIDENCE**

**SOCIAL & RESOURCE INFLUENCES ON EATING HABITS**

**BOOKLET FOR 8-12 YEAR OLDS**

<p>(1-7)</p> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table> <p><b>SERIAL NUMBER</b></p>									<p>(8)</p> <table border="1" style="width: 40px; height: 20px; border-collapse: collapse;"> <tr> <td></td> </tr> </table> <p><b>CKL</b></p>		<p>(9)</p> <table border="1" style="width: 40px; height: 20px; border-collapse: collapse;"> <tr> <td></td> </tr> </table> <p><b>RESPONDENT No.</b></p>		<p>(10-13) <b>Spare</b></p>   <p>Card No. (14-15)</p>
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Here are some questions for you to answer on your own.

We are interested in your honest answers. We will not tell anyone what your answers are.

Look at the instructions on the next page and read what to do. Ask the interviewer for help if you do not understand a question or you are not sure what to do.

Thank you for taking part in this survey.

## INSTRUCTIONS

Please read each question carefully.

Most of the questions can be answered by putting a tick in the box next to the answer that best describes you.

### Example:

(✓)

Yes  1

No  2

Sometimes you are asked to write a number instead.

### Example:

I was  years old

write in



# Cigarette Smoking

1. Have you ever tried smoking a cigarette, even if it was only a puff or two?

(✓)

No  2

Yes  1

How old were you when you first tried smoking a cigarette, even if it was only a puff or two?

I was  years old  
write in

22

23-24

2. Now read all the following sentences carefully and tick the box next to the one which best describes you.

(✓)

I have never smoked  1

I have only smoked once or twice  2

I used to smoke sometimes, but I never smoke a cigarette now  3

I sometimes smoke, but I don't smoke every week  4

I smoke between one and six cigarettes a week  5

I smoke more than six cigarettes a week  6

25

3. Did you smoke any cigarettes last week?

(✓)

No  2

Yes  1

How many cigarettes did you smoke last week?

I smoked  cigarettes  
write in

26

27-28

## Drinking

4. Have you ever had a proper alcoholic drink - a whole drink, not just a sip? **Please don't count drinks labelled low alcohol.**

(✓)  
Yes  1 → GO TO 6  
No  2 → GO TO 5

29

5. Have you ever had alcoholic soft drinks or 'alcopops' (such as Hooch, Two Dogs, Alcola)?

(✓)  
Yes  1 → GO TO 6  
No  2 → END

30

6. How old were you the first time you had a proper alcoholic drink or alcoholic soft drink?

I was  years old  
write in

31-32

7. How often do you usually have an alcoholic drink or alcoholic soft drink?

(✓)  
Almost every day  1  
About twice a week  2  
About once a week  3  
About once a fortnight  4  
About once a month  5  
Only a few times a year  6  
I never drink alcohol now  7

33

8. When did you **last** have an alcoholic drink or alcoholic soft drink?

(✓)

Today  1

Yesterday  2

Some other time during the last week  3

1 week, but less than 2 weeks ago  4

2 weeks, but less than 4 weeks ago  5

1 month, but less than 6 months ago  6

6 months ago or more  7

34

**Thank you for answering these questions.  
Now please give the booklet back to the interviewer**

20/02/04

P2347

**IN CONFIDENCE**

**SOCIAL & RESOURCE INFLUENCES ON EATING HABITS**

**BOOKLET FOR 13-15 YEAR OLDS**

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Here are some questions for you to answer on your own.

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Look at the instructions on the next page and read what to do. Ask the interviewer for help if you do not understand a question or you are not sure what to do.

Thank you for taking part in this survey.

## Instructions

Please read each question carefully.

Most of the questions can be answered by ticking the box next to the answer that applies to you.

**Example:**

(tick **one** box)

Yes  1

No  2

Sometimes you are asked to write a number inside a box instead.

**Example:**

Write in no.  → GO TO Q5

Next to some of the boxes there are arrows and instructions. They tell you which question to answer next. If there are no special instructions, you should answer the next question.

**Example:**

(tick **one** box)

Yes  1 → **NOW ANSWER QUESTION 4**

No  2 → **GO TO Q5**

## Cigarette smoking

1. Have you ever tried smoking a cigarette, even if it was only a puff or two?

(tick **one** box)

Yes  1

22

No  2

2. Now read all the following sentences carefully and tick the box next to the one which best describes you.

(tick **one** box)

23

I have never smoked  1

**GO TO THE DRINKING SECTION Q4 ON PAGE 2**

I have only smoked once or twice  2

I used to smoke sometimes, but I never smoke a cigarette now  3

I sometimes smoke, but I don't smoke every week  4

**GO TO Q3**

24

I smoke between one and six cigarettes a week  5

I smoke more than six cigarettes a week  6

3. Did you smoke any cigarettes last week?

(tick **one** box)

25

No  2

Yes  1

**How many cigarettes did you smoke last week?**

I smoked  cigarettes  
write in 26-27

## Drinking

### **Everyone answer**

4. Have you ever had a proper alcoholic drink - a whole drink, not just a sip? **Please don't count drinks labelled low alcohol.**

(tick **one** box)

Yes  <sub>1</sub> → **GO TO Q6**

No  <sub>2</sub> → **GO TO Q5**

28

5. Have you ever had alcoholic soft drinks or 'alcopops' (such as Hooch, Two Dogs, Alcola)?

(tick **one** box)

Yes  <sub>1</sub> → **GO TO Q6**

No  <sub>2</sub> → **END**

29

6. How often do you usually have an alcoholic drink or alcoholic soft drink/'alcopop'?

(tick **one** box)

Almost every day  <sub>1</sub>

About twice a week  <sub>2</sub>

About once a week  <sub>3</sub>

About once a fortnight  <sub>4</sub>

About once a month  <sub>5</sub>

Only a few times a year  <sub>6</sub>

I never drink alcohol now  <sub>7</sub>

30

7. When did you **last** have an alcoholic drink or alcoholic soft drink?

(tick **one** box)

Today	<input type="checkbox"/>	1	
Yesterday	<input type="checkbox"/>	2	} <b>GO TO Q8</b>
Some other time during the last week	<input type="checkbox"/>	3	
1 week, but less than 2 weeks ago	<input type="checkbox"/>	4	
2 weeks, but less than 4 weeks ago	<input type="checkbox"/>	5	} <b>END</b>
1 month, but less than 6 months ago	<input type="checkbox"/>	6	
6 months ago or more	<input type="checkbox"/>	7	

31

8. Which, if any, of the drinks shown below, have you drunk in the last 7 days?  
Please tick (✓) either yes or no for each kind of drink.  
For each kind of drink, write in the box how much you drank in the last 7 days.

**Beer, lager, cider or shandy**  
**(exclude bottles or cans of shandy)**

(tick **one** box)

Have you drunk this in the last 7 days?

No	<input type="checkbox"/>	2	} <b>GO TO Q9</b>
Yes	<input type="checkbox"/>	1	} ↓

32

**How much did you drink in the last 7 days?**

**Write in:**

	<input style="width: 80%;" type="text"/>	Pints (if ½ pint, write in ½)
AND/OR	<input style="width: 80%;" type="text"/>	Large cans or bottles
AND/OR	<input style="width: 80%;" type="text"/>	Small cans or bottles

33-36

37-38

39-40



**9. Spirits or liqueurs, such as gin, vodka, whisky, rum, brandy, or cocktails**

Have you drunk this in the last 7 days?

(tick **one** box)

No  <sub>2</sub> → **GO TO Q10**

Yes  <sub>1</sub> ↓

41

**How much did you drink in the last 7 days?**

**Write in:**  Glasses (count doubles as two singles)

42-43

**10. Sherry or martini (including port, vermouth, cinzano, dubonnet)**

Have you drunk this in the last 7 days?

(tick **one** box)

No  <sub>2</sub> → **GO TO Q11**

Yes  <sub>1</sub> ↓

44

**How much did you drink in the last 7 days?**

**Write in:**  Glasses (count doubles as two singles)

45-46

**11. Wine (incl. babycham & champagne)**

Have you drunk this in the last 7 days?

(tick **one** box)

No  <sub>2</sub> → **GO TO Q12**

Yes  <sub>1</sub> ↓

47

**How much did you drink in the last 7 days?**

**Write in:**  Glasses

48-49

**12. Alcoholic soft drinks or 'alcopops'  
(such as Hooch, Two Dogs, Alcola)**

Have you drunk this in the last 7 days?

(tick **one** box)

No  2 → **END**

1 ↓

Yes

50

**How much did you drink in the last 7 days?**

**Write in:**

Large cans or bottles

51-52

AND/OR

Small cans or bottles

53-54

**Thank you for answering these questions.  
Now please give the booklet back to the interviewer**

P2347

IN CONFIDENCE

**SOCIAL & RESOURCE INFLUENCES ON EATING HABITS**

**BOOKLET FOR YOUNG ADULTS AGED 16-25 YEARS**

(1-7) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <b>SERIAL NUMBER</b>	(8) <input type="text"/> <b>CKL</b>	(9) <input type="text"/> <b>RESPONDENT No.</b>	(10-13) Spare  Card No. (14-15)
First name: <input style="width: 80%;" type="text"/>			
Sex: Male / Female	Date of birth: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
(16-21) <b>INTERVIEWER NUMBER:</b>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <b>INTERVIEWER NAME:</b>	<input style="width: 100%;" type="text"/>

**HOW TO FILL IN THIS QUESTIONNAIRE:**

- A. Some questions on the following pages can be answered simply by ticking the box below the answer that applies to you.

**Example:**

*(tick **one** box)*

	Very healthy life	Fairly healthy life	Not very healthy life	An unhealthy life
Do you feel that you lead a ...	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

- B. Sometimes you are asked to write in a number or the answer in your own words. Please enter numbers as figures rather than words.

**Example:**

Write in no.

- C. On most pages you should answer ALL the questions but sometimes you will find the box you have ticked has an arrow next to it with an instruction to go to another question.

**Example:**

*(tick **one** box)*

Yes .....  1 → **GO TO 4**

No .....  2 → **GO TO 3**

By following the arrows carefully you will miss out questions which do not apply to you.



**Smoking**

1. Have you ever smoked a cigarette, cigar, pipe or anything with tobacco in it?

(tick **one** box)

- Yes .....  1 → **GO TO 2**
- No .....  2 → **GO TO 7 on page 2**

22

2. Do you smoke cigarettes at all nowadays?

(tick **one** box)

- Yes .....  1 → **GO TO 4**
- No .....  2 → **GO TO 3**

23

3. Did you smoke cigarettes regularly or occasionally?

(tick **one** box)

- Regularly, that is at least one cigarette a day.....  1
  - Occasionally.....  2
  - I never really smoked cigarettes, just tried them once or twice.....  3
- } → **GO TO 6 on page 2**

24

**CURRENT SMOKERS**

4a. About how many cigarettes a day do you usually smoke on weekdays?

Write in no. smoked a day .....

25-26

b. And about how many cigarettes a day do you usually smoke at weekends?

Write in no. smoked a day .....

27-28

5. Do you mainly smoke...

(tick **one** box)

- ... filter-tipped cigarettes,  1
  - plain or untipped cigarettes,  2
  - or hand-rolled cigarettes?  3
- } → **GO TO 7 on page 2**

29

6a. About how many cigarettes did you smoke IN A DAY when you smoked them regularly?

Write in no. smoked a day .....

30-31

6b. How long ago did you stop smoking cigarettes regularly? Was it...

... less than 6 months ago,  1

32

... 6 months to 1 year ago,  2

... 1 to 2 years ago,  3

... 2 to 5 years ago,  4

... 5 to 10 years ago,  5

... or more than 10 years ago?  6

IN CONFIDENCE

**Drinking**

7a. Do you ever drink alcohol nowadays, including drinks you brew or make at home?

(tick **one** box)

Yes .....  1

→ GO TO 8  
on page 3

33

No .....  2

→ GO TO 7b

7b. Just to check, does this mean you never have an alcoholic drink nowadays, or do you have an alcoholic drink very occasionally, perhaps for medicinal purposes or on special occasions like Christmas and New Year?

(tick **one** box)

Very occasionally .....  1

→ GO TO 8  
on page 3

34

Never .....  2

→ END

## CURRENT DRINKERS

The next few questions are concerned with different types of alcoholic drink.

Please tick the box underneath the answer that best describes how often you usually drank each of them in the last 12 months. For the ones you drank, write in how much you usually drank on any one day. **EXCLUDE ANY NON-ALCOHOLIC OR LOW-ALCOHOL DRINKS, EXCEPT SHANDY.**

### EXAMPLE:

A. How often have you had this type of drink in the past year?

**TICK ONE BOX**

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8



How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Pints

AND/OR  Large cans or bottles

AND/OR  Small cans or bottles

**GO TO B**

### NOW PLEASE ANSWER 8-15

8. **Normal** strength beer, lager, stout, cider or shandy  
(less than 6% alcohol) - exclude bottles/cans of shandy.

How often have you had this type of drink in the past year?

**TICK ONE BOX**

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8



How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Pints

AND/OR  Large cans or bottles

AND/OR  Small cans or bottles

**GO TO 9**

35

36-39

40-41

42-43

9. **Strong beer, lager, stout, cider (6% alcohol or more, such as Tennants Extra, Special Brew, Diamond White)**

How often have you had this type of drink in the past year?

TICK **ONE** BOX

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

↓

↓

**GO TO 10**

44

How much did you usually drink on any one day? (**WRITE IN NUMBER**):

Pints

45-48

AND/OR

Large cans or bottles

49-50

AND/OR

Small cans or bottles

51-52

10. **Spirits or liqueurs, such as gin, whisky, rum, brandy, vodka, advocaat or cocktails**

How often have you had this type of drink in the past year?

TICK **ONE** BOX

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

↓

↓

**GO TO 11**

53

How much did you usually drink on any one day? (**WRITE IN NUMBER**):

Glasses (count doubles as 2 singles)

54-55



**11. Sherry or martini (including port, vermouth, cinzano, dubonnet)**

How often have you had this type of drink in the past year?

**TICK ONE BOX**

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

56

How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Glasses (count doubles as 2 singles)

57-58

**12. Wine (including babycham and champagne)**

How often have you had this type of drink in the past year?

**TICK ONE BOX**

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

59

How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Glasses

60-61

**13. Alcoholic soft drinks or 'alcopops'  
(such as Hooch, Two Dogs, Alcola)**

How often have you had this type of drink in the past year?

**TICK ONE BOX**

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months	Never in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

↓
↓ **GO TO 14**

62

63-64

How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Small cans or bottles

**14. Have you had any other kinds of alcoholic drink in the last 12 months?**

No  2 → **END**

Yes  1

**WRITE IN NAME OF DRINK:**

How often have you had this type of drink in the past year?

**TICK ONE BOX**

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

↓

65

66-67

How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Glasses (count doubles as 2 singles)

AND/OR  Pints

AND/OR  Large cans or bottles

AND/OR  Small cans or bottles

68

69-70

71-72

73-74

75-76

15. Have you had any other kinds of alcoholic drink in the last 12 months?

No  2 → END

Yes  1

WRITE IN NAME OF DRINK:

How often have you had this type of drink in the past year?  
TICK **ONE** BOX

Almost every day	Five or six days a week	Three or four days a week	Once or twice a week	Once or twice a month	Once every couple of months	Once or twice in last 12 months
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

How much did you usually drink on any one day? (**WRITE IN NUMBER**):  Glasses (count doubles as 2 singles)

AND/OR  Pints

AND/OR  Large cans or bottles

AND/OR  Small cans or bottles

**Thank you for answering these questions.  
Now please give the booklet back to the interviewer**

# How do you eat ?

A questionnaire about what you eat and drink.

First name \_\_\_\_\_

**SERIAL NUMBER**

(101-107)

--	--	--	--	--	--	--	--

**CKL**

(108)

**RESPONDENT No.**

(109)

--

**Spare**

(110-113)

--

**Card No.**

(114-115)

**Batch No.**  
(116-120)

**Sex:** Male / Female

**Date of birth:**

--	--	--	--	--	--	--

*For ages 12 years and over*

INTERVIEWER  
NAME

--

INTERVIEWER  
NUMBER

(SPARE 121-127)

--	--	--	--	--	--	--

## ‘How do you eat?’

Please mark the answer that applies to you, using a tick e.g. ✓ Please answer all the questions.

	Never	Rarely	Sometimes	Often	Very often	
1. When you have put on weight, do you eat less than you usually do?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	128
2. Do you try to eat less at mealtimes than you would like to eat?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	129
3. How often do you refuse food or drink offered because you are concerned about your weight?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	130
4. Do you watch exactly what you eat?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	131
5. Do you deliberately eat foods that are slimming?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	132
6. When you have eaten too much, do you eat less than usual the following day?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	133
7. Do you deliberately eat less in order not to become heavier?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	134
8. How often do you try not to eat between meals because you are watching your weight?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	135
9. How often in the evenings do you try not to eat because you are watching your weight?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	136
10. Do you take your weight into account with everything you eat?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	137
11. Do you have a desire to eat when you are irritated?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	138

		Never	Rarely	Sometimes	Often	Very often	
12.	Do you have a desire to eat when you have nothing to do?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	139
13.	Do you have a desire to eat when you are feeling depressed or disheartened?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	140
14.	Do you have the desire to eat when you are feeling lonely?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	141
15.	Do you have a desire to eat when somebody lets you down?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	142
16.	Do you have a desire to eat when you feel angry?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	143
17.	Do you have a desire to eat when something unpleasant is about to happen?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	144
18.	Do you get the desire to eat when you are anxious, worried or tense?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	145
19.	Do you have a desire to eat when things are going against you or have gone wrong?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	146
20.	Do you have a desire to eat when you are frightened?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	147
21.	Do you get the desire to eat when you feel disappointed?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	148
22.	Do you have a desire to eat when you are emotionally upset?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	149
23.	Do you have the desire to eat when you are bored or restless?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	150

		Never	Rarely	Sometimes	Often	Very often	
24.	If food tastes good to you, do you eat more than usual?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	151
25.	If food smells and looks good, do you eat more than usual?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	152
26.	If you see or smell something delicious, do you have a desire to eat it?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	153
27.	If you have something delicious to eat, do you eat it straight away?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	154
28.	If you see others eating, do you also want to eat?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	155
29.	Do you eat more than usual when you see others eating?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	156
30.	Do you tend to eat something when you are preparing a meal?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	157
31.	If you walk past a bakery, do you have the desire to buy something delicious?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	158
32.	If you walk past a snack bar or café, do you want to buy something delicious?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	159
33.	Can you resist eating delicious food?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	160

# Low Income Diet and Nutrition Survey

## Program Documentation

### Nurse Schedule

This 'paper version of the program' has been created to indicate the wording and content of the nurse questionnaire. Numerical answers lying within a set range and recorded to a particular accuracy are indicated as :X..Y. For example, Upper Arm Circumference that must be between 5 and 100 centimetres and recorded to 1 decimal point is displayed as: 5.0..100.0. Instructions for the nurse are given in capital letters, and questions the nurse is to ask the respondent are given as normal text.

Items which appear in the actual program but which have been excluded here for clarity include:

- Repetition of respondent's name on each question
- Checks on the range of measurements
- Checks on the accuracy of answer codes in relation to each other
- Prompts for back-coding

## INTRODUCTION

*All respondents*

**IF (Agreed nurse visit) THEN**

**Info**

YOU ARE IN THE NURSE SCHEDULE FOR RESPONDENT

Person Number:

Age:

Name:

Sex:

CAN YOU INTERVIEW THIS PERSON?

1. Yes, I will do the interview now
2. No, I will not be able to do this interview

**ELSE IF (Nurse visit refused or no response) THEN**

**RefInfo**

DOES THIS PERSON STILL REFUSE A NURSE VISIT?

1. This person now agrees to a nurse visit
2. Still refuses a nurse visit

**IF (nurse visit now agreed) THEN**

**StrtNur**

ENTER THE START TIME OF THE INTERVIEW IN HOURS AND MINUTES USING THE 24-HOUR CLOCK (e.g. 17:30).

**NurDate**

TODAY'S DATE ACCORDING TO THE LAPTOP IS (DD.MM.YY). IS THIS THE CORRECT DATE?

1. Yes



2. No

**NDoBD**

Can I just check your date of birth? ENTER DAY, MONTH AND YEAR OF RESPONDENT'S DATE OF BIRTH SEPARATELY. ENTER THE DAY HERE.

**NDoBM**

ENTER THE CODE FOR THE MONTH OF RESPONDENT'S DATE OF BIRTH

1. January
2. February
3. March
4. April
5. May
6. June
7. July
8. August
9. September
10. October
11. November
12. December

**NDoBY**

ENTER THE YEAR OF RESPONDENT'S DATE OF BIRTH

**DispAge**

So your age is (computed age)?

1. Yes
2. No

**CParInt**

A CHILD CAN ONLY BE INTERVIEWED WITH THE PERMISSION OF, AND IN THE PRESENCE OF, THEIR PARENT OR A PERSON WHO HAS (PERMANENT) LEGAL PARENTAL RESPONSIBILITY. NO MEASUREMENTS SHOULD BE CARRIED OUT WITHOUT THE AGREEMENT OF BOTH THE PARENT AND THE CHILD.

**IF (respondent is aged 16-49 AND sex = female) THEN**

**PregNTJ**

Can I check, are you pregnant at the moment?

1. Yes
2. No

**IF (Respondent is aged 10 - 15 AND Sex = Female) THEN**

**UPreg**

HAS THE RESPONDENT (OR HER PARENT) TOLD YOU THAT SHE IS PREGNANT? DO NOT ASK FOR THIS INFORMATION - ONLY CODE WHETHER OR NOT IT HAS BEEN VOLUNTEERED.

1. Yes, told me she is pregnant
2. No, not told me she is pregnant

**IF (Respondent is pregnant) THEN**

**PregMes**

RESPONDENT IS PREGNANT. NO MEASUREMENTS TO BE DONE.

**IF (Respondent is aged under 4 OR Respondent is pregnant) THEN  
NoCodeB**

NO MEASUREMENTS REQUIRING CONSENTS TO BE TAKEN. CIRCLE CODES 02, 04,  
06, 08, 10 AND 12 ON THE FRONT OF THE CONSENT BOOKLET. PRESS <1> AND  
<ENTER> TO CONTINUE.

**PRESCRIBED MEDICINE**  
*All respondents (except pregnant women)*

**IF (Respondent is aged 16-49 AND sex = Female AND not pregnant) THEN**

**FolicA**

At present are you taking prescribed folic acid in any form, including as part of a multivitamin or multimineral supplement?

DO NOT PROMPT. IF TAKING NON-PRESCRIBED FOLIC ACID SUPPLEMENTS, INCLUDE THIS IN VITAMIN/MINERAL SUPPLEMENTS SECTION.

1. Yes, being prescribed
2. not being prescribed
3. Doesn't know/not sure
4. Taking non-prescribed folic acid

**Ask all (except pregnant women)**

**MedCNJD**

Are you taking or using any medicines, pills, syrups, ointments, puffers or injections prescribed for you by a doctor or a nurse?

INCLUDE DIETARY SUPPLEMENTS AS LONG AS PRESCRIBED. MEDICINES SHOULD BE BEING TAKEN NOW, OR BE CURRENT PRESCRIPTIONS FOR USE 'AS REQUIRED'.

1. Yes
2. No

**IF (MedCNJD = Yes) THEN**

**MedIntro**

Could I take down the names of the medicines, including pills, syrups, ointments, puffers or injections, prescribed for you/your child by a doctor?

**Enter for each prescribed drug:**

**MedBI: STRING[50]**

ENTER NAME OF DRUG. ASK IF YOU CAN SEE THE CONTAINERS FOR ALL PRESCRIBED MEDICINES CURRENTLY BEING TAKEN. IF ASPIRIN, RECORD DOSAGE AS WELL AS NAME.

**Ask for each prescribed drug:**

**MedBIA**

Have you taken/used (drug specified in MedBI) in the last 7 days?

1. Yes
2. No

**MedBIC**

ANY MORE DRUGS TO ENTER?

1. Yes
2. No

**DrugClot**

ANY ANTI-COAGULANT DRUGS RECORDED IN THE DRUGS SECTION?

1. Yes
2. No



**VITAMINS AND SUPPLEMENTS**  
*All respondents (except pregnant women)*

**SuppIntr**

The next section is about any dietary supplements that you/your child might take.

**Vita**

Are you currently taking any extra vitamins, minerals, including fluoride, or other dietary supplements which have not been prescribed by a doctor?

DO NOT INCLUDE PRESCRIBED SUPPLEMENTS (COVERED IN PREVIOUS SECTION)

E.G. VITAMIN DROPS, MULTI VITAMIN TABLETS; EXCLUDE DRINKS, YOGHURTS OR FOODS FORTIFIED WITH VITAMINS

1. Yes
2. No

**IF (Vita = Yes) THEN**

**VitIntro**

Now I would like to collect some details about the extra vitamins, minerals and other dietary supplements that you/your child is currently taking. It will be easiest if you show me the bottle or container and I can copy down the information.

**Record series of information for each supplement taken:**

**VitRecord**

CODE WHETHER BOTTLE/CONTAINER CONSULTED BY YOURSELF, THE RESPONDENT OR NOT AT ALL

1. Consulted by myself
2. Consulted by respondent
3. Not consulted

**VitaName: STRING[60]**

RECORD FULL NAME, INCLUDING BRAND AND STRENGTH

**VitaForm**

RECORD FORM

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

**VitaDose**

**:1..20**

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

**VitaFreq**

RECORD FREQUENCY: NUMBER OF TIMES AND PERIOD. CHECK WITH RESPONDENT THE DOSE ACTUALLY TAKEN AND RECORD THIS IF IT IS DIFFERENT TO THE ADVICE GIVEN ON CONTAINER.

1. Less than one a day
2. Once a day
3. Twice a day
4. Three times a day
5. Four times a day
6. Five times a day

**VitLic : STRING[9]**

IF THE PRODUCT LICENCE NUMBER IS VISIBLE, RECORD DETAILS HERE, E.G. IF 'PL 1234/4678' IS SHOWN, ENTER '1234/5678.' ENTER '0' IF THE PRODUCT LICENCE NUMBER IS NOT ON THE LABEL.

**VitCat**

SELECT CODE CATEGORY FOR THIS SUPPLEMENT

1. FluoFluoride only
2. Cod liver oil and other fish based supplements
3. Evening primrose oil type supplements
4. Vitamin C only
5. Other single vitamins not vitamin C
6. Vitamins A, C and D only
7. Vitamins with iron
8. Iron only
9. Non-prescribed folic acid only
10. Multivitamins and multiminerals
11. Multivitamins, no minerals
12. Minerals only , not fluoride or iron only
13. Other - specify at next question

**IF (VitCat = Other) THEN**

**XVit : STRING[100]**

SPECIFY OTHER KIND OF SUPPLEMENT

**VMore**

RECORD WHETHER THERE ARE ANY MORE VITAMINS OR SUPPLEMENTS TO CODE

1. Yes
2. No

**VitOK**

OVERALL HOW ACCURATE WOULD YOU SAY THE INFORMATION ABOUT THE SUPPLEMENT/S CURRENTLY TAKEN BY THE RESPONDENT IS?

1. Good
2. Moderate
3. Poor

**UPPER ARM CIRCUMFERENCE**  
*Respondents aged 2-15 (except pregnant girls)*

**MUACInt**

(As I mentioned earlier,) I would like to measure your upper arm circumference.

IF ASKED: This gives us information about the distribution of fat.

1. Respondent agrees to have upper arm circumference measured
2. Respondent refuses to have upper arm circumference measured
3. Unable to measure upper arm circumference for reason other than refusal

**IF (MUACInt = Agree) THEN**

**Repeat for each upper arm measurement taken:**

**CupArm**

Measure circumference of left arm and record in centimetres. If measurement not obtained, enter 99.9

: 5.0..100.0

**Repeat for each upper arm measurement taken:**

**CUpRel**

Is the measurement reliable?

1. Yes
2. No

**IF (at least one measurement obtained) THEN**

**CupMeas**

NURSE CHECK: ARM CIRCUMFERENCE WAS MEASURED WITH RESPONDENT:

1. Standing,
2. Sitting,
3. Lying down,
3. Measured on right arm as left arm unsuitable

**ArmRes**

OFFER TO WRITE RESULTS OF ARM CIRCUMFERENCE MEASURED ON RESPONDENT'S MEASUREMENT RECORD CARD. COMPLETE NEW CARD IF REQUIRED.

PRESS <1> AND <ENTER> TO CONTINUE.

**IF (No measurement obtained) THEN**

**CRespUp**

NURSE CHECK:

1. Both measurements refused
2. Attempted not obtained,
3. Measurement not attempted

**IF (No measurement obtained) THEN**

**NoCUpAr: STRING[140]**

GIVE REASONS FOR OUTCOME

**BLOOD PRESSURE**  
*Respondents aged 4 or over (except pregnant women)*

**BPMod**

NOW FOLLOWS THE BLOOD PRESSURE MODULE

**IF (Respondent is aged 16 or over) THEN**

**BPIntro**

(As I mentioned earlier) We would like to measure your blood pressure. The analysis of blood pressure readings will tell us a lot about the health of the population.

**ELSE IF (Respondent is aged under 16) THEN**

**BPBlurb**

NURSE: READ OUT TO RESPONDENT/GUARDIAN: (As I mentioned earlier) we would like to measure your/your child's blood pressure. If you wish, I will write the results on your/his/her Measurement Record Card. I will not, however, be able to tell you what the results mean. This has to be calculated using your/his/her age, sex and height. Also blood pressure can vary from day to day and throughout the day, so one high reading would not necessarily mean that you/he/she have high blood pressure. However, if you would like us to, we will send your/his/her results to your/his/her GP who is better placed to interpret them. In the unlikely event that you/he/she should be found to have a high blood pressure for your/his/her age and height, we shall advise your/his/her GP (with your permission) that your/his/her blood pressure should be measured again.

**BPConst**

DOES THE RESPONDENT AGREE TO BLOOD PRESSURE MEASUREMENT?

1. Yes, agrees
2. No, refuses
3. Unable to measure BP for reason other than refusal

**IF (BPConst=agree AND Respondent is aged 13 or over) THEN**

**ConSubX**

May I just check, have you eaten, smoked, drunk alcohol or done any (vigorous) exercise in the past 30 minutes?

CODE ALL THAT APPLY.

1. Eaten
2. Smoked
3. Drunk alcohol
4. Done (vigorous) exercise
5. (None of these)

**ELSE IF (BPConst=agree AND Respondent is aged under 13) THEN**

**ConSubX2**

May I just check, have you/your child eaten, or done any vigorous exercise, in the past 30 minutes?

CODE ALL THAT APPLY.

1. Eaten
2. Done vigorous exercise
3. Neither



**DINNo**

**:001...999**

PLEASE RECORD THE OMRON SERIAL NUMBER

**CufSize**

SELECT CUFF AND ATTACH TO THE RESPONDENTS RIGHT ARM. ASK THE RESPONDENT TO SIT STILL FOR FIVE MINUTES. RECORD CUFF SIZE CHOSEN.

1. Small (15-22 cm)
2. Medium (22-32 cm)
3. Large (32-42 cm)

**Repeat for each systolic reading taken:**

**Sys**

**: 1..999**

ENTER THE SYSTOLIC READING (mmHg). IF READING NOT OBTAINED, ENTER 999.

**Repeat for each diastolic reading taken:**

**Dias**

**: 1..999**

ENTER THE DIASTOLIC READING (mmHg). IF READING NOT OBTAINED, ENTER 999.

**Repeat for each pulse reading taken:**

**Pulse**

**: 1..999**

ENTER THE PULSE READING (BPM). IF READING NOT OBTAINED, ENTER 999.

**IF (Blood pressure reading = 0) THEN**

**YNoBP**

ENTER REASON FOR NOT RECORDING ANY FULL BP READINGS.

1. Blood pressure measurement attempted but not obtained
2. Blood pressure measurement not attempted
3. Blood pressure measurement refused

**RespBPS (computed variable for response to blood pressure measurement)**

Three "Three"

Two "Two"

One "One"

Tried "Tried"

NoTry "NoTry"

Refused "Refused"

**IF (RespBPS = two...refused OR BPCnst = Refuse) THEN**

**NAttBPD**

RECORE WHY NO READING OBTAINED. CODE ALL THAT APPLY

1. Problems with PC
2. Respondent upset/anxious/nervous
3. 'Error 84.4.' reading
4. Shy
5. Fidget
6. Other reason(s) (specify at next question)
7. Problems with Cuff fitting/painful
8. Problems with Omron readings (zeros, no readings)

**IF (Other IN NAttBPD) THEN**

**OthNBP: STRING[140]**

ENTER FULL DETAILS OF OTHER REASONS FOR NOT OBTAINING/ATTEMPTING THREE BP READINGS.

**IF (RespBPS = one...three) THEN**

**DifBPC**

RECORD ANY PROBLEMS TAKING READINGS. CODE ALL THAT APPLY.

1. No problems taking blood pressure
2. Reading taken on left arm because right arm not suitable
3. Respondent was upset/anxious/nervous
4. Other problems (specify at next question)
5. Problems with Cuff fitting/painful
6. Problems with Omron readings (zeros, no readings)

**IF (Other IN DifBPC) THEN**

**OthDifBP: STRING[140]**

RECORD FULL DETAILS OF OTHER PROBLEM(S) TAKING READINGS

**IF (Respondent is aged 16 or over) THEN**

**GPreGB**

Are you registered with a GP?

1. Yes
2. No

**ELSE IF Respondent is under 16 THEN**

**GPreGB**

ASK PARENT/GUARDIAN

Is (Respondent) registered with a GP?

1. Yes
2. No

**IF (GPreGB = Yes AND Respondent is aged 16 or over) THEN**

**GPSeD**

May we send your blood pressure reading to your GP?

1. Yes
2. No

**ELSE IF (GPreGB = Yes AND Respondent is under 16) THEN**

**GPSeD**

ASK PARENT/GUARDIAN May we send (Respondent's) blood pressure readings to his/her GP?

1. Yes
2. No

**IF (GPSeD = No) THEN**

**GPRefC**

SPECIFY REASON(S) FOR REFUSAL TO ALLOW BP READINGS TO BE SENT TO GP. CODE ALL THAT APPLY.

1. Hardly/Never sees GP

2. GP knows respondent's BP level
3. Does not want to bother GP
4. Other (specify at next question)

**IF (Other IN GPreFC) THEN**

**OthRefC: STRING [140]**

GIVE FULL DETAILS OF REASON FOR REFUSAL

**IF (GPRegB <> Yes OR GPSEND = No) THEN**

**Code02**

CIRCLE CONSENT CODE 02 ON FRONT OF CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE.

**ELSE IF (GPSEND=Yes) THEN**

**Code01**

a) COMPLETE BLOOD PRESSURE TO GP IN BOTH THE CONSENT BOOKLET AND THE RESPONDENT COPY.

b) ASK RESPONDENT TO READ, SIGN AND DATE THE FORM IN BOTH THE CONSENT BOOKLET AND THE RESPONDENT COPY.

c) CHECK THAT GP NAME, ADDRESS AND PHONE NUMBER ARE RECORDED ON THE CONSENT FORM

d) CHECK THE NAME BY WHICH GP KNOWS RESPONDENT

e) CIRCLE CONSENT CODE 01 ON FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE

**IF (ConsCode = Yes) AND Respondent is aged 16 or over THEN**

**IF Systolic reading >179 OR Diastolic reading >114 THEN**

**txtnew**

TICK THE CONSIDERABLY RAISED BOX AND READ OUT TO RESPONDENT

Your blood pressure is high today. Blood pressure can vary from day to day and throughout the day so that one high reading does not necessarily mean that you suffer from high blood pressure. You are strongly advised to visit your GP within 5 days to have a further blood pressure reading to see whether this is a once-off finding or not.

IF RESPONDENT IS ELDERLY, ADVISE HIM/HER TO CONTACT GP WITHIN NEXT 7 - 10 DAYS.

**IF Systolic reading 160-179 OR Diastolic reading 100-114 (Men aged 16-49 OR women aged 16+)**

**OR IF Systolic reading 170-179 OR Diastolic reading 105-114 (Men aged 50+) THEN**

**txtnew**

TICK THE MODERATELY RAISED BOX AND READ OUT TO RESPONDENT

Your blood pressure is a bit high today. Blood pressure can vary from day to day and throughout the day so that one high reading does not necessarily mean that you suffer from high blood pressure. You are advised to visit your GP within 2-3 weeks to have a further blood pressure reading to see whether this is a once-off finding or not.

**IF Systolic reading 140 - 159 OR Diastolic reading 85 - 99 (Men aged 16 - 49 OR Women aged 16+)**

**OR IF Systolic reading 160 - 169 OR Diastolic reading 96 - 104 (Men aged 50+) THEN**

**txtnew**

TICK THE MILDLY RAISED BOX AND READ OUT TO RESPONDENT

Your blood pressure is a bit high today. Blood pressure can vary from day to day and throughout the day so that one high reading does not necessarily mean that you suffer from high blood pressure. You are advised to visit your GP within 3 months to have a further blood pressure reading to see whether this is a once-off finding or not.

**IF Systolic reading <140 AND Diastolic reading <85 (Men aged 16-49 OR Women aged 16+) OR IF Systolic reading <160 AND Diastolic reading <95 (Men aged 50+) THEN  
txtnew**

TICK THE NORMAL BOX AND READ OUT TO RESPONDENT

Your blood pressure is normal.

**IF (RespBPS IN [One, Two, Three]) AND respondent is under 16 THEN**

**BPOffer**

OFFER BLOOD RESULTS TO RESPONDENT'S PARENTS.

PRESS <1> AND <ENTER> TO CONTINUE

## DEMI-SPAN

*Respondents where there was no measurement of height at the interviewer stage  
(except pregnant women)*

### SpanIntro

NOW FOLLOWS THE MEASUREMENT OF DEMI-SPAN.  
PRESS <1> AND <ENTER> TO CONTINUE

### SpanInt

I would now like to measure the length of your arm. Like height, it is an indicator of size.

1. Respondent agrees to have demi-span measured
2. Respondent refuses to have demi-span measured
3. Unable to measure demi-span for reason other than refusal

**Record for each demi-span measurement taken:**

### Span

: 5.0..1000.0

ENTER THE DEMI-SPAN MEASUREMENT IN CENTIMETRES. IF MEASUREMENT NOT OBTAINED, ENTER '999.9'.

**Record for each demi-span measurement taken:**

### SpanRel

IS THE MEASUREMENT RELIABLE?

1. Yes
2. No

**IF (no demi-span measurement is obtained) THEN**

### YnoSpan

GIVE REASON FOR NOT OBTAINING AT LEAST ONE DEMI- SPAN MEASUREMENT.

1. Measurement refused
2. Attempted but not obtained
3. Measurement not attempted

**IF (demi-span measurement is obtained) THEN**

### SpnM

DEMI SPAN WAS MEASURED WITH THE RESPONDENT: CODE ALL THAT APPLY.

1. Standing against the wall
2. Standing not against the wall
3. Sitting down
4. Lying down
5. Demi-span measured on left arm due to unsuitable right arm

### DSCard.

WRITE RESULTS OF DEMI-SPAN MEASUREMENT ON RESPONDENT'S MEASUREMENT RECORD CARD.

PRESS <1> AND ENTER TO <CONTINUE>.

**WAIST AND HIP MEASUREMENTS**  
*Respondents aged 11 or over (except pregnant women)*

**WHMod**

NOW FOLLOWS THE WAIST AND HIP CIRCUMFERENCE MEASURE

**WHIntro**

I would now like to measure your waist and hips. The waist relative to hip measurement is very useful for assessing the distribution of weight over the body.

1. Respondent agrees to have waist/hip ratio measured
2. Respondent refuses to have waist/hip ratio measured
3. Unable to measure waist/hip ratio for reason other than refusal

**IF (WHIntro = Agree) THEN**

REPEAT FOR UP TO THREE WAIST-HIP MEASUREMENTS. THIRD MEASUREMENT TAKEN ONLY IF DIFFERENCE BETWEEN FIRST TWO MEASUREMENTS IS GREATER THAN 3cm.

**Repeat for each waist reading taken:**

**Waist**

MEASURE THE WAIST CIRCUMFERENCES TO THE NEAREST MM. ENTER WAIST MEASUREMENT IN CM. (REMEMBER TO INCLUDE THE DECIMAL POINT).

IF MEASUREMENT NOT OBTAINED ENTER 999.9.

:40.0 ...1000.0

**Repeat for each hip reading taken:**

**Hip**

MEASURE THE HIP CIRCUMFERENCES TO THE NEAREST MM. ENTER HIP MEASUREMENT IN CM. (REMEMBER TO INCLUDE THE DECIMAL POINT).

IF MEASUREMENT NOT OBTAINED ENTER 999.9.

:50.0...1000.0

**IF (one or no measurement obtained) THEN**

**YNoWH**

ENTER REASON FOR NOT GETTING BOTH MEASUREMENTS

1. Both measurements refused
2. Attempted but not obtained
3. Measurement not attempted

**IF (one or no measurement obtained) THEN**

**WHPNABM**

GIVE REASONS FOR OUTCOME. CODE ALL THAT APPLY.

1. Respondent is chairbound
2. Respondent is confined to bed
3. Respondent is too stooped
4. Respondent did not understand the procedure
5. Other (specify at next question)

**IF (WHPNABM = Other) THEN**

**OthWH: STRING [140]**

GIVE FULL DETAILS OF 'OTHER' REASON(S) FOR NOT GETTING FULL WAIST/HIP MEASUREMENT.

**IF (at least one waist measurement obtained) THEN**

**WJRel**

RECORD ANY PROBLEMS WITH WAIST MEASUREMENT

1. No problems experienced, - reliable waist measurement
2. Problems experienced - waist measurement likely to be reliable
3. Problems experienced - waist measurement likely to be slightly unreliable
4. Problems experienced - waist measurement likely to be unreliable

**IF (WJRel = Problems experienced) THEN**

**ProbWJ**

RECORD WHETHER PROBLEMS EXPERIENCED ARE LIKELY TO INCREASE OR DECREASE THE WAIST MEASUREMENT

1. Increases measurement
2. Decreases measurement

**IF (at least one hip measurement obtained) THEN**

**HJRel**

RECORD ANY PROBLEMS WITH HIP MEASUREMENT

1. No problems experienced, reliable hip measurement
2. Problems experienced - hip measurement likely to be reliable
3. Problems experienced - hip measurement likely to be slightly unreliable
4. Problems experienced - hip measurement likely to be unreliable

**IF (HJRel =Problems experienced) THEN**

**ProbHJ**

RECORD WHETHER ANY PROBLEMS EXPERIENCED ARE LIKELY TO INCREASE OR DECREASE THE HIP MEASUREMENT

1. Increases measurement
2. Decreases measurement

**IF (one or two waist/hip measurements obtained) THEN**

**WHRes**

OFFER TO WRITE RESULTS OF WAIST AND HIP MEASUREMENTS, WHERE APPLICABLE, ONTO RESPONDENTS MEASUREMENT RECORD CARD

## BMI

*Respondents aged 16 or over whose BMI was available from the interviewer stage*

### **ConsBMI**

During the first stage, the interviewer measured your height and weight and from this, your Body Mass Index (BMI) was calculated. BMI is a way of telling if you're a healthy weight for your height. May we send your BMI calculation to your GP?

NURSE: TELL THEM THAT IT WAS CALCULATED TO BE (BMI measurement).

1. Yes
2. No

### **IF (ConsBMI = Yes) THEN**

#### **Code11**

OBTAIN SIGNATURE IN BOTH THE CONSENT BOOKLET AND THE RESPONDENT COPY. CIRCLE CONSENT CODE 11 ON FRONT OF THE CONSENT BOOKLET. PRESS <1> AND <ENTER> TO CONTINUE.

### **IF (ConsBMI = No)**

#### **Code12**

CIRCLE CONSENT CODE 12 ON FRONT OF THE CONSENT BOOKLET. PRESS <1> AND <ENTER> TO CONTINUE.



## BLOOD SAMPLE

*Respondents aged 8 or over (except pregnant women)*

### **BlIntro**

NOW FOLLOWS THE BLOOD SAMPLE MODULE. CAN YOU TAKE THE BLOOD SAMPLE NOW, OR WILL YOU HAVE TO COME BACK FOR A LATER VISIT (BECAUSE OF LABORATORY OPENING HOURS?)

1. Now
2. Later

**IF (BlIntro = Later) THEN**

### **B1Stop**

YOU HAVE NOT COMPLETED THE BLOOD SAMPLE MODULE FOR RESPONDENT X. PLEASE REMEMBER TO COME BACK TO THESE QUESTIONS. TO CONTINUE WITH THIS SCHEDULE ON THE FIRST VISIT, PRESS <1> AND <ENTER>. WHEN YOU RE-ENTER THIS SCHEDULE ON YOUR NEXT VISIT, JUST PRESS THE <End> KEY TO GET TO THIS QUESTION. TO COMPLETE THE BLOOD SAMPLE MODULE FOR RESPONDENT X, PRESS THE <Uparrow> KEY TO MOVE TO THE PREVIOUS QUESTION AND CHANGE 'LATER' TO 'NOW'.

**IF (respondent is aged 16 or 17 years) THEN**

### **NCGuard**

NURSE CHECK:

1. Parent "Respondent lives with parent or person with legal responsibility"
2. NoParent "Does not live with parent or person with legal responsibility"

### **ClotB**

EXPLAIN PURPOSE AND PROCEDURE FOR TAKING BLOOD. ASK RESPONDENT/PARENT: May I just check, Do you have a clotting or bleeding disorder or are you currently on anti-coagulant drugs such as Warfarin? ASPIRIN THERAPY IS NOT A CONTRAINDICATION FOR BLOOD SAMPLE.

1. Yes
2. No

**IF (ClotB = No) THEN**

### **Fit**

(ASK PARENT WHERE APPLICABLE) May I just check, have you ever had a fit (including epileptic fit, convulsion, convulsion associated with high fever)?

1. Yes
2. No

**IF (Cannot have blood taken due to medical condition) THEN**

### **NoCodes**

NO BLOOD TO BE TAKEN. CIRCLE CONSENT CODES 04, 06, 08 AND 10 ON FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE.

**IF (Fit = No AND aged under 18) THEN**

### **Ametop**

EXPLAIN THAT THERE IS THE OPTION OF USING AMETOP GEL, BUT THAT A SAMPLE CAN BE GIVEN WITHOUT AMETOP. GIVE PARENT/RESPONDENT THE AMETOP INFORMATION SHEET AND ALLOW THEM TIME TO READ IT.

**IF (age of respondent is 8 - 15 years) THEN**

**CBSConst**

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

1. Yes
2. No

**IF (CBSConst = No) THEN**

**RefBSC**

RECORD WHY BLOOD SAMPLE REFUSED. CODE ALL THAT APPLY.

1. Previous difficulties with venepuncture
2. Dislike/fear of needles
3. Respondent recently had blood test/health check
4. Refused because of current illness
5. Worried about HIV or AIDS
6. Other

**IF (NCGuard = Parent) THEN**

**GuardCon**

IS A PARENT OR PERSON WITH LEGAL RESPONSIBILITY WILLING TO GIVE CONSENT?

1. Yes
2. No

**IF (GuardCon = No) THEN**

**Ignore: STRING[140]**

RECORD DETAILS OF WHY CONSENT REFUSED

**IF (Fit = No AND CBSConst <> No) THEN**

**BSWill**

ASK DIRECTLY TO CHILD/RESPONDENT: Would you be willing to have a blood sample taken?

1. Yes
2. No

**IF (respondent is aged 8 - 17 and BSWill = Yes) THEN**

**AmetopUse**

ASK PARENT: Do you want Ametop gel to be used?

1. Yes
2. No

**IF (AmetopUse = Yes) THEN**

**Allergy**

Have you/your child ever had a bad reaction to a local or general anaesthetic bought over the counter at a chemist, or given at the doctor, the dentist or in hospital?

1. Yes
2. No

**IF (Allergy = Yes) THEN**

**NoAmetop**

AMETOP GEL CANNOT BE USED. IS RESPONDENT WILLING TO GIVE BLOOD SAMPLE WITHOUT AMETOP GEL? CODE 1 IF YES, WILLING TO GIVE BLOOD SAMPLE WITHOUT AMETOP GEL, CODE 2 IF NO, NOT WILLING TO GIVE BLOOD SAMPLE WITHOUT AMETOP.

1. Yes, willing
2. No, no blood sample

**ELSE IF (Allergy = No) THEN**

**Ametopnow**

ARE YOU GOING TO APPLY AMETOP DURING THE FIRST VISIT, OR RETURN FOR A SECOND VISIT?

1. During the first visit
2. Return for a second visit

**IF (Ametopnow = Second visit) THEN**

**Later**

BLOOD SAMPLE WITH AMETOP GEL. CODE 1 TO CONTINUE WITH THE REST OF THE SCHEDULE ON THE FIRST VISIT. CODE 2 IF THIS IS THE RETURN VISIT.

1. Finish rest of schedule now (only applies to first visit )
2. This is the return visit and ready to take blood sample

**IF (BSWill = No) THEN**

**RefBSC**

RECORD WHY BLOOD SAMPLE REFUSED. CODE ALL THAT APPLY.

1. Previous difficulties with venepuncture
2. Dislike/fear of needles
3. Respondent recently had blood test/health check
4. Refused because of current illness
5. Worried about HIV or AIDS
6. Other

**IF (RefBSC = Other) THEN**

**OthRefBS: STRING[135]**

GIVE FULL DETAILS OF OTHER REASON(S) FOR REFUSING BLOOD SAMPLE.

**ELSE IF (BSWill = Yes) THEN**

**IF (Respondent is aged 8 - 17 AND AmetopUse = No OR Ametopnow = Now OR Later = Return OR NoAmetop = Yes) THEN**

**BSConsC**

EXPLAIN NEED FOR WRITTEN CONSENT FROM PARENT. Before I can take any blood, I have to obtain written consent.

PRESS <1> AND <ENTER> TO CONTINUE

**IF (respondent, and if applicable, respondent's parent/guardian, have agreed to blood sample being taken ) THEN**

**Code03**

FILL IN YOUR NAME AND THE RESPONDENT'S NAME IN BOTH THE CONSENT BOOKLET AND THE RESPONDENT'S COPY. CIRCLE CONSENT CODE 03 ON THE FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE.

**IF (NoAmetop <> No AND Later <> Now) THEN**

**IF (BSWill = Yes)**

**AND Respondent is aged 16-17 AND GuardCon = Yes**

**OR Respondent is aged 8-15 AND CBSConst = Yes**

**OR Respondent is aged 18 and over) THEN**

**IF (BPress.RespBPS = Tried...Refused) THEN**

**GPSam**

NURSE CHECK:

1. GP "Respondent registered with GP"
2. NoGP "Respondent not registered with GP"

**IF (BPress.GPRegB = Yes) OR (GPSam = GP) THEN**

**SendSam :**

MAY WE SEND THE RESULTS OF YOUR BLOOD SAMPLE ANALYSIS TO YOUR/HIS GP?

1. Yes
2. No

**IF (SendSam = Yes) THEN**

**Code05 :**

OBTAIN SIGNATURE IN BOTH THE CONSENT BOOKLET AND THE RESPONDENT COPY. CHECK NAME BY WHICH GP KNOWS RESPONDENT. CHECK GP NAME, ADDRESS AND PHONE NO. ARE RECORDED ON FRONT OF THE CONSENT BOOKLET. CIRCLE CONSENT CODE 05 ON FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE.

**ELSEIF (SendSam = No) THEN**

**SenSaC**

Why do you not want your blood sample results sent to your/his GP?

1. Hardly/Never sees GP
2. GP recently took blood sample
3. Does not want to bother GP
4. Other

**IF (Sendsam = Other) THEN**

**OthSam: STRING[140]**

GIVE FULL DETAILS OF REASONS FOR NOT WANTING RESULTS SENT TO GP.

**IF ((GPSam = NoGP OR SendSam = No)) THEN**

**Code06**

CIRCLE CONSENT CODE 06 ON FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE

**IF (BSWill = Yes) THEN**

**ConStorB**

May we have your consent to store any remaining blood for future analysis?

1. Storage consent given
2. Consent refused

**IF (ConStorB = Yes) THEN****Code07**

OBTAIN SIGNATURE (AND INITIALS IN BOTH BOXES) IN BOTH THE CONSENT BOOKLET AND THE RESPONDENT COPY. CIRCLE CONSENT CODE 07 ON FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE.

**ELSEIF (ConStorB = No) THEN****Code08**

CIRCLE CONSENT CODE 08 ON FRONT OF THE CONSENT BOOKLET.

PRESS <1> AND <ENTER> TO CONTINUE

**IF (AmetopUse = Yes AND NoAmetop <> Yes) THEN****DoAmetop**

BLOOD SAMPLE WITH AMETOP GEL. CHECK YOU HAVE ALL APPLICABLE SIGNATURES. APPLY AMETOP GEL FOLLOWING INSTRUCTIONS. WAIT AT LEAST HALF AN HOUR BEFORE ATTEMPTING BLOOD SAMPLE.

PRESS <1> AND <ENTER> TO COMPLETE REST OF SCHEDULE OR OTHER SCHEDULES WHILE WAITING. ENTER '2' WHEN HALF AN HOUR HAS PASSED TO TAKE BLOOD SAMPLE.

1. Rest "Complete rest of schedule"
2. Take "The half hour has passed, ready to take blood sample"

**IF (DoAmetop <> Rest) THEN****TakeSam****:1000..9997**

FIRST CHECK YOU HAVE ALL APPLICABLE SIGNATURES, THEN

1. TAKE BLOOD SAMPLES IN THE FOLLOWING ORDER:

- EDTA (3ml) tube purple cap
  - Plain (6ml) tube red cap
  - Heparin (4ml) tube green cap
  - EDTA (3ml) tube purple cap
2. WRITE THE SERIAL NUMBER AND DATE OF BIRTH ONTO THE BARCODED LABEL USING A BLUE BIRO (ONE LABEL PER TUBE).
3. CHECK THE DATE OF BIRTH AGAIN WITH THE RESPONDENT.
4. STICK THE BARCODED LABEL LENGTHWAYS OVER THE LABEL WHICH IS ALREADY ON THE TUBE.
5. STICK ONE BARCODED LABEL ON EACH OF THE THREE DESPATCH NOTES AT THE BACK OF THE CONSENT BOOKLET (INCLUDING THE OFFICE COPY) - REMEMBER TO USE A NEW SHEET OF BARCODED LABELS FOR EACH RESPONDENT. TO CONTINUE ENTER THE NUMBER PRINTED ABOVE THE BAR CODE.

NURSE: TO CONTINUE, ENTER THE NUMBER PRINTED ABOVE THE BAR CODE.

**SampF1**

CODE IF THE 1<sup>ST</sup> EDTA (PURPLE, 3ml) TUBE FILLED.

1. YesF "Yes, fully filled"

2. YesP "Yes, partially filled"
3. No "No, not filled"

**SampF2**

CODE IF PLAIN (RED, 6ml) TUBE FILLED.

1. YesF "Yes, fully filled"
2. YesP "Yes, partially filled"
3. No "No, not filled"

**SampF3**

CODE IF HEPARIN (GREEN TOP, 4.ml) TUBE FILLED.

1. YesF "Yes, fully filled"
2. YesP "Yes, partially filled"
3. No "No, not filled"

**SampF4.**

CODE IF THE 2nd EDTA (PURPLE, 3ml) TUBE FILLED.

1. YesF "Yes, fully filled"
2. YesP "Yes, partially filled"
3. No "No, not filled"

**Samptak**

**Computed - Blood sample outcome**

1. Blood sample obtained
2. No blood sample obtained

**IF (Samptak = YesF..YesP) THEN**

**SampArm**

RECORD WHICH ARM THE BLOOD WAS TAKEN FROM.

1. Right
2. Left
3. Both (ADULTS ONLY)

**SamDifC**

RECORD ANY PROBLEMS IN TAKING BLOOD SAMPLE. CODE ALL THAT APPLY.

1. No problem
2. Incomplete sample
3. Collapsing/poor veins
4. Second attempt necessary
5. Some blood obtained, but respondent felt faint/fainted
6. Unable to use tourniquet
7. Other (specify at next question)

**IF (SamDifC = Other) THEN**

**OthBDif: STRING[140]**

GIVE FULL DETAILS OF OTHER PROBLEMS IN TAKING BLOOD SAMPLE.

**SnDrSam**

Would you like to be sent the results of your blood sample analysis?

1. Yes
2. No

**IF (SnDrSam = Yes) THEN**

**Code09**

CIRCLE CONSENT CODE 09 ON FRONT OF THE CONSENT BOOKLET.  
PRESS <1> AND <ENTER> TO CONTINUE.

**ELSEIF (SnDrSam = No) THEN**

**Code10**

CIRCLE CONSENT CODE 10 ON FRONT OF THE CONSENT BOOKLET.  
PRESS <1> AND <ENTER> TO CONTINUE.

**Fruit<sup>1</sup>**

Can I just check, have you eaten any fruit or drunk any fruit juice in the past six hours?

1. Yes
2. No

**IF (Fruit = Yes) THEN**

**Fruit2: STRING**

What type of fruit or fruit juice was that? RECORD BRAND NAME OF JUICE OR TYPE OF FRUIT.

**Fruit3**

And how much fruit or fruit juice have you had over the past six hours? RECORD AMOUNTS VERBATIM.

**ELSEIF (SampTak = No) THEN**

**NoBSC**

CODE REASON(S) WHY NO BLOOD OBTAINED. CODE ALL THAT APPLY.

1. No suitable or no palpable vein/collapsed veins
2. Respondent was too anxious/nervous
3. Respondent felt faint/fainted
4. Other

**IF (NoBSC = Other) THEN**

**OthNoBSM: STRING[140]**

GIVE FULL DETAILS OF REASON(S) NO BLOOD OBTAINED.

**Code14**

CROSS OUT CONSENT CODES 05, 07 AND 09 IF ALREADY CIRCLED ON FRONT OF THE CONSENT BOOKLET.  
PRESS <1> AND <ENTER> TO CONTINUE.

---

<sup>1</sup> The variable name in the data-set is ANYFRUIT.

**THANKS**  
*All respondents*

**Allcheck**

CHECK BEFORE LEAVING RESPONDENT:

- THAT ALL RESPONDENTS HAVE A CONSENT BOOKLET.
- THAT FULL GP DETAILS ARE ENTERED ON FRONT OF THE CONSENT BOOKLET
- THE NAME BY WHICH THE GP KNOWS THE RESPONDENT.
- THAT ALL DETAILS ARE COMPLETED ON FRONT OF THE CONSENT BOOKLET.
- THAT ALL NECESSARY SIGNATURES HAVE BEEN COLLECTED.
- THAT THERE ARE SIX APPROPRIATE CONSENT CODES RINGED ON FRONT OF CONSENT BOOKLET.

**Thank**

END OF QUESTIONNAIRE REACHED. THANK RESPONDENTS FOR THEIR CO-OPERATION. PRESS <1> AND <ENTER> TO FINISH.



SERIAL NUMBER

--	--	--	--	--	--	--	--

CKL

--

RESPONDENT No.

--

**P2347 NHS (A)**

Sex

Male

Female

1
---

2
---

Date of birth:

DAY

MONTH

YEAR

--	--

--	--

--	--	--	--

## SOCIAL & RESOURCE INFLUENCES ON EATING HABITS

### Consent for passing details to NHS Central Register and Cancer Registry (Adult aged 16 and over)

- The NHS Central Register lists all the people in the country and their National Health Service (NHS) number.
- The National Cancer Registry is run by the Office for National Statistics. This registry collects details about all types of cancer.
- We would like to ask for your consent for us to send your name, address and date of birth to the National Health Service Central Register and Cancer Registry. A marker will be put against your name to show that you took part in the Social and Resource Influences on Eating Habits study.
- If a person who took part in the Social and Resource Influences on Eating Habits study dies or gets cancer, the cause of death or type of cancer will be linked with their answers to the survey. By linking this information the research is more useful as we can look at how people's lifestyle can have an impact on their future health.
- This information will be confidential and used for research purposes only.
- By signing this form you are only giving permission for the linking of this information and nothing else. We will not be able to obtain any other details from your medical records.
- You can cancel this permission at any time in the future by writing to us.

#### Your consents

I, (name) \_\_\_\_\_

I) *Consent to the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL passing my name, address and date of birth to the **National Health Service Central Register**. I understand that these details will be used for research purposes only.*

Signed \_\_\_\_\_

Date \_\_\_\_\_

II) *Consent to the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL passing my name, address and date of birth to the **Cancer Registry**. I understand that these details will be used for research purposes only.*

Signed \_\_\_\_\_

Date \_\_\_\_\_

INTERVIEWER  
NAME

--

INTERVIEWER  
NUMBER

--	--	--	--	--	--

## SOCIAL & RESOURCE INFLUENCES ON EATING HABITS CONSENT BOOKLET – Office Copy

P2347/8347

Please use capital letters and write in ink

ADDRESS

SERIAL NUMBER CHECK LETTER

--	--	--	--	--	--	--	--	--	--

RESPONDENT No.

--	--

INTERVIEWER No.

--	--	--	--	--	--

1. Nurse number

2. Date schedule completed

--	--	--	--	--	--	--	--

3. Full name (of person tested) \_\_\_\_\_

Name by which GP knows person (if different) \_\_\_\_\_

4. Sex      Male      

1
---

              Female      

2
---

5. Date of birth:

--	--	--	--	--	--	--	--

6. Full name of parent/guardian (if person under 18) \_\_\_\_\_

7. **GP NAME AND ADDRESS**

**Dr:** .....

Practice Name: .....

**Address:** .....

.....

Town: .....

County: .....

Postcode: .....

**Telephone no:** .....

8. **NURSE USE ONLY**

GP address complete      1

GP address incomplete    2

No GP                            3

9. SUMMARY OF CONSENTS - RING CODE FOR EACH ITEM	YES	NO
a) Blood pressure to <b>GP</b>	01	02
b) Sample of blood to be taken	03	04
c) Blood sample result to <b>GP</b>	05	06
d) Blood sample for <b>storage</b>	07	08
e) Blood sample result to <b>respondent</b>	09	10
f) Body Mass Index (BMI) to <b>GP</b>	11	12



# BLOOD PRESSURE TO GP CONSENT FORM

**Adult (age 16 and over)**

**BP (A)**

I, (name) \_\_\_\_\_

*consent to the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL informing my General Practitioner (GP) of my blood pressure results. I am aware that the results of my blood pressure measurement may be used by my GP to help monitor my health and that my GP may wish to include the results in any future report about me.*

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Child (age 15 and under)**

**BP (C)**

I, (name) \_\_\_\_\_

*am the parent/guardian of*

*(child's name)* \_\_\_\_\_

*and I consent to the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL informing his/her General Practitioner (GP) of his/her blood pressure results. I am aware that the results of his/her blood pressure measurement may be used by his/her GP to help monitor his/her health and that his/her GP may wish to include the results in any future report about him/her.*

Signed \_\_\_\_\_

Date \_\_\_\_\_

# BLOOD SAMPLE CONSENT FORM

BS (A)

## Adult (age 18 and over)

I, (name) \_\_\_\_\_

I. Consent to \_\_\_\_\_ (qualified nurse) taking a sample of my blood on behalf of the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL. This blood sample will not be used to test for HIV virus. The sample will be tested for: haemoglobin, ferritin, blood lipids, vitamins and blood cell count. The purpose and procedure have been explained to me by the nurse and I have had an opportunity to discuss this with him/her. I have received a written explanation of these matters.

Signed \_\_\_\_\_ Date \_\_\_\_\_

II. I consent to the National Centre for Social Research/UCL Joint Health Surveys Unit informing my General Practitioner (GP) of the blood sample analysis results for haemoglobin, ferritin, blood lipids, vitamins and blood cell count. I am aware that the results of my blood sample analysis may be used by my GP to help him/her monitor my health and that my GP may wish to include the results in any future report about me.

Signed \_\_\_\_\_ Date \_\_\_\_\_

III. I consent for any remaining blood being stored for future analysis. This blood sample may be used for future ethically approved studies of the causes, diagnosis, treatment or outcome of disease. Please initial if consent given

I understand that future research using the sample I give may include genetic research aimed at investigating the genetic influences on the cause or outcome of disease but the results of these investigations are unlikely to have any implications for me personally.

Please initial if consent given

I understand that the blood samples and related information will be coded and used anonymously and will not be available for commercial purposes. It was explained to me that any future testing of the blood samples will require the consent of the Food Standards Agency who is funding the study. I understand that I can withdraw my consent at any time, without giving any reason, by asking the investigators in writing for my blood to be removed from storage.

Signed \_\_\_\_\_ Date \_\_\_\_\_

# BLOOD SAMPLE CONSENT FORM

BS (C)

Child (age 8 to 17)

I, (name) \_\_\_\_\_

I. Consent to \_\_\_\_\_ (qualified nurse) taking a sample of my blood on behalf of the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL. This blood sample will not be used to test for HIV virus. The sample will be tested for haemoglobin, ferritin, blood lipids, vitamins and blood cell count. The purpose and procedure, and possible use of Ametop gel, have been explained to me by the nurse and I have had an opportunity to discuss this with him/her. I have received a written explanation of these matters.

I consent to the sample being taken.....**tick one box:**

With the use of Ametop gel

Without Ametop gel

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Countersigned by Parent or Person with legal parental responsibility:**

Signed \_\_\_\_\_

Date \_\_\_\_\_

II. I consent to the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL informing my General Practitioner (GP) of the blood sample analysis results haemoglobin, ferritin, blood lipids, vitamins and blood cell count. I am aware that the results of my blood sample analysis may be used by my GP to help him/her monitor my health and that my GP may wish to include the results in any future report about me.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Countersigned by Parent or Person with legal parental responsibility**

Signed \_\_\_\_\_

Date \_\_\_\_\_

III. I consent for any remaining blood being stored for future analysis. This blood sample may be used for future ethically approved studies of the causes, diagnosis, treatment or outcome of disease.

Please initial if consent given

I understand that future research using the sample I give may include genetic research aimed at investigating the genetic influences on the cause or outcome of disease but the results of these investigations are unlikely to have any implications for me personally.

Please initial if consent given

I understand that the blood samples and related information will be coded and used anonymously and will not be available for commercial purposes. . It was explained to me that any future testing of the blood samples will require the consent of the Food Standards Agency who is funding this study. I understand that I can withdraw my consent at any time, without giving any reason, by asking the investigators in writing for my blood to be removed from storage.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Countersigned by Parent or Person with legal parental responsibility:**

Signed \_\_\_\_\_

Date \_\_\_\_\_

# BODY MASS INDEX (BMI) TO GP CONSENT FORM

Adult (age 16 and over)

**BMI(A)**

I, (name) \_\_\_\_\_

*consent to the National Centre for Social Research/UCL Joint Health Surveys Unit/KCL informing my General Practitioner (GP) of my body mass index. I am aware that the results of my body mass index calculation may be used by my GP to help monitor my health and that my GP may wish to include the results in any future report about me.*

Signed \_\_\_\_\_

Date \_\_\_\_\_











**EATING HABITS**  
**DESPATCH NOTE FOR BLOOD SAMPLES**  
(OFFICE COPY)

Complete all sections and return in consent booklet to Brentwood.

**BLOOD TAKEN**

1. BLOOD TAKEN ON : Day  Month  Year

2. BARCODE:

3. BLOOD SAMPLE TAKEN BY:

NURSE NUMBER:

NURSE NAME:

**SAMPLES TAKEN TO LOCAL LAB**

4. TICK SAMPLE TUBES TAKEN TO LAB:

EDTA purple

Heparin

TIME SAMPLE DELIVERED TO LAB (24 hour format)

**SAMPLES DESPATCHED TO RVI**

5. TICK SAMPLE TUBES DESPATCHED TO RVI:

Plain red

EDTA purple

6. BLOOD SAMPLE: Day  Month  Year   
DESPATCHED TO RVI

## Venepuncture Check-List

Consent to take blood sample:      Obtained       Not obtained  → **End**

System used to take blood sample:      Vacutainer       Butterfly needle

Is the respondent ...      ...Left handed?       ... Right handed?

Which arm did you use to take blood?      Left arm?       Right arm?

Skin condition on arm used:      Skin intact       Skin not intact

Alcohol wipe:      Alcohol wipe used       Wipe not used

AMETOP gel:      Ametop gel used       Ametop gel **not** used

What time was the ametop gel applied?  
(Please use 24 hour clock)     

Was the respondent sensitive to Ametop gel?      Yes       No

Sample acquired on...1<sup>st</sup> attempt       2<sup>nd</sup> attempt       Both attempts failed  → **End**

What time was the blood taken?  
(Please use 24 hour clock)     

Was pressure applied over the puncture site immediately?      Yes, applied immediately       No, not applied immediately

Who applied the pressure?      Nurse       Respondent       Parent

Respondent skin sensitivity:      Sensitive to tape/plaster       Not sensitive to tape/plaster       Not checked

Any abnormality noted after 5 minutes:  
None       Sensory deficit       Haematoma       Swelling       Other

If **other**, please specify:

Please describe action taken for any abnormality:

Was the puncture site rechecked before you left?      Yes, rechecked       No, not rechecked

Thank you for completing this checklist. If you have any comments, please write them here or on a separate sheet.

## APPENDIX F: MEASUREMENT PROTOCOLS

### HEIGHT MEASUREMENT

#### A. THE EQUIPMENT

You are provided with a portable stadiometer. It is a collapsible device with a sliding head plate, a base plate and three connecting rods marked with a measuring scale.

Frankfort plane card

#### B. THE PROTOCOL - RESPONDENTS AGED 16 and over

1. Ask the respondent to remove their shoes in order to obtain a measurement that is as accurate as possible.
2. Assemble the stadiometer and raise the headplate to allow sufficient room for the respondent to stand underneath it. Double check that you have assembled the stadiometer correctly.
3. The respondent should stand with their feet flat on the centre of the base plate, feet together and heels against the rod. The respondent's back should be as straight as possible, preferably against the rod but NOT leaning on it. They should have their arms hanging loosely by their sides. They should be facing forwards.
4. Move the respondent's head so that the Frankfort Plane is in a horizontal position (i.e. parallel to the floor). The Frankfort Plane is an imaginary line passing through the external ear canal and across the top of the lower bone of the eye socket, immediately under the eye (see diagram). This position is important if an accurate reading is to be obtained. An additional check is to ensure that the measuring arm rests on the crown of the head, i.e. the top back half. To make sure that the Frankfort Plane is horizontal, you can use the Frankfort Plane Card to line up the bottom of the eye socket with the flap of skin on the ear. The Frankfort Plane is horizontal when the card is parallel to the stadiometer arm.
5. Instruct the respondent to keep their eyes focused on a point straight ahead, to breathe in deeply and to stretch to their fullest height. If after stretching up the respondent's head is no longer horizontal, repeat the procedure. It can be difficult to determine whether the stadiometer headplate is resting on the respondent's head. If so, ask the respondent to tell you when s/he feels it touching their head.
6. Ask the respondent to step forwards. If the measurement has been done correctly the respondent will be able to step off the stadiometer without ducking their head. Make sure that the head plate does not move when the respondent does this.
7. Look at the bottom edge of the head plate cuff. There is a green arrowhead pointing to the measuring scale. Take the reading from this point and record the respondent's height in centimetres and millimetres, that is in the form 123.4, at the question *Height*. You may at this time record the respondent's height onto their Measurement Record Card and at

the question *MbookHt* you will be asked to check that you have done so. At that point the computer will display the recorded height in both centimetres and in feet and inches. At *RelHiteB* you will be asked to code whether the measurement you obtained was reliable or unreliable.

8. Height must be recorded in centimetres and millimetres, e.g. 176.5 cms. If a measurement falls between two **millimetres**, it should be recorded to the **nearest even millimetre**. E.g. if respondent's height is between 176.4 and 176.5 cms, you should round it down to 176.4. Likewise, if a respondent's height is between 176.5 and 176.6 cms, you should round it up to 176.6 cms.
9. Push the head plate high enough to avoid any member of the household hitting their head against it when getting ready to be measured.

### C. THE PROTOCOL - RESPONDENTS AGED 2-15

The protocol for measuring children differs slightly to that for older respondents. You must get the co-operation of an adult Catering Unit member. You will need their assistance in order to carry out the protocol, and children are much more likely to be co-operative themselves if another Catering Unit member is involved in the measurement. If possible measure children last so that they can see what is going on before they are measured themselves.

Children's bodies are much more elastic than those of adults. Unlike adults they will need your help in order to stretch to their fullest height. This is done by stretching them. This is essential in order to get an accurate measurement. It causes no pain and simply helps support the child while they stretch to their tallest height.

It is important that you practice these measurement techniques on any young children among your family or friends. The more practice you get before going into the field the better your technique will be.

1. In addition to removing their shoes, children should remove their socks as well. This is not because the socks affect the measurement. It is so that you can make sure that children don't lift their heels off of the base plate. (See point 3 below).
2. Assemble the stadiometer and raise the head plate to allow sufficient room for the child to stand underneath it.
3. The child should stand with their feet flat on the centre of the base plate, feet together and heels against the rod. The child's back should be as straight as possible, preferably against the rod, and their arms hanging loosely by their sides. They should be facing forwards.
4. Place the measuring arm just above the child's head.
5. Move the child's head so that the Frankfort Plane is in a horizontal position (see diagram). This position is as important when measuring children as it is when measuring adults if the measurements are to be accurate. To make sure that the Frankfort Plane is horizontal, you can use the Frankfort Plane Card to line up the bottom of the eye socket with the flap of skin on the ear. The Frankfort Plane is horizontal when the card is parallel to the stadiometer arm.

6. Cup the child's head in your hands, placing the heels of your palms either side of the chin. Your fingers should come to rest just under the ears. (See diagram).
7. Firmly but gently, apply upward pressure lifting the child's head upwards towards the stadiometer headplate and thus stretching the child to their maximum height. Avoid jerky movements, perform the procedure smoothly and take care not to tilt the head at an angle: you must keep it in the Frankfort plane. Explain what you are doing and tell the child that you want them to stand up straight and tall but not to move their head or stand on their tip-toes.
8. Ask the Catering Unit member who is helping you to lower the headplate down gently onto the child's head. Make sure that the plate touches the skull and that it is not pressing down too hard.
9. Still holding the child's head, relieve traction and allow the child to stand relaxed. If the measurement has been done properly the child should be able to step off the stadiometer without ducking their head. Make sure that the child does not knock the head plate as they step off.
10. Read the height value in metric units to the nearest millimetre and enter the reading into the computer at the question "Height." At the question "MbookHt" you will be asked to check that you have entered the child's height onto their Measurement Record Card. At that point the computer will display the recorded height in both centimetres and in feet and inches.
11. Push the head plate high enough to avoid any member of the Catering Unit hitting their head against it when getting ready to be measured.

#### **E. ADDITIONAL POINTS - ALL RESPONDENTS**

1. If the respondent cannot stand upright with their back against the stadiometer and have their heels against the rod (e.g. those with protruding bottoms) then give priority to standing upright.
2. If the respondent has a hairstyle which stands well above the top of their head, (or is wearing a turban), bring the headplate down until it touches the hair/turban. With some hairstyles you can compress the hair to touch the head. If you can not lower the headplate to touch the head, and think that this will lead to an unreliable measure, record this at question *RelHite*. If it is a hairstyle that can be altered, e.g. a bun, if possible ask the respondent to change/undo it.
3. If the respondent is tall, it can be difficult to line up the Frankfort Plane in the way described. When you think that the plane is horizontal, take one step back to check from a short distance that this is the case.



## APPENDIX F: MEASUREMENT PROTOCOLS

### WEIGHT MEASUREMENT

#### A. THE EQUIPMENT

There are different types of scales used on this survey: Soehnle Scales, Seca or Tanita bathroom scales.

The reading is only in metric units, but as for height, the computer provides a conversion. If the respondent would like to know their weight in stones and pounds you will be able to tell them when the computer has done the calculation. You also have a conversion chart on the back of the coding booklet.

The scales have an inbuilt memory which stores the weight for 10 minutes. If during this time you weigh another object that differs in weight by less than 500 grams (about 1lb), the stored weight will be displayed and not the weight that is being measured. This means that if you weigh someone else during this time, you could be given the wrong reading for the second person.

So if you get an identical reading for a second person, make sure that the memory has been cleared. Clear the memory from the last reading by weighing an object that is more than 500 grams lighter (ie a pile of books, your briefcase or even the stadiometer). You will then get the correct weight when you weigh the second respondent.

You will only need to clear the memory in this way if:

- a) You have to have a second or subsequent attempt at measuring the same person
- b) Two respondents appear to be of a very similar weight
- c) Your reading for a respondent in a Catering Unit is identical to the reading for another respondent in the Catering Unit whom you have just weighed.

#### B. THE PROTOCOL

1. Turn the display on by using the appropriate method for the scales. The readout should display 888.8 (1888 for the Seca 870) momentarily. If this is not displayed check the batteries, if this is not the cause you will need to report the problem to the *National Centre* at Brentwood. While the scales read 888.8 do not attempt to weigh anyone.
2. Ask the respondent to remove shoes, heavy outer garments such as jackets and cardigans, heavy jewellery, loose change and keys.
3. Turn the scales on with your foot again. Wait for a display of 0.0 before the respondent stands on the scales.
4. Ask the respondent to stand with their feet together in the centre and their heels against the back edge of the scales. Arms should be hanging loosely at their sides and

head facing forward. Ensure that they keep looking ahead - it may be tempting for the respondent to look down at their weight reading. Ask them not to do this and assure them that you will tell them their weight afterwards if they want to know.

The posture of the respondent is important. If they stand to one side, look down, or do not otherwise have their weight evenly spread, it can affect the reading.

5. The scales will take a short while to stabilise and will read 'C' until they have done so. (The Seca 870 displays alternate flashing lines in the display window. With the Tanita scales the weight will flash on and off when stabilised). If the respondent moves excessively while the scales are stabilising you may get a false reading. If you think this is the case reweigh, but first ensure that you have erased the memory.
6. The scales have been calibrated in kilograms and 100 gram units (0.1 kg). Record the reading into the computer at the question *Weight* before the respondent steps off the scales. At question *MBookWt* you will be asked to check that you have entered the respondent's weight onto their Measurement Record Card. At that point the computer will display the measured weight in both kilos and in stones and pounds.

#### **WARNING**

The maximum weight registering accurately on the scales is 130kg (20½ stone). (The Seca 870 can weigh up to a maximum of 150kg or 23 ½ stone). If you think the respondent exceeds this limit code them as "Weight not attempted" at *RespWts*. The computer will display a question asking them for an estimate. Do not attempt to weigh them.

#### **Additional Points**

If you are using one of the scales that has the read out on a handset, it is possible that skirts, coats and legs can obstruct the beam between the receiver and the transmitter and prevent a reading. Try to ensure that the respondent and their clothing are positioned so as to avoid this.

Pregnant women should not have their weight measured since they are *not* eligible for interview. For women respondents aged 16-49, the computer displays a question asking them whether they are pregnant and then enforces the appropriate routing. If you have a respondent aged under 16 who is obviously pregnant, code as "Weight not attempted" at *RespWts* and "Other - specify" at *NoWaitM*.

#### **Weighing Children**

You must get the co-operation of an adult Catering Unit member. This will help the child to relax and children, especially small children are much more likely to be co-operative themselves if an adult known to them is involved in the procedure.

Children wearing nappies should be wearing a dry disposable. If the nappy is wet, please ask the parent to change it for a dry one and explain that the wetness of the nappy will affect the weight measurement.

In most cases it will be possible to measure children's weight following the protocol set out for adults. However, if accurate readings are to be obtained, it is very important that respondents stand still. Ask the child to stand perfectly still - "Be a statue." For very young children who are unable to stand unaided or small children who find this difficult you will

need to alter the protocol and first weigh an adult then weigh that adult holding the child as follows:-

- a) Code as "Weight obtained (child held by adult)" at *RespWts*
- b) Weigh the adult as normal following the protocol as set out above. Enter this weight into the computer at *WtAdult*.
- c) Weigh the adult and child together and enter this into the computer at *WtChAd*.

The computer will then calculate the weight of the child and you will be asked to check that you have recorded the weight onto the child's Measurement Record Card at *MBookWt*. Again the computer will give the weight in both kilos and in stones and pounds.

## APPENDIX F: MEASUREMENT PROTOCOLS

### MID-UPPER ARM CIRCUMFERENCE (Ages 2-15)

#### Eligibility

All children aged 2 to 15 are eligible for this measurement. It is very important that the parent is present during this measurement as you will be asking the child to bare his/her arm.

#### Protocol

The child should be standing in a relaxed manner, with the arms hanging loosely at the side. The arm should be relaxed while the measurement is being taken.

Take two readings of the left arm circumference. Explain that this is to improve accuracy.

Repeating the measurement means rechecking the process of the acromium and olecranon and remarking the midpoint before measuring the arm circumference.

Record the two measurements to the nearest even millimetre. *Always record the response to one decimal point (e.g. 15.4).*

Code each measurement's reliability. 'Unreliable' does not refer to any measurement errors that you may have made, but rather to bulky clothes being worn or the child fidgeting and moving too much.

If your second measurement differs from the first by 1.5cm or more, the computer will give you an error message, and instruct you to either amend one of your previous responses, or to take a third measurement. *Amend a previous response if you have made a mistake when entering the measurement, e.g. entered '15.2' instead of '25.2'. Take a third measurement if there is another reason for the measurements being different.*

Offer to write the measurements onto the child's Nurse Measurement Record Card. If the parent/child would like the measurement in inches, use the conversion chart which is in the back of the drug coding booklet.

## APPENDIX F: MEASUREMENT PROTOCOLS

### BLOOD PRESSURE MEASUREMENT (Ages 4 and over)

#### Eligibility

High blood pressure is an important risk factor for cardiovascular disease. It is important that we look at the blood pressure of everyone in the survey using a standard method, so we can see the distribution of blood pressure across the population.

The only people not eligible for blood pressure measurement are those who are pregnant (who will have been screened out anyway), or aged 2 or 3 years.

#### Protocol for blood pressure recording: Omron Hem-907

This section describes the protocol for measuring blood pressure using the Omron HEM 907. More detailed information may be obtained from the instructions booklet inside the box.

#### *Equipment*

Omron HEM 907 blood pressure monitor

Small cuff (17-22 cm)

Standard adult cuff (22-32 cm)

Large adult cuff (32-42 cm)

AC adapter

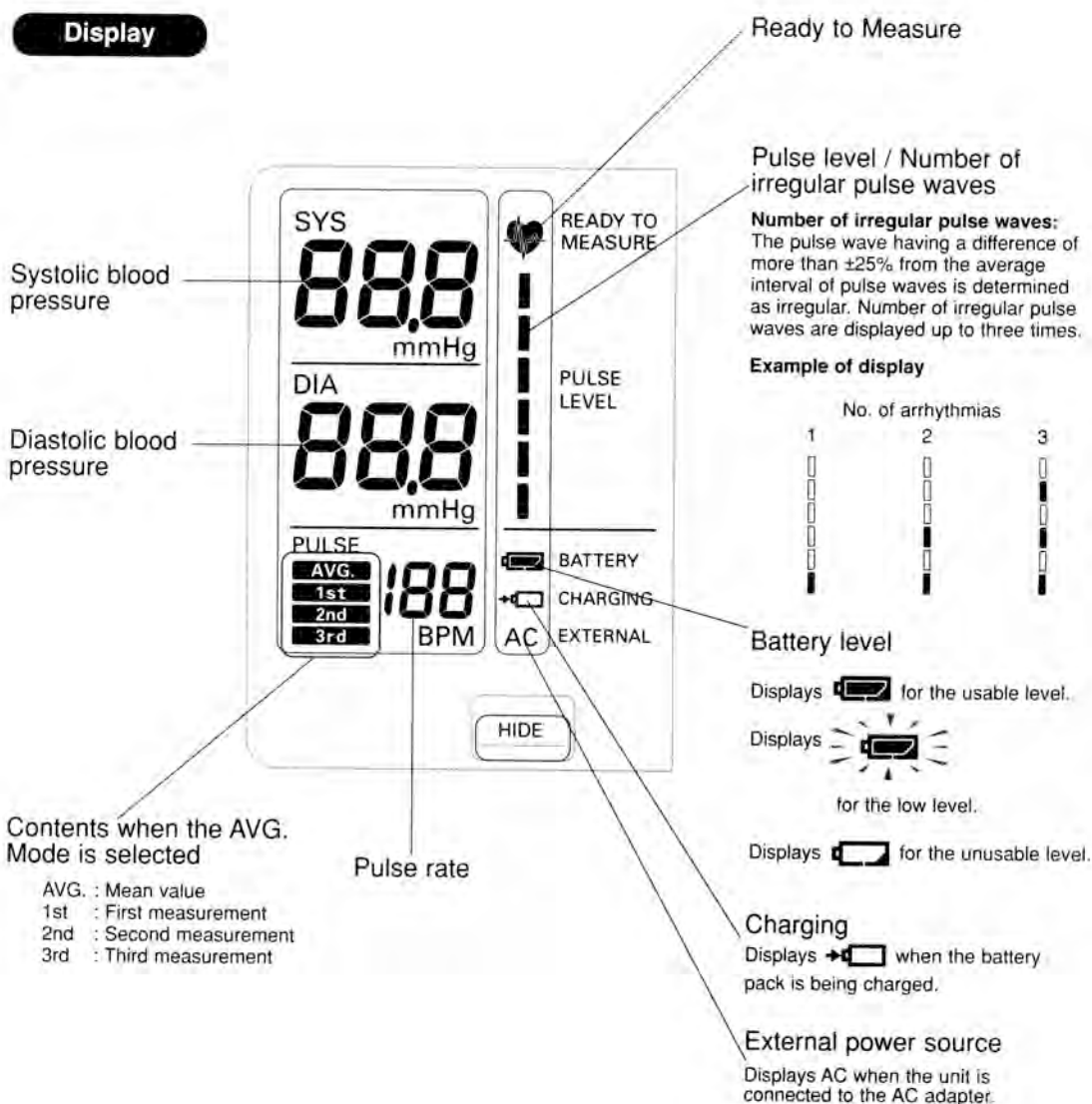
The Omron HEM-907 blood pressure monitor is an automated machine. It is designed to measure systolic blood pressure, diastolic blood pressure and pulse rate automatically at pre-selected time intervals. On this study three readings are collected at one-minute intervals.

The Omron 907 is equipped with a rechargeable battery, which is usable for approximately 300 measurements when fully charged. To recharge the battery, connect the monitor to the mains. A battery symbol will appear in the CHARGING display when the battery is charging. When ready to use the symbol will disappear. A dark battery symbol in the BATTERY display indicates that the battery is charged and the machine is usable. The battery can be charged in approx. 12 hours. When the battery symbol in the BATTERY display starts to flash there are 20-30 measurements left, you need to charge the battery soon. When a light battery symbol appears in the BATTERY display the battery needs to be put on charge immediately. The Omron 907 is **NOT** designed to work off the mains adaptor; it should be run off the battery power pack. The mains adaptor should **ONLY** be used to charge the battery pack.

**PLEASE REMEMBER TO CHARGE THE BATTERY !!**

The picture below shows the main features of the Omron HEM-907.

## Display



### Preparing the respondent

The respondent should not have eaten, smoked, drunk alcohol or taken vigorous exercise in the 30 minutes preceding the blood pressure measurement as blood pressure can be higher than normal immediately after any of these activities.

Ask the respondent to remove outer garments (e.g. jumper, cardigan, jacket) and expose the right upper arm. The sleeve should be rolled or slid up to allow sufficient room to place the cuff. If the sleeve constricts the arm, restricting the circulation of blood, ask the respondent if they would mind taking their arm out of the sleeve for the measurement.

### Selecting the correct cuff

**Adults aged 16 and over:** Do **not** measure the upper arm circumference. Instead, choose the correct cuff size based on the acceptable range which is marked on the inside of the cuff. You will note that there is some overlap between the cuffs. If the respondent falls within this overlap range then use the **standard** cuff where possible.

**Children aged 4 to 15:** It is important to select the correct cuff size. The appropriate cuff is the largest cuff which fits between the axilla (underarm) and the antecubital fossa (front of elbow) without obscuring the brachial pulse and so that the index line is within the range marked on the inside of the cuff. You will be provided with a child's cuff as well as the other adult cuffs. Many children will not need the children's cuff and instead will require a small adult cuff or a standard adult cuff. You should choose the cuff that is appropriate to the circumference of the arm.

**Adults and Children:** The appropriate cuff should be connected via the grey air tube to right end side of the monitor.

#### *Procedure*

Wrap the correct sized cuff round the upper **right** arm and check that the index line falls within the range lines. Use the left arm only if it is impossible to use the right. If the left arm is used, record this on the schedule. Locate the brachial pulse just medial to the biceps tendon and position the arrow on the cuff over the brachial artery. The lower edge should be about 1-2 cm above the cubital fossa (elbow crease).

Do not put the cuff on too tightly as bruising may occur on inflation. Ideally, it should be possible to insert two fingers between cuff and arm. However, the cuff should not be applied too loosely, as this will result in an inaccurate measurement.

The respondent should be sitting in a comfortable chair with a suitable support so that the right arm will be resting at a level to bring the antecubital fossa (elbow) to approximately heart level. They should be seated in a comfortable position with cuff applied, legs uncrossed and feet flat on the floor.

Explain that before the blood pressure measurement we need them to sit quietly for five minutes to rest. They should not smoke, eat or drink during this time. Explain that during the measurement the cuff will inflate three times and they will feel some pressure on their arm during the procedure.

It is important that children as well as adults rest for five minutes before the measurement is taken. However, making children sit still for five minutes can be unrealistic. They may move around a little, but they should not be running or taking vigorous exercise. As with adults, they should not eat or drink during this time.

After five minutes explain you are starting the measurement. Ask the respondent to relax and not to speak until the measurement is completed as this may affect their reading.

#### *How to operate the monitor*

See Picture of Omron HEM-907 monitor on page xx.

1. Switch the monitor on by pushing the **ON/OFF** button. Wait for the **READY TO MEASURE** symbol to light, indicating the machine is ready to start the measurement (approximately 2 seconds).
2. Check that the **MODE** Selector is set to **AVG** and the **P-SET** (pressure setting) Volume is set to **AUTO**.
3. Press the **START** button to start the measurement. The cuff will now start to inflate and take the first measurement. When the first measurement is

- complete the LCD displays show systolic pressure, diastolic pressure, and pulse rate. Record the readings on the interview schedule.
4. Blood pressure will then be recorded at one-minute intervals thereafter. After each interval record the reading from the LCD displays on the interview schedule.
  5. After the three measurements are complete press the **ON/OFF** button to turn off the power and remove the cuff.

If there are any problems during the blood pressure measurements or the measurement is disturbed for any reason, press the **STOP** button and start the procedure again. If the respondent has to get up to do something, then ask them to sit and rest for five minutes again.

#### *Error readings*

They appear on the LCD display:

**Er1, Er2.** Check that the tube connecting the cuff to the monitor is properly inserted and it is not bent. Check that the cuff is properly wrapped around the arm. Repeat the measurement.

**Er3.** Check that the tube connecting the cuff to the monitor is not bent. Repeat the measurement.

**Er4.** This could be because of a motion artefact. Ask the respondent to sit as still as possible and take the measurement again. If you still get another Er4 error reading, it could be because the respondent has a very high blood pressure. Set the P-SET Volume to 260 and repeat the measurement.

**Er5, Er6.** Check that the cuff is properly wrapped around the arm. Repeat the measurement.

If any of these error readings persist, record that it wasn't possible to get a reading and explain to the respondent that this sometimes happens. Then contact Brentwood and inform them that there is a problem with the monitor.

**Er7, Er8.** Check that the respondent does not move, ask the respondent to sit as still as possible and take the measurement again. If you still get an error reading the pulse may be irregular. Do NOT palpate the pulse. Record that it wasn't possible to get a reading and explain to the respondent that this sometimes happens.

**Er9.** Technical fault. Contact Brentwood immediately and inform them that there is a problem with the monitor.

#### *Feedback to respondents*

If the respondent/parent wishes, you should record details of their readings on their Measurement Record Card.

#### **a) Child respondents (age 4 to 15)**

We do **not** wish you to comment on the child's blood pressure readings to the parents. If they seek comment, reiterate what you have already said about not being able to interpret a single blood pressure measurement without checking to see whether it is normal for the child's age and height. Reassure them that if it is found to



be abnormal, the Survey Doctor will get in touch and advice them as to what steps they should take. This rule applies for **all** readings you obtain.

**b) Adult respondents (aged 16+)**

In answering queries about an adult's blood pressure it is very IMPORTANT to remember that it is **not** the purpose of the survey to provide respondents with medical advice, nor are you in a position to do so as you do not have the respondent's full medical history. But you will need to say something. What you say in each situation has been agreed with the Food Standards Agency, and you have been given a sheet with these comments to read out. It is very important that **you make all the points relevant to the particular situation and that you do not provide a more detailed interpretation as this could be misleading.** Read the instructions below very carefully and make sure you always follow these guidelines.

Your comments should be based on the last two of the first three readings you take from the **Omron HEM-907**. Base your advice on the **higher** of the last two readings. If the first reading is higher than the other two, explain that the first reading can be high because people are nervous of having their pressure taken.

Definitions of raised blood pressure differ slightly. In line with the Health Survey for England, we have decided to adopt the ones given below for this survey. It is important that you adhere to these definitions, so that all respondents are treated in an identical manner.

<b>ADULTS ONLY</b>			
<b>SURVEY DEFINITION OF BLOOD PRESSURE RATINGS</b>			
<b>For men aged less than 50 and all women</b>			
<u>Rating</u>	<u>Systolic</u>		<u>Diastolic</u>
Normal	<140	and	<85
Mildly raised	140 - 159	or	85 - 99
Moderately raised	160 - 179	or	100 - 114
Considerably raised	180 or more	or	115 or more
<b>Men aged 50 or over</b>			
Normal	<160	and	<95
Mildly raised	160 - 169	or	96 - 104
Moderately raised	170 - 179	or	105 - 114
Considerably raised	180 or more	or	115 or more
NB: < less than			

*Points to make to a respondent about their blood pressure (given on screen):*

**Normal:**

'Your blood pressure is normal'

**Mildly raised:**

'Your blood pressure is a bit high today.'

'Blood pressure can vary from day to day and throughout the day so that one high reading does not necessarily mean that you suffer from high blood pressure.'

'You are advised to visit your GP within 3 months to have a further blood pressure reading to see whether this is a once-off finding or not.'

**Moderately raised:**

'Your blood pressure is a bit high today.'

'Blood pressure can vary from day to day and throughout the day so that one high reading does not necessarily mean that you suffer from high blood pressure.'

'You are advised to visit your GP within 2-3 weeks to have a further blood pressure reading to see whether this is a once-off finding or not.'

**Considerably raised:**

'Your blood pressure is high today.'

'Blood pressure can vary from day to day and throughout the day so that one high reading does not necessarily mean that you suffer from high blood pressure.'

'You are strongly advised to visit your GP within 5 days to have a further blood pressure reading to see whether this is a once-off finding or not.'

**Note:** If the respondent is elderly and has severely raised blood pressure, amend your advice so that they are advised to contact their GP within the next week or so about this reading. This is because in many cases the GP will be well aware of their high blood pressure and we do not want to worry the respondent unduly. It is however important that they do contact their GP about the reading within 7 to 10 days. In the meantime, we will have informed the GP of their result (providing the respondent has given their permission).

*Action to be taken by the nurse after the visit*

If you need to contact the Survey Doctor, do not do this from the respondent's home - you will cause unnecessary distress.

**Pulse** - for all respondents the survey doctor routinely checks fast and slow pulse rates so no further action is necessary.

**a) Children**

No further action is required after taking blood pressure readings on children. All high readings are viewed routinely by the Survey Doctor. However, in the rare event that you encounter a child with a very high blood pressure, i.e. systolic 160 or above or diastolic 100 or above please call the Survey Doctor.

**b) Adults**

The chart below summarises what action you should take as a result of the knowledge you have gained from taking an adult's blood pressure readings. For this purpose you should only take into account **the last two of the three readings** you take. We do not want you to use the first reading as it is prone to error for the reason stated above.

BLOOD PRESSURE	ACTION
<p><b>Normal/mild/moderate bp</b></p> <p>Systolic &lt; 180 mmHg <b>and</b> Diastolic &lt; 115 mmHg</p>	<p>No further action necessary</p> <p>If you feel that the circumstances demand further action, inform the Survey Doctor who will then inform the respondent's GP immediately if she deems it necessary.**</p>
<p><b>Considerably raised bp</b></p> <p>Systolic &gt; 180 mmHg <b>or</b> Diastolic &gt; 115 mmHg</p>	<p>Contact the Survey Doctor at the earliest opportunity and she will inform the respondent's GP.**</p> <p>If the respondent has any symptoms of a hypertensive crisis* contact the survey doctor immediately or call an ambulance. The Survey Doctor must be informed as soon as possible.**</p>

NB. < less than; > greater than or equal to.

\* A hypertensive crisis is an extremely rare complication of high blood pressure. Its signs and symptoms include diastolic bp > 135 mmHg, headache, confusion, sleepiness, stupor, visual loss, seizures, coma, cardiac failure, oliguria, nausea & vomiting.

\*\* You must still contact the Survey Doctor even if respondents tell you that their GP knows about their raised BP.

All high or unusual readings will be looked at by the Survey Doctor when they reach the office. If the reading is high, then the Survey Doctor will contact the respondent directly.

## APPENDIX F: MEASUREMENT PROTOCOLS

### MEASUREMENT OF DEMI-SPAN

#### Eligibility

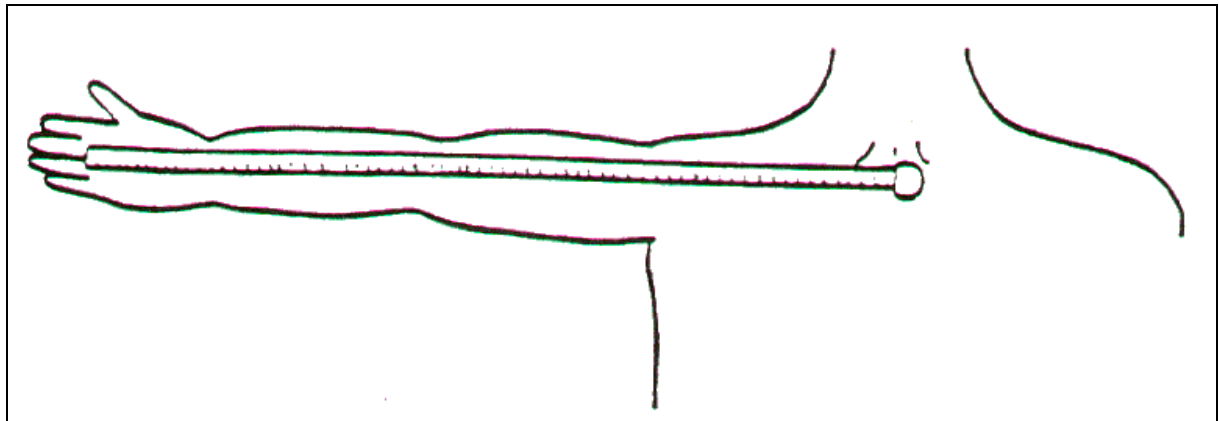
Demi-span will be measured in those people for whom, for postural reasons, a measure of height provides a poor measure of stature. This will include those with osteoporotic fractures of the spine, osteoarthritis preventing normal erect posture, ankylosing spondylitis, etc. In such instances, the interviewer will not have taken a height measurement. Respondents who cannot straighten either arm, should not have this measurement taken.

#### Purpose

When the interviewer visited the respondent s/he attempted to measure the respondent's height and weight. However, measuring height can be quite difficult if the respondent cannot stand straight or is unsteady on their feet. This can occur with some elderly people, and with people who have particular disabilities. Additionally, height decreases with age. This decrease varies from person to person, and may be considerable.

Demi-span is strongly related to a person's height and simply involves measuring with a tape the distance between the sternal notch and the finger roots with arm outstretched laterally.

A hook is attached to the tape and this is anchored between the middle and ring fingers at the finger roots. The tape is then extended horizontally to the sternal notch (see illustration below). The tape is easily damaged if it is bent.



#### Equipment

A thin retractable demi-span tape calibrated in cm and mm  
A skin marker pen

#### Preparing the respondent

The measurement is made on the right arm unless this arm cannot be fully stretched. In which case the left arm may be used and this should be recorded on the computer.

Although the measurement requires minimal undressing, certain items that might distort the measurement will need to be removed. These include:

- Ties
- Jackets and thick garments such as jumpers
- Jewellery items such as chunky necklaces/bracelets
- Shoulder pads
- High heeled shoes

Shirts should be unbuttoned at the neck.

If the respondent does not wish to remove any item that you think might affect the measurement, you should record this on the computer but still take the measurement.

### Procedure

1. Locate a wall where there is room for the respondent to stretch his/her arm. They should stand with their back to the wall, but not support themselves on it. Ask the respondent to stand about 3 inches (7cm) away from it.
2. Ask the respondent to stand with weight evenly distributed on both feet, head facing forward.
3. Ask the respondent to raise their right arm until it is horizontal. The right wrist should be in neutral rotation and neutral inflexion. Rest your left arm against the wall allowing the respondent's right wrist to rest on your left wrist.
4. When the respondent is standing in the correct position **mark the skin at the centre of the sternal notch** using the skin marker pen (explain to the respondent that this mark will wash off afterwards). It is important to mark the sternal notch while the respondent is standing in the correct position. If the sternal notch is obscured by clothing, use a piece of tape (e.g. Sellotape or masking tape) on the clothing. Note this on the schedule. Use tape that will not mark the clothing.  
If the respondent will not allow use of either the marker pen or the tape, proceed with the measurement, but record on the schedule that you were not able to mark the skin.
5. Ask the respondent to relax while you get the demi-span tape.
6. Place the hook between the middle and ring fingers so that the tape runs smoothly along the arm.
7. Ask the respondent to raise their arm. Check they are in the correct position, the arm horizontal, the wrist in neutral flexion and rotation.
8. Extend the tape to the sternal notch. If no mark was made, feel the correct position and extend the tape to this position.
9. When ready to record the measurement, ask the respondent to stretch his/her arm.  
Check that:
  - the respondent is in the right position; no extension or flexion at the wrist or at the shoulders;
  - the hook has not slipped forward and the zero remains anchored at the finger roots;
  - the respondent is not leaning against the wall.
10. Record the measurement in cms and to the nearest mm on the computer. If the length lies half-way between two millimetres, then round to the nearest

**even** millimetre. For example, if the measurement is halfway between 68.3 and 68.4, round up to 68.4. And if the measurement is halfway between 68.8 and 68.9, round down to 68.8. Please note that you must enter the measurement to one decimal place - do not round it to the nearest centimetre. For example, enter '70.2', not just '70'. If you do not enter a decimal point, the computer will give you a warning. If the measurement is exactly, say, 70cm, then all you need to do is suppress the warning and it will automatically fill in the '.0' for you. Otherwise, you must go back and amend your answer. As a further check, the computer will ask you to confirm that a measurement ending in '.0' is correct.

11. Ask the respondent to relax and loosen up the right arm by shaking it.
12. Repeat the measurement from steps 4-11. If the two measurements are more than 3cm apart, the computer will give you a warning. If you have made a mistake when entering the figures (e.g. typed 78.2 instead of 68.2), you should type over the mistake. If it was not a mistake, you should suppress the warning and take a third measurement.

### **Using the tape**

The tape is fairly fragile. It can be easily damaged and will dent or snap, if bent or pressed too firmly against the respondent's skin. Also the ring connecting the hook to the tape is a relatively weak point. Avoid putting more strain on this ring than necessary to make the measurements.

When extending the tape, hold the tape case rather than the tape itself as this puts less strain on the hook and tape. When holding the tape to the sternal notch, do not press into the sternal notch so much that the tape kinks.

### **Points to watch**

Make sure that the respondent does not flex their wrist or move their trunk or shoulder when stretching their arm.

Be careful that the corner of the hook acting as the zero point does not move away from the finger root so affecting the point from which the measurement is taken.

### **Seated and lying measurements**

If the respondent is unable to stand in the correct position, or finds it difficult to stand steadily, ask them to sit for the measurement. Use an upright chair and position it close to a wall. Still try to support the arm if possible. You may need to sit or kneel to take the reading.

If the respondent is much taller than you, take the measurement with the respondent sitting.

If the respondent finds both standing and sitting in the correct position difficult, the measurement can be taken lying down.

If the respondent's arm is much longer than yours, support the arm close to the elbow rather than wrist level. Your arm must not be between the elbow and shoulder as this will not provide sufficient support.

## **APPENDIX F: MEASUREMENT PROTOCOLS**

### **MEASUREMENT OF WAIST AND HIP CIRCUMFERENCES (Age 11+)**

#### **Purpose**

There has been increasing interest in the distribution of body fat as an important indicator of increased risk of cardiovascular disease. The waist-to-hip ratio is a measure of distribution of body fat (both subcutaneous and intra-abdominal). Analyses suggest that this ratio is a predictor of health risk like the body mass index (weight relative to height).

#### **Equipment**

Insertion tape calibrated in mm, with a metal buckle at one end.

The tape is passed around the circumference and the end of the tape is inserted through the metal buckle at the other end of the tape.

#### **Eligibility**

The respondent is ineligible for the waist and hip measurement if:

- a. Chairbound
- b. Has a colostomy/ileostomy.

#### **Preparing the respondent**

The interviewer will have asked the respondent to wear light clothing for your visit. Explain to the respondent the importance of this measurement and that clothing can substantially affect the reading.

If possible, without embarrassing you or the respondent, ensure that the following items of clothing are removed:

- all outer layers of clothing, such as jackets, heavy or baggy jumpers, cardigans and waistcoats;
- shoes with heels;
- tight garments intended to alter the shape of the body, such as corsets, lycra body suits and support tights.

If the respondent is wearing a belt, ask them if it would be possible to remove it or loosen it for the measurement.

Pockets should be emptied.

If the respondent is not willing to remove bulky outer garments or tight garments and you are of the opinion that this will significantly affect the measurement, record this on the computer.

If possible, ask the respondent to empty their bladder before taking the measurement.

### **Using the insertion tape**

All measurements should be taken to the nearest millimetre. If the length lies halfway between two millimetres, then round to the nearest even millimetre. For example, if the measurement is halfway between 68.3 and 68.4, round up to 68.4. And if the measurement is halfway between 68.8 and 68.9, round down to 68.8. Please note that you must enter the measurement to one decimal place - do not round it to the nearest centimetre. For example, enter '78.2', not just '78'. If you do not enter a decimal point, the computer will give you a warning. If the measurement is exactly, say, 78cm, then all you need to do is suppress the warning and it will automatically fill in the '.0' for you. Otherwise, you must go back and amend your answer. As a further check, the computer will also ask you to confirm that a measurement ending in '.0' is correct.

Ensure the respondent is standing erect in a relaxed manner and breathing normally. Weight should be evenly balanced on both feet and the feet should be about 25-30cm (1 foot) apart. The arms should be hanging loosely at their sides.

If possible, kneel or sit on a chair to the side of the respondent.

Pass the tape around the body of the respondent and insert the plain end of the tape through the metal ring at the other end of the tape.

To check the tape is horizontal you have to position the tape on the right flank and peer round the participant's back from his/her left flank to check that it is level. This will be easier if you are kneeling or sitting on a chair to the side of the respondent.

Hold the buckle flat against the body and flatten the end of the tape to read the measurement from the outer edge of the buckle. Do not pull the tape towards you, as this will lift away from the respondent's body, affecting the measurement.

### **Measuring waist circumference**

1. The waist is defined as the point midway between the iliac crest and the costal margin (lower rib). To locate the levels of the costal margin and the iliac crest use the fingers of the right hand held straight and pointing in front of the participant to slide upward over the iliac crest. Men's waists tend to be above the top of their trousers whereas women's waists are often under the waistband of their trousers or skirts.
2. Do not try to avoid the effects of waistbands by measuring the circumference at a different position or by lifting or lowering clothing items. For example, if the respondent has a waistband at the correct level of the waist (midway between the lower rib margin and the iliac crest) measure the waist circumference over the waistband.
3. Ensure the tape is horizontal. Ask the participant to breathe out gently and to look straight ahead (to prevent the respondent from contracting their muscles or holding their breath). Take the measurement at the end of a normal expiration. Measure to the nearest millimetre and record this on the schedule.
4. Repeat this measurement again.
5. If you are of the opinion that clothing, posture or any other factor is significantly affecting the waist measurement, record this on the computer.



### **Measuring hip circumference**

1. The hip circumference is defined as being the widest circumference over the buttocks and below the iliac crest. To obtain an accurate measurement you should measure the circumference at several positions and record the widest circumference.
2. Check the tape is horizontal and the respondent is not contracting the gluteal muscles. Pull the tape, allowing it to maintain its position but not to cause indentation. Record the measurement on the schedule to the nearest millimetre, e.g. 95.3.
3. If clothing is significantly affecting the measurement, record this on the computer.
4. Repeat this measurement again.

### **General points**

The tape should be tight enough so that it doesn't slip but not tight enough to indent clothing. If clothing is baggy, it should be folded before the measure is taken.

If the respondent is large, ask him/her to pass the tape around rather than having to "hug" them. Remember though to check that the tape is correctly placed for the measurement being taken and that the tape is horizontal all the way around.

If your second waist or hip measurement differs by 3cm or more from the first, the computer will give you a warning. If you have made a mistake when entering the figures (e.g. typed 78.2 instead of 68.2), you should type over the mistake. If it was not a mistake, you should suppress the warning and take a third measurement.

If you have problems palpating the rib, ask the respondent to breathe in very deeply. Locate the rib and as the respondent breathes out, follow the rib as it moves down with your finger. If your respondent has a bow at the back of her skirt, this should be untied as it may add a substantial amount to the waist circumference.

Female respondents wearing jeans may present a problem if the waistband of the jeans is on the waist at the back but dips down at the front. It is essential that the waist measurement is taken midway between the iliac crest and the lower rib and that the tape is horizontal. Therefore in this circumstance the waist measurement would be taken on the waist band at the back and off the waist band at the front. Only if the waistband is over the waist all the way around can the measurement be taken on the waistband. If there are belt loops, the tape should be threaded through these so they don't add to the measurement.

### **Recording problems**

We only want to record problems that will affect the measurement by more than would be expected when measuring over light clothing. As a rough guide only record a problem if you feel it affected the measurements by more than 0.5cm. We particularly want to know if waist and hip are affected differently.

## APPENDIX F: MEASUREMENT PROTOCOLS

### BLOOD SAMPLE (Age 8+)

#### Eligibility

All persons aged 8 and older, with the following exceptions, are eligible to give blood.

- a) People with clotting or bleeding disorder (see note below)
- b) People who have ever had a fit
- c) People who are not willing to give their consent in writing.
- d) People who are **currently** on anticoagulant drugs, e.g. Warfarin therapy.

Check if the respondent has a clotting or bleeding disorder. These are very uncommon. If you find someone with these problems, **do not** attempt to take blood, even if the disorder is controlled.

By clotting or bleeding disorders we mean conditions such as haemophilia and low platelets, i.e. thrombocytopenia. There are many different types of bleeding/clotting disorders but they are all quite rare. The reason these respondents are excluded from blood sampling is that:

- a) the integrity of their veins is extremely precious
- b) we do not wish to cause prolonged blood loss

For the purposes of blood sampling, those who have had, for example, a past history of thrombophlebitis, a deep venous thrombosis, a stroke caused by a clot, a myocardial infarction, an embolus are NOT considered to have clotting disorders.

Some respondents might be taking anticoagulant drugs such as Warfarin which thins their blood so that they do not stop bleeding easily. If this is the case, then do not take a blood sample. You will need to check this out, particularly with elderly respondents. Aspirin therapy is not a contraindication to blood sampling.

#### Purpose

The following categories of analytes will be carried out for all respondents giving a blood sample:

Haematology

Iron status

Fat soluble vitamins and carotenoids

Water Soluble Vitamins

Blood lipids

The blood will **not** be tested for any viruses, such as HIV (AIDS).

#### Equipment

Set of labels for blood sample tubes

Alcohol swabs

Vinyl gloves

Adhesive dressing

Kitchen roll (nurse to buy)

Micropore tape

Blood sample packaging (see below)

Tegaderm dressings

Ametop gel

Vacutainer holder

Vacutainer needles 21G (green)

Vacutainer needles 22G (black)

Butterfly needles 23G

Needle disposal box

EDTA purple (purple, 3ml) tube (two)

Plain (red, 6ml) tube

Heparin (green, 4ml) tube

## The blood tubes

Four tubes need to be filled. They should be filled in the following order so that, if a situation arises where there will be insufficient blood to fill all the tubes, the analyses with the highest priority can still be undertaken. The tubes, plus details of the analytes carried out on the sample contained in each are detailed below:

Tube	Age group	Analytes
<i>To be despatched to RVI</i>		
1. EDTA purple ( <b>purple, 3ml</b> ) tube	8+	Haemoglobin and indices
2. Plain red ( <b>red, 6ml</b> ) tube	8+	Plasma ferritin, Plasma transferrin receptors, Plasma total cholesterol, Plasma HDL-cholesterol, Non HDL cholesterol (derived), Plasma 25-hydroxyvitamin D, C-reactive protein
<i>To be taken to local laboratory for immediate processing</i>		
1. Heparin ( <b>green, 4ml</b> ) tube	8+	Vitamin C & fat soluble vitamins & carotenoids
2. EDTA purple ( <b>purple, 3ml</b> ) tube.	8+	Water soluble vitamins (folate, homocysteine)

## Ametop gel

All respondents aged 8 to 17 who consent to give a blood sample must be offered Ametop gel. Ametop gel may also be used with older respondents who request it, but should not specifically be offered to older respondents.

Respondents who have had a reaction to any anaesthetic (local or general) are not eligible to have Ametop gel. This means that you may not take a blood sample from these respondents, unless they consent to give a sample without using Ametop.

## Procedure for taking blood sample

1. Ask the screening question to check whether the respondent has a clotting or bleeding disorder, or is currently on anticoagulant therapy e.g. Warfarin.
2. Ask the screening question to find out whether the respondent has ever had a fit.

Respondents who have a clotting or bleeding disorder, or are currently on anticoagulant therapy, or who have ever had a fit, are NOT ELIGIBLE to give a blood sample.

3. Explain the purpose and procedures for taking blood.
4. Ask if respondent is willing to give blood sample
5. **In addition if the respondent is aged 8 to 17:**
  - explain that there is the **option** of using Ametop gel - but that a sample can be given without Ametop.
  - give parent/young person the information sheet about Ametop and allow them time to read it
  - answer any questions about use of Ametop, advantages and disadvantages - side effects, time taken to work, etc.
  - explain that Ametop **cannot** be used if the young person has a known allergic reaction to any local or general anaesthetic
6. **If yes and respondent is aged 8 to 17:**  
Ask if respondent wishes Ametop gel to be used.
7. **If respondent is aged 8 to 17 and wishes Ametop gel to be used:**

Ask screening question to determine whether respondent has ever had allergic reaction to anaesthetic. If they have had an allergic reaction, they are not eligible to use Ametop gel, so you cannot take a blood sample unless they are willing to give a sample without Ametop.

8. **If respondent wishes Ametop gel to be used:**

Decide with respondent whether you will take blood sample now or arrange another time to return to take the sample. Remember you will need to allow 30 minutes for the Ametop gel to work before taking the blood sample.

If blood sample will be taken NOW, follow 9. onwards. If you will be returning on a separate occasion, complete remainder of interview and arrange separate appointment to return to take blood sample.

9. **WHEN YOU ARE SET TO COMMENCE BLOOD-TAKING PROCEDURE:**

Obtain necessary written consents to give blood sample, notify GP of results, and storage of blood sample.

*Obtaining consents*

As blood taking is an invasive procedure we need to obtain written consent as well as verbal consent to take it. This has to be obtained from the respondent in all cases. If you cannot obtain written consent, the computer will direct you to ring consent codes 04, 06, 08, 10 and 12 on the Office Consent Booklet and filter you round the remaining questions.

There are two further written consents we wish to obtain in respect of blood sampling - consent to send the results to the GP and consent to store a small amount of the blood - you should seek to obtain all these consents before you take any blood. On **no** account should you ever take blood before you have obtained written consent to do so from the respondent.

There are two blood sample consent forms. The **Blood Sample Consent Form - BS (A)** is for respondents aged 18 and over, and **Blood Sample Consent Form - BS (C)** is for respondents aged 8-17. The consent form for respondents aged under 18 includes the use of Ametop gel (see the section below). The consent forms are divided into three sections - consent to take the blood, consent to send the results to the GP and consent to store the blood. A signature is needed for each section.

Small quantities of blood are being stored in special freezers in order that further analysis may be undertaken in the future. Future analysis will definitely not involve a test for viruses (e.g. HIV (AIDS) test) but may include genetic research testing, e.g. for genes which control the iron introduced in the body with the food eaten. Respondents are asked to initial their understanding of this. Any future testing of this blood will require the consent of the Food Standards Agency (the funders of this study).

The questions on the Nurse Schedules take you step by step through all the procedures for obtaining consents. Make sure you follow these carefully - recording consent codes as instructed and giving reasons for refusals, if applicable. In summary, what you do is:

- Ask the respondent if they would be willing to have a blood sample taken. Try to reassure respondents about the process, and be prepared to answer their concerns. You will need to explain to the respondent the need for written consent and how important it is.
- Obtain written consents on the appropriate **Blood Sample Consent Form** (on both versions of the consent booklet). Remember to enter your name at the head of this form before asking the respondent to sign.
- Obtain consent to send results to GP.
- Obtain consent to store blood.
- Check that you have ringed the correct consent codes on the front of the Consent Booklet.

If you are going to make a return visit to take blood, you must get written consent at the time the sample is taken – do not seek consent in advance on your first visit.

If respondent is aged 8-17 you must make sure that you always obtain both the respondent's own signature and the signature of their parent or the person who has parental responsibility. It is not sufficient to simply have one signature at items I-III on the BS(C) page of the Consent Booklets. You must make sure that you have all relevant signatures. Written consent from 16 and 17 year olds living away from the parental home will not require a counter-signature.

There are tick boxes on the consent sheet BS(C) to indicate whether the respondent/parent consented to give a blood sample with or without the use of Ametop gel. Please tick the appropriate box.

10. **IF AMETOP GEL IS TO BE USED:** Apply Ametop gel following the instructions below.
11. Take blood sample following the instructions below.

### **General information about Ametop gel**

Ametop gel is an effective local anaesthetic cream with minimal side-effects. Occasionally mild local skin reactions are experienced. You will need to explain the pros and cons of using Ametop to each respondent and parent, in addition to giving them the written note to read. It is important that respondents understand that you are not a doctor and cannot treat unexpected reactions.

#### *Pros:*

- reduces sensation of needle prick
- easy to apply
- generally safe

#### *Cons:*

- takes 30 minutes to work, and so may increase anxiety
- risk of local reaction in people known to be allergic to similar drugs
- other possible side effects:
  - reddening of skin (this is the action of the amethocaine and is to be expected)
  - slight swelling or itching where the gel has been applied

In the very rare instance of a blister forming, remove the Ametop immediately.

None of the local skin side-effects (if they occur) requires treatment. The reddening will disappear by itself over a period of hours. A local allergic reaction may involve itching, but is unlikely to require treatment.

Ametop contains amethocaine (the active ingredient), which is applied to the skin. It is important that you ask the question below (also within CAPI) to determine whether the respondent has any known anaesthetic allergies.

### **Has the person giving this blood sample ever had a bad reaction to a local or general anaesthetic bought over the counter at a chemist, or given by a doctor, dentist or in hospital?**

If the respondent has ever had a bad reaction to an anaesthetic then Ametop gel **MUST NOT** be used. However the respondent can still give a blood sample without Ametop if they are willing.

Ametop is not a prescription medication, it can be bought over the counter from a pharmacist without a prescription. Any Ametop tubes you have left at the end of your assignment should be returned to the Brentwood office with the record sheet. For safety, Ametop must not be left lying around where young children could get at it.

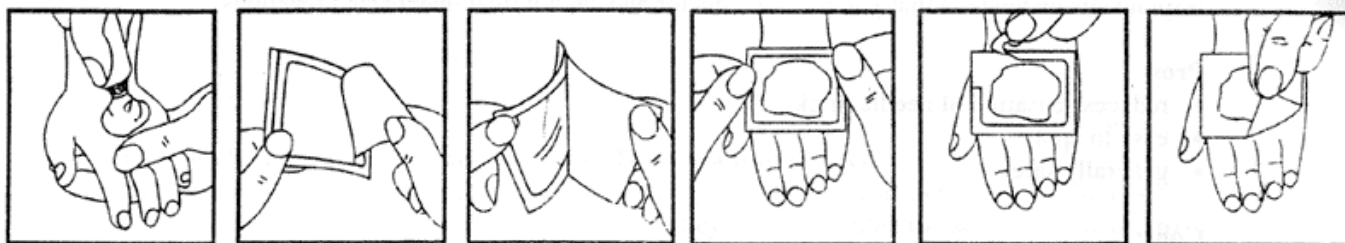
## Applying Ametop gel

Ametop gel must only be applied to healthy skin; therefore it must not be applied to sore or broken skin (eg. eczema or cuts). Make sure the Ametop gel is kept away from eyes or ears.

If the young person requires Ametop to be applied prior to venepuncture, inspect the antecubital fossae and decide which arm you will use for blood-taking. If both arms are suitable, use the left arm.

Ametop gel must be applied to ONE arm only. This means that, if you encounter problems during blood-taking (eg. collapsing vein), NO ATTEMPT can be made to take blood from the other arm.

Apply Ametop gel over the antecubital fossa. Cover with a Tegaderm dressing (a vapour permeable and self-sticking film dressing) to keep the Ametop in place. See details about how to apply AMETOP below. **Please note the illustration shows Ametop being used on the hand.** National Centre policy is to only take blood samples from the arm.



1. Squeeze  $\frac{3}{4}$  of a tube in a mound on the area to anaesthetised. **Do not rub in.**

2. Peel the beige coloured 'centre cut-out' from the dressing.

3. Peel the paper layer marked 3M Tegaderm from the dressing.

4. Apply the adhesive dressing with its paper frame to cover the Ametop. **Do not spread the gel.**

5. Remove the paper frame using the cut mark. Smooth down the edges of the dressing carefully and leave in place for 30 minutes. The time of application can be written on the occlusive dressing.

6. After 30 minutes (max. 60mins), remove the dressing. Wipe off the Ametop. Clean entire area with alcohol and begin procedure.

As you may well be aware, removing the Tegaderm is sometimes painful so take care on hairy arms!

It is very important that the used tubes of Ametop should not be left lying around. Make sure you have removed them from the household on completion of the phlebotomy. Use a new tube for each respondent. Return any unused tubes of Ametop gel to the Brentwood office.

## Preparing the respondent

Ask the respondent if they have had any problems having blood taken before.

1. Explain the procedure to the respondent. The respondent should be seated comfortably in a chair, or if they wish, lying down on a bed or sofa.
2. Ask the respondent to roll up their left sleeve and rest their arm on a suitable surface. Ask them to remove their jacket or any thick clothing, if it is difficult to roll up their sleeve.

The antecubital fossae may then be inspected. It may be necessary to inspect both arms for a suitable choice to be made, and the respondent may have to be repositioned accordingly.

3. Do **not** ask the respondent to clench his/her fist.

Select a suitable vein and apply the tourniquet around the respondent's arm. However, it is desirable to use the tourniquet applying minimal pressure and for the shortest duration of time. Do not leave the tourniquet in place for longer than 2 minutes.

Ask the respondent to keep his/her arm as still as possible during the procedure.

4. Put on your gloves at this point.

Clean the venepuncture site gently with an alcohol swab. Allow the area to dry completely before the sample is drawn.

### **Taking the sample**

Venepuncture is performed with a vacutainer needle or butterfly.

Grasp the respondent's arm firmly at the elbow to control the natural tendency for the respondent to pull the arm away when the skin is punctured. Place your thumb an inch or two below the vein and pull gently to make the skin a little taut. This will anchor the vein and make it more visible.

Ensure the needle is bevelled upwards, enter the vein in a smooth continuous motion.

Remember to take the tubes in the correct order, as follows:

1. EDTA (3ml) tube with the purple cap
2. Plain (6ml) tube with the red cap
3. Heparin (4ml) tube with the green cap
4. EDTA (3ml) tube with the purple cap

**The vacutainers should be filled to capacity in turn and each tube should be inverted GENTLY THREE TIMES on removal to ensure complete mixing of blood and preservative.**

Release the tourniquet (if not already loosened) as the blood starts to be drawn into the tube.

Remove the needle and place a cotton ball firmly over the venepuncture site. Ask the respondent to continue to keep the arm outstretched and to hold the cotton ball firmly for at least three minutes to prevent haematoma formation.

If venepuncture is unsuccessful on the first attempt, make a second attempt on the other arm. If a second attempt is unsuccessful, DO NOT attempt to try again. Record the number of attempts on the Schedule. Remember that for children, only ONE attempt is allowed.

Record which arm the sample was drawn from (or both).

Drop needle and vacutainer holder in the sharp box. Please remember that vacutainers are not to be re-used.

*IMPORTANT WARNING*

**Never re-sheath the needle after use.**

**Do not allow the disposal box to become overfull as this can present a potential hazard.**

Check on the venepuncture site and affix an adhesive dressing, if the respondent is not allergic to them. If they are allergic, use a cotton ball secured with micropore.

### **Taking blood from children**

It is important to make the child feel as comfortable and as at ease as possible. Smiling, making eye contact and speaking so that the child can understand easily are ways to facilitate this. Also,

ask the child for permission to do something rather than insisting or telling. This can encourage a sense of control in the child and minimises fear.

#### Precautionary Restraint (A.K.A. Cuddle Restraint)

If the parent/guardian is willing (note this is optional), they can help you to gently restrain the child to reduce any accidents due to pulling away at the pin prick or panicked movements. Ask the child to sit on the parent's lap. The child should be sitting so that their legs are between the parent's legs. The child should have their arm wrapped around the parent's back and vice versa for the parent. This exposes the chosen arm to the nurse while occupying the child's arms and legs.

NOTE: It is important to ask the child to sit on the same side of the parent as the arm identified for venepuncture.

#### **Fainting respondents**

If a respondent looks or feels faint during the procedure, it should be discontinued. They should be asked to lie down and raise their feet.

If they are happy for the test to be continued after a suitable length of time, it should be done so with the respondent supine and the circumstances should be recorded. They may wish to discontinue the procedure at this point, but willing to give the blood sample at a later time.

#### **Disposal of needles and other materials**

Place the used cotton wool balls in the sharps box and put gloves etc. in the self-seal disposal bag. The needle disposable box should be taken to a suitable place for disposal i.e. GP practice, Community Health Centre, Pharmacy or local hospital. The sealed bag can be disposed of with household waste as long as it does not have any items in it that are contaminated by blood. If you come across any problems with the disposal, contact your Nurse Supervisor.

#### **Needle stick injuries**

The following information is based on guidelines from the Department of Health: Immediately following any exposure, the site of exposure i.e. wound or non-intact skin should be washed liberally with soap and water but without scrubbing. Exposed mucous membranes or conjunctivae should be irrigated copiously with water. If there has been a puncture wound free bleeding should be encouraged but the wound should not be sucked. We advise that the nurse see a doctor promptly.

#### **Respondents who are HIV or Hepatitis B positive**

If a respondent **volunteers** that they are HIV or Hepatitis B positive, do **not** take a blood sample. Record this as the reason on the Schedule. You should never, of course, seek this information.

#### **Despatching blood samples**

Blood tubes will be despatched to the Royal Victoria Infirmary Laboratory in Newcastle-upon-Tyne, and a local laboratory.

#### **Labelling the blood tubes**

You must use a new sheet of barcoded labels for each respondent. You should record the serial number (including respondent number) and date of birth on the labels. Make sure you use **blue BIC biro** - it will not run if it gets damp. This is very important as the print made by other types of pens though legible on the point of writing may deteriorate under the storage conditions. Check the date of birth with the respondent again verbally.

Label the tubes as you take the blood. It is **vital** that you do not confuse blood tubes within a household.



Stick the label **lengthways** over the label already on the tube. The laboratory needs to be able to see on receipt how much blood there is in the tube.

We cannot stress too much the importance of ensuring that you label each tube with the correct serial number for the person from whom the blood was obtained. Apart from the risk of matching up the blood analyses to the wrong person's data, we will be sending the GP the wrong results. Imagine if we detect an abnormality and you have attached the wrong label to the tube!

### **Despatching blood samples to the Royal Victoria Infirmary (RVI)**

The tubes to be despatched to the RVI are:

1. EDTA purple (**purple, 3ml**) tube.
2. Plain (**red, 6ml**) tube.

It is important that the blood is sent properly labelled and safely packaged and that it is despatched immediately after it has been taken.

#### *Packaging the blood samples*

Pack the tubes for each respondent separately. All the tubes from one respondent can be packed together in one container.

The packaging supplied to you for the posting of blood samples is required to comply with the Royal Mail's revised regulations on the transportation of blood samples. The following procedures are designed to minimise accidental damage and, should there be any damage, any blood spillage.

### **The packaging**

The packaging comprises:

- Absorbent insert
- Plastic container
- Cardboard mailing box with foam

#### *Using the packaging*

1. Insert the blood sample tubes in the pockets of the absorbent insert.
2. Roll the insert with the folded despatch note (*If you find it difficult to insert the despatch note in the plastic tube, fold it and put in the cardboard box*).
3. Place the rolled insert in the plastic container and close.
4. Push the plastic container into the foam and put in the cardboard box.

Please note:

Use a separate package for each respondent.

Do not seal the mailing box with tape.

Remember to check that the serial number and date of birth correspond on the despatch notes and blood tubes.

### **Posting blood samples**

The size of the packaging means you will not be able to post blood samples in a letter box. The samples will have to be taken to a post office for posting.

The samples should be posted within **24 hours** of the sample been taken. Try to avoid taking samples if you think you will be unable to post it within 24 hours.

#### *Weekend posting*

If you take a sample on a Saturday afternoon, the sample must be posted on the following Monday morning.

### ***Storage of blood samples***

If you unable to post the samples immediately, they can be stored at room temperature.

When you have posted the blood samples, fill in the **time and date of posting** on the office copy of the Blood Sample Despatch Note.

### **Completing the blood despatch note (Despatch 1)**

The Office Consent Booklet contains a Despatch Note (DESPATCH 1) that should be filled in and sent to RVI with the blood sample. **Please make sure your writing is clear and legible.**

- Enter the respondent's serial number very carefully. This should correspond to both your entry on page 1 of the Office Consent Booklet and to the serial number you have recorded on the tube(s).
- Stick a barcoded label for this respondent at item 2.
- Complete items 3 and 4. Check that the date of birth is correct and consistent with entry on nurse schedule and tube label.
- Complete items 5 and 6.
- At item 7 ring a code to tell the laboratory whether or not permission has been obtained to store part of the blood. Your entry here should correspond to your entry at Item 9e on the front page of the booklet.
- At item 8 enter your National Centre Nurse Number.

Tear off this despatch note and send with the blood sample to the laboratory.

### **Taking blood samples to a local laboratory for immediate processing**

The following tubes will need to be kept in a cool bag to avoid exposure to light and heat and taken by you to a local laboratory within 1-2 hours for immediate centrifugation and stabilisation.

1. Heparin (**green, 4ml**) tube.
2. EDTA purple (**purple, 3ml**) tube.

It is important that the blood is properly labelled and safely packaged and that it is taken to the laboratory immediately after it has been taken.

You will be provided with a cool block for use in your cool bag. These cool blocks SHOULD NOT BE FROZEN but cooled by refrigeration prior to use in order not to freeze the blood samples. You will also be provided with a foam insert for your cool bag which will enable you to keep all blood tubes upright during transportation.

### **Packaging the blood samples**

Tubes should be stored upright in the foam rack in the coolbag. Tubes for up to two respondents (from the same or different households) can be transported in the cool bag. It is vital that the tubes are clearly and correctly labelled. Also put the remaining labels from the sheet for the respondent(s) in a plastic bag and place the bag in the coolbag (making sure you have attached one to Despatch Note 3 in the Office Consent booklet) as these are needed by the laboratory. Complete at least two of the labels on each sheet so that sheets for different respondents are not mixed up at the lab.

Remember to check that the serial number and date of birth correspond on the despatch notes and blood tubes.

### **Completing the blood despatch note (Despatch 2)**

The Office Consent Booklet contains a Despatch Note (DESPATCH 2) that should be filled in and taken to the laboratory with the blood sample. Please ensure you complete the form clearly IN BLOCK CAPITALS SO IT IS CLEARLY LEGIBLE.

The procedure for completing this despatch note is the same as for Despatch 1, namely:

- Enter the respondent's serial number very carefully IN BLOCK CAPITALS. This should correspond to both your entry on page 1 of the Office Consent Booklet and to the serial number you have recorded on the tube(s).
- Stick a barcoded label LENGTHWAYS ONTO THE BLOOD TUBE for this respondent at item 2.
- Complete items 3 and 4. Check that the date of birth is correct and consistent with entry on nurse schedule and tube label.
- Complete items 5 and 6.
- At item 7 ring a code to tell the laboratory whether or not permission has been obtained to store part of the blood. Your entry here should correspond to your entry at Item 9e on the front page of the booklet.
- At item 8 enter your National Centre Nurse Number.

Tear off this despatch note and take it with the blood sample to the local laboratory.

### **Liaison with local laboratory**

The samples must be delivered to the laboratory within **2 hours** of the sample being taken. You must not take a blood sample if you cannot deliver it to the local laboratory within this time. When making appointments, you will be constrained by the opening hours of the laboratory. If you can only get an appointment to see a respondent outside the laboratory's opening times (i.e. you would not be able to deliver the sample within the designated times) then you may contact the laboratory to see if they would be prepared to accept a sample outside these hours. Note that this is entirely at the discretion of the laboratory and you must get agreement before taking a blood sample.

### **Office Despatch Note (Despatch 3)**

Complete the **Office Despatch Note (Despatch 3)** on the last page of the Office Consent Booklet. This tells us the date you sent the samples to RVI/the local laboratory and indicates what we should expect back from the laboratories.

If you have only achieved an incomplete blood sample (e.g. have only filled three tubes), please state this clearly on both copies of the despatch note and give the reason.

Remember to attach a label from the respondent's sheet to this despatch note. It is extremely important that you attach the correct label for the person from whom the blood was obtained.

Our ref: P2347/T3A/serial number

Date of letter

Respondent's name, address

Dear *Name of respondent*,

You recently took part in the Social and Resource Influences on Eating Habits study, which involved visits from an interviewer and from a nurse. Your help with this important survey is much appreciated. Thank you.

The examination results you agreed we could pass to your GP have been forwarded. We have explained that this was with your permission. You also asked us to let you know the results of your blood sample tests taken during the nurse visit on *date of nurse visit*.

**Blood Test**

Ferritin (ng/ml)	Result	Within/outside normal range
Haemoglobin (g/dl)	Result	Within/outside normal range
Total Cholesterol (mmol/l)	Result	Within/outside normal range
HDL-Cholesterol (mmol/l)	Result	Within/outside normal range
Blood cell count, platelets ( $\times 10^9/l$ )	Result	Within/outside normal range
White Blood cell count ( $\times 10^9/l$ )	Result	Within/outside normal range
Vitamin C ( $\mu\text{mol/l}$ )	Result	Within/outside normal range

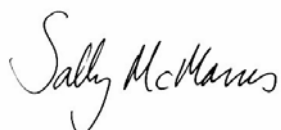
Please see the explanation below if applicable:

- \* **Reading 'Outside normal range':** There is no need for immediate concern as this can occur for several reasons. We suggest that you consult a GP in the near future. The GP can then decide whether or not further investigations should be made.

*NM* - not measured; *NR* - for technical reasons it was not possible to carry out this analysis

Your GP is in the best position to understand and explain the meaning of these results. If the GP considers them to be satisfactory, then nothing further will be done as a result of these tests. If you would like to know more about these results, you should ask the GP to discuss them with you.

Yours sincerely,



Sally McManus,  
National Centre for Social Research



Dr Paola Primatesta,  
Royal Free & University College Medical School

Dr Name  
Address

Our ref: P2347gp/serial number

Date of letter

Re: Name and address of respondent

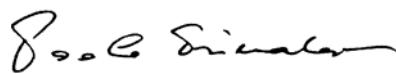
This patient of yours recently took part in the Social and Resource Influences on Eating Habits study. *He/she* gave us written permission to send you the following examination results from a nurse visit on *date*. Please see overleaf for details of the survey and normal ranges for the measurements.

BLOOD PRESSURE	mmHg	PULSE	bpm
TEST	NORMAL RANGES (FOR AGE GROUPS)		RESULTS
FERRITIN	All 8-10: 12-70 ng/ml Male 11+: 25-400 ng/ml Female 11-50: 6-85 ng/ml Female 50+: 20-200 ng/ml		<i>Ferritin result</i> ng/ml
HAEMOGLOBIN:	All 8-9: 12-14 g/dl All 10-12: 11.5-14.5 g/dl Male 13-15: 13-16 g/dl Female 13-15: 11.3-15.0 g/dl Male 16+: 13.2-16.9 g/dl Female 16+: 11.5-16.5 g/dl		<i>Haemoglobin</i> <i>result</i> g/dl
TOTAL CHOLESTEROL:	Male 8-9: < 4.91 mmol/l Female 5-9: < 5.12 mmol/l Male 10-15: < 5.25 mmol/l Female 10-15: < 5.33 mmol/l All 16+: acceptable < 6.5 mmol/l desirable < 5.2 mmol/l		<i>Total cholesterol</i> <i>result</i> mmol/l
HDL-CHOLESTEROL:	Children: N/A Male 16+: 1-1.5 mmol/l Female 16+: 1.2-1.8 mmol/l		<i>HDL-cholesterol</i> <i>result</i> mmol/l
BLOOD CELL COUNT, PLATELETS	(all ages): 160-405 x10 <sup>9</sup> /l		<i>Blood cell count,</i> <i>platelets result</i> x10 <sup>9</sup> /l
WHITE BLOOD CELL COUNT	(all ages): 4.0-10.0 x10 <sup>9</sup> /l		<i>White blood cell</i> <i>count</i> x10 <sup>9</sup> /l
VITAMIN C	(all ages): 20-80 µmol/l		<i>Vitamin C result</i> µmol/l

*Results column:* NA = not applicable, NM = not measured, NR = for technical reasons it was not possible to carry out this analysis

We leave any follow-up of these results to your discretion. A note on the interpretation of these results is given on the reverse. We hope this answers any queries you may have. But if you wish to discuss any of the results, please contact me at the Royal Free and University College Medical School.

Yours sincerely,



Dr Paola Primatesta, Royal Free and University College Medical School

## SOCIAL AND RESOURCE INFLUENCES ON EATING HABITS

The 'Social and Resource Influences on Eating Habits' is a study of the population living in private households in England, funded by the Food Standards Agency. The aim of the survey is to provide robust baseline data on various aspects of people's eating habits. This study is being carried out during 2003-2004, and around 3,600 people will be interviewed in total. Participation in the survey involved interviews and a separate nurse visit. The interview collected information about informants' general shopping, cooking and eating habits, lifestyle, and general health as well as any longstanding illnesses. Records were also made of what an informant consumed on at least three separate days. Nurses collected information about any prescribed medicines being taken, measured blood pressure, made other body measurements, and took a non-fasting sample of blood (subject to the informant's written consent). The results of the main stage of the survey will be published in a report in 2006.

## ADVICE ON THE INTERPRETATION OF RESULTS

### Blood pressure in children

A blood pressure which is above the normal range is regarded as significant only if it is sustained on repeated measurements. In the vast majority of children blood pressure will be found to be normal when it is measured again. The most common reason for a sustained raised blood pressure is that the child is tall for age or overweight. We recommend that the measurement be repeated. Please note that an automated blood pressure measuring device was used which can result in slightly different values than when using a mercury sphygmomanometer. Further guidance on blood pressure in children can be found in the *Update on the 1987 Task Force Report on High Blood Pressure in Children and Adolescents. Pediatrics* 1996; 98:649-658.

Age	Normal Range	
	Systolic (mmHg)	Diastolic (mmHg)
5-9	<122	and <78
10-12	<126	and <82
13-15	<136	and <86
16+	As adult	As adult

### Vitamins

Vitamin C is measured to determine the nutritional status of this micronutrient, fresh fruits and vegetables being good sources of vitamin C. While a vitamin C level in the range of 20-80  $\mu\text{mol/l}$  is considered to be biologically acceptable, 11-19  $\mu\text{mol/l}$  and less than 11  $\mu\text{mol/l}$  represent marginal and severe risks of deficiency respectively.ref Miani G, Azzini E, Ferro-Luzzi A. Vitamin C. *Int J for Vitamin and Nutritional Res* 1993; 63:289-295.

### Total cholesterol

Although the normal range for total cholesterol in adults is given overleaf, cholesterol targets are indicated in the National Service Framework taking into account the overall CHD risk. For secondary prevention (in people with diagnosed CHD) a lipid-lowering drug strategy is recommended together with overall lifestyle and clinical management strategy, to lower serum cholesterol either to <5mmol/l or by 30% (whichever is greater). For patients without CHD but with a CHD risk greater than 30% over 10 years again the cholesterol modification target is 5 mmol/l. (ref. National Service Framework for Coronary Heart Disease. Modern standards and service models. 2000. The Stationery Office, London 2000). The figures reported for children are those above which the likelihood of familiar hypercholesterolaemia is great (>95<sup>th</sup> percentile of the US distribution).