

How does the Scottish Government use the information?

The information is used to help plan health policy and see if it is effective. The Scottish Government sets targets for health improvement that cover areas such as heart disease, cancer and exercise. The Scottish Health Survey will be used to help measure progress towards these targets.

“The Scottish Health Survey contains a wealth of valuable information to allow us to monitor health trends, identify risk factors associated with particular health conditions and investigate variations between geographical areas.”

Deputy Chief Medical Officer
Professor Peter Donnelly

The Scottish Government will also use this information to help plan health services and to identify inequalities in health.

“The Scottish Health Survey is a vital source of information to support the Scottish Government’s commitment to make a real improvement in the health of people and to reduce the unacceptable variations in health between different communities in Scotland.”

Kevin Woods
Director General – Health, Scottish Government
& Chief Executive, NHSScotland

Who else uses the information?

The survey is not just used by the Scottish Government and NHS Scotland. For example:

- The University of Aberdeen is using the Health Survey to look at patterns in hospital admissions.
- The Scottish Public Health Observatory is using the findings to compare people’s health in different parts of Scotland.
- The Glasgow Centre for Population Health is examining the health of people in Glasgow using the survey’s data.
- The Food Standards Agency uses the survey to monitor the diets of people in Scotland.
- The Royal College of Nursing Scotland used the survey data on adult and child health to inform their “Nutrition Now” campaign.
- The media often uses the information collected in the survey when reporting about Scotland’s health.

ScotCen

Scottish Centre for Social Research
73 Lothian Road Edinburgh EH3 9AW
E-mail: info@scotcen.org.uk www.scotcen.org.uk

NatCen

National Centre for Social Research
35 Northampton Square London EC1V 0AX
E-mail: info@natcen.ac.uk www.natcen.ac.uk

Operations Department

Kings House 101-135 Kings Road Brentwood
Essex CM14 4LX

The Scottish Health Survey

Your questions answered

We hope that you find this leaflet interesting, and that it shows the importance of the survey.

If you would like to talk to someone about this study please telephone the Scottish Centre for Social Research on freephone 0800 652 4569 and ask for the Scottish Health Survey team.

You can also contact the Scottish Government:

Scottish Health Survey Team
St Andrew’s House, Regent Road
Edinburgh EH1 3DG

e-mail: scottishhealthsurvey@scotland.gsi.gov.uk

www.scottishhealthsurvey.org

On behalf of
the Scottish Government
and NHS Scotland



What is the Scottish Health Survey?

The Scottish Health Survey is a study of the health of people in Scotland. It is commissioned by the Scottish Government and NHS Health Scotland. It has been carried out before in 1995, 1998 and 2003. From 2008 it will take place every year. It is the only source of information about the health of Scotland's population as a whole.

Who takes part in the survey?

Each year around 6,000 adults and 2,000 children living in households all over Scotland will take part. Participation is entirely voluntary.

We hope that you will take part in the Scottish Health Survey and help us to continue monitoring the country's health.

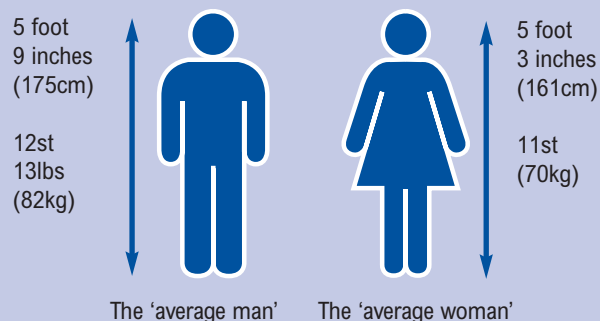
What are the questions about?

Key topics such as general health, heart disease, exercise, smoking, drinking, and diet are included every year.

Some people will also be asked questions about their awareness of health messages and their views on health.

The questions are all about your health and lifestyle, so they are interesting and easy to answer.

Did you know...?



- A third of men and women think that their general health is 'very good'.
- Around 1 in 5 men and women and just over 1 in 10 children eat five or more portions of fruit and vegetables a day.
- Around 3 in 10 men and women smoke cigarettes, smoking rates have been steadily declining since 1995.
- Younger adults are more likely to smoke, but older people who smoke tend to smoke more cigarettes per day.
- About 1 in 4 men drink more than 21 units of alcohol a week and about 1 in 6 women drink more than 14 units.
- Men spend an average of 7 hours per week being physically active and women spend an average of 5 hours.
- Men are more likely than women to take part in sport while women are more likely than men to do heavy housework.
- Three quarters of boys and nearly two-thirds of girls aged 2-15 spend at least an hour a day doing physical activities.
- About 2 in 5 men and women have a long-standing illness, this rises to 2 in 3 of those aged 75 and over.

Where can I find out more about the Scottish Health Survey?

The findings from each survey are published in a special report. The latest report, about the 2003 Survey, was published in November 2005. Your local library could order a copy of the report:

Bromley, C., Sproston, K & Shelton, N. (eds.): *The Scottish Health Survey 2003*, The Scottish Government, 2005.

The report is also available on the internet at: www.scottishhealthsurvey.org

Your local library can help with accessing the report in this way. The results of the 2008 survey will be published in 2009.

Dear Sir or Madam

We would like to invite you to take part in the **Scottish Health Survey**.

This important study collects information about the health and lifestyles of people in Scotland and the things that can affect people's health. This study is the only way the Scottish Government and NHS Health Scotland can get this valuable information.

Many organisations use the information from the study including the Scottish Government, NHS Health Scotland, local Health Boards, universities and charities. They use it to:

- help plan health services
- look at ways of improving people's health
- look at changes in the nation's health over time

In the next few days an interviewer from the *Scottish Centre for Social Research* (ScotCen) will call at your address to invite you to take part. They will also be able to explain more about the study. All our interviewers carry an identity card with a photograph that you should ask to see. The study will take place over a number of weeks so if the interviewer calls at a time which does not suit you please let them know and they will call back at a better time.

The name of the interviewer who will be calling is: _____

We hope you will be willing to help us with this important study. We rely on the goodwill and voluntary co-operation of those invited to take part to make the study a success. People who have taken part in the past have found it an enjoyable and interesting experience.

On the back of this letter we have answered some of the questions you may have about the study. If you would like to talk to someone about the study, please use the freephone number 0800 652 4569 and ask for Karen Hawkes.

Thank you for your help.



Karen Hawkes
Project Supervisor



How did you choose my address?

We chose your address from the Postcode Address File using random selection procedures. This file is held by the Post Office and is available to the public.



What will happen to any information I give?

The Scottish Government and NHS Health Scotland will treat information you give in strict confidence. The results of the study will never include any names or addresses. The information collected is used for statistical and research purposes only and will be dealt with according to the principles of the 1998 Data Protection Act.



How long will it take?

The interview length will vary depending upon a number of factors such as how many people live in your household and how old they are. When the interviewer calls he or she can give you an idea of how long your interview might take, and can then book an appointment at a time that suits you best.



Who is carrying out the study?

The Scottish Government and NHS Health Scotland have asked the Scottish Centre for Social Research (ScotCen), in collaboration with the Department of Epidemiology and Public Health at University College London (UCL) and the MRC Social and Public Health Sciences Unit at the University of Glasgow, to carry out the survey.

The Scottish Centre for Social Research is a registered charity (Registered Charity No. 1091768). ScotCen, UCL and the MRC Social and Public Health Sciences Unit at the University of Glasgow are independent of all government departments and political parties.



Where can I find out more about the study?

The leaflet that came with this letter has some more information about what the survey is for and who uses it. For example it has some findings from surveys in previous years. We hope you find this useful.



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As a way of saying thank you, we have enclosed a £5 voucher which can be spent in a number of different high street shops.

On the back of this letter we have answered some of the questions you may have about the study. If you would like to talk to someone about the study, please use the freephone number 0800 652 4569 (9.30am to 5.30pm) and ask for Karen Hawkes.

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Your measurements:

With your permission we will measure your height and weight. You can use the space below to record this information if you wish.

NAME: _____

HEIGHT: _____ cm
_____ ft/ins

WEIGHT: _____ kg
_____ st/lbs

For adults, height and weight information can be used to calculate Body Mass Index (BMI). For further information on this calculation or for any other advice on healthy living please contact Healthy Living Scotland:

Telephone: 0845 2 78 88 78

Website: www.healthyliving.gov.uk/howhealthy/



The 2008 Scottish Health Survey

This survey is being carried out for the Scottish Government and NHS Health Scotland by the Scottish Centre for Social Research (ScotCen), an independent research institute, the Department of Epidemiology and Public Health at University College London (UCL), and the MRC Social and Public Health Sciences Unit (MRC SPHSU), University of Glasgow.

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

What is it about?

The first Scottish Health Survey was commissioned in 1995 by the Scottish Office because it was concerned about the lack of information about the health of people in Scotland. The survey was repeated again in 1998 and 2003. The detailed information provided by these surveys proved very valuable and was used to help develop ways of improving people's health and to plan the services people need at times of ill health. The 2008 survey will update the information collected in 1995, 1998 and 2003.

The 2008 survey has questions about your general health, and about behaviour that can affect your health such as eating habits, physical activity, smoking and drinking. There are also some questions about diseases of the heart, lungs and chest. The Scottish Government and NHS Health Scotland are particularly interested in having this information because at present the rates of heart disease in Scotland are among the highest in the world.

The survey also collects, if you agree, some physical measurements such as height and weight. Some personal details such as age, sex and employment are also included to help interpret this information.

Why have we come to your household?

To visit every household in Scotland 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 chosen. Yours is one of those chosen for the 2008 survey.

Who will we want to speak to?

We would like to interview every adult (aged 16 and over) who lives in your household, and if there are any children aged 0-15 we would like to interview two of them. Parents or guardians will answer questions on behalf of children aged under 12.

Is the survey confidential?

Yes. We take very great care to protect the confidentiality of the information we are given. The Scottish Government, NHS Health Scotland and ScotCen guarantee that the survey results will not be published in a form that can reveal your identity and that no attempts will be made to identify individuals from their answers. Your name and address will only be known to the ScotCen research team unless you give your consent for it to be passed to The Scottish Government, for example so they could invite you to take part in a further study about health.

If you agree and give us your written consent, the information you provide in this survey may be linked to other data held on you by the Information and Statistics Division of NHS Scotland, e.g. data on in-patient or out-patient visits or diagnosis. This increases the value of the information you provide. This is done confidentially and no data which can identify you or any other individual is released.

If you were to decide at a later date that you no longer wanted the information collected about you to be used in the survey then it would be deleted.

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. You are free to withdraw from any part of the survey at any time, and you do not have to answer all the questions.

Do I get anything from the survey?

If you wish, you may have a record of your measurements. Other benefits from the survey will be indirect and in due course will come from any improvements in health and in health services which result from the survey.

What if I have any other questions?

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 about the survey, please do not hesitate to ring one of the contacts listed below.

Your co-operation is very much appreciated.

Thank you very much for your help with this survey.

Lisa Given or Dr Andy MacGregor

Scottish Centre for Social Research
73 Lothian Road
Edinburgh
EH3 9AW

Tel: 0131 228 2167

www.scottishhealthsurvey.org

APPOINTMENT RECORD

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

A qualified nurse _____

will call on _____ at _____

S/he will be able to give you more information about the measurements.

If for any reason you cannot keep this appointment, please call our freephone on 0800 652 4569 so you can make another appointment.

- 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 you wish to have a record of your measurements the nurse will write these down for you.

Your measurements:

With your permission we will measure your height and weight. You can use the space below to record this information if you wish.

NAME: _____

SN:

HEIGHT: _____ cm
_____ ft/ins

WEIGHT: _____ kg
_____ st/lbs

For adults, height and weight information can be used to calculate Body Mass Index (BMI). For further information on this calculation, or for any other advice on healthy living please contact Healthy Living Scotland:

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The survey also collects, if you agree, some physical measurements such as height, weight, blood pressure, a saliva sample and a urine sample. Some personal details such as age, sex and employment are also included to help interpret this information.

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To visit every household in Scotland 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 chosen. Yours is one of those chosen for the 2008 survey.

Who will we want to speak to?

We would like to interview every adult (aged 16 and over) who lives in your household, and if there are any children aged 0-15 we would like to interview two of them. Parents or guardians will answer questions on behalf of children aged under 12.

Is the survey confidential?

Yes. We take very great care to protect the confidentiality of the information we are given. The Scottish Government, NHS Health Scotland and ScotCen guarantee that the survey results will not be published in a form that can reveal your identity and that no attempts will be made to identify individuals from their answers. Your name and address will only be known to the ScotCen research team (including the Survey Doctor), unless you give your consent for it to be passed to The Scottish Government, for example so they could invite you to take part in a further study about health.

If you agree and give us your written consent, the information you provide in this survey may be linked to other data held on you by the Information and Statistics Division of NHS Scotland, e.g. data on in-patient or out-patient visits or diagnosis. This increases the value of the information you provide. This is done confidentially and no data which can identify you or any other individual is released.

If you were to decide at a later date that you no longer wanted the information collected about you to be used in the survey then it would be deleted.

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. You are free to withdraw from any part of the survey at any time, and you do not have to answer all the questions.

What will happen after the interview?

After the interview, 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 from the adults (aged 16 and over) who took part in the survey. We will not be asking any children to take part in the nurse visit.

The nurse will measure blood pressure, waist and hip circumferences and lung function. If you are aged 65 or over the nurse will ask to measure the length of your arm. The nurse will also ask all adults for consent to take a sample of saliva (spit), a sample of urine and a small sample of blood.

The nurse will have to get your written permission before saliva, urine or blood samples can be taken. You are of course free to choose not to give a sample, even if you are willing to help the nurse with everything else.

The analysis of all the measurements will tell us a lot about the health of the population. During the visit, the nurse will be able to explain the importance of these measurements and answer any questions.

Do I get anything from the survey?

If you wish, you may have a record of your measurements. Also, if you wish, your blood pressure, lung function and blood sample results will be sent to your GP who will be able to interpret them for you and give you advice if necessary. Your GP may also want to include the results in any future report about you.

Other benefits from the survey will be indirect and in due course will come from any improvements in health and in health services which result from the survey.

If I have any other questions?

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 about the survey, please do not hesitate to ring one of the contacts listed below.

Your co-operation is very much appreciated.

Thank you very much for your help with this survey.

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Your measurements:

If you want us to we will measure how tall you are and what you weigh. You can use the space below to keep a copy of this if you wish. If you do not want this written down please just say.

Name: _____

HEIGHT: _____ cm
_____ ft/ins

WEIGHT: _____ kg
_____ st/lbs



The 2008 Scottish Health Survey

Information for Children

The Scottish Health Survey is a survey to find out about the health of people in Scotland.

Every year around 2,000 children and 6,000 adults take part in the study.

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

***What are the questions about?***

The interviewer will ask you some questions about your general health and illness. The interviewer will also ask about things that can affect your health like the kinds of food you eat and what kinds of sports and activities you do.

***What are the measurements?***

If you agree, the interviewer will also measure your height and weight. If you want, the interviewer will write down your height and weight for you.

***Who will see my answers?***

The interviewer will not tell anyone you know about the answers you give. Only the research team at ScotCen will see the information about you.

***Why have you come to my house?***

To visit every household in Scotland would take too long and cost too much money. Instead we select a small number of addresses and ask the people at each address to take part in the Scottish Health Survey.

***Do I have to answer the questions?***

No, not if you don't want to. If you only want to answer some of the questions this is okay too. If you are aged 12 or under your mum, dad or the person who looks after you will answer the questions with your help. If you don't want them to answer a question about you this is okay, just tell them not to.

***Do I have to be measured and weighed?***

No, not if you don't want to. The interviewer will ask you if it's okay to measure your height and weight before he or she takes your measurements.

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

We hope this leaflet answers the questions you may have. If you have any other questions about the study, please ask the interviewer. You can also send an email with any questions to:

scottishhealthsurvey@scotcen.org.uk

Thank you for your help with this study.

What if I have any other questions?

We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. A separate information sheet for children is also available.

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The 2008 Scottish Health Survey

Information for Parents

This survey is being carried out for the Scottish Government and NHS Health Scotland by the Scottish Centre for Social Research (ScotCen), an independent research institute, the Department of Epidemiology and Public Health at University College London (UCL), and the MRC Social and Public Health Sciences Unit (MRC SPHSU), University of Glasgow.

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

What is it about?

The first Scottish Health Survey was commissioned in 1995 by the Scottish Office because it was concerned about the lack of information about the health of people in Scotland. The survey was repeated again in 1998 and 2003. The detailed information provided by these surveys proved very valuable and was used to help develop ways of improving people's health and to plan the services people need at times of ill health. The 2008 survey will update the information collected in 1995, 1998 and 2003.

The 2008 survey will collect information about a range of health conditions and about behaviour that can affect health such as eating habits and physical activity. The Scottish Government and NHS Health Scotland would like better information about the health of children and so each year extra children are interviewed.

What is involved?

For children, the survey has questions about general health and about behaviour that can affect health such as eating habits and physical activity. Parents or guardians will be asked to answer on behalf of children up to the age of 12 – with help from the child when possible. Children aged 13-15 will be interviewed in person – with their parent or guardian present in the home.

The interviewer will also ask permission to collect some physical measurements like height and weight.

Parents are asked some personal details such as age, sex and employment which are needed to interpret the information about children's health.

Why have we come to your household?

To visit every household in Scotland would take too long and cost too much money. Instead we select a sample of addresses and ask the people at each address to take part in the Scottish Health Survey. For this part of the survey we would like to invite up to two children aged 0-15 to take part.

Is the survey confidential?

Yes. We take very great care to protect the confidentiality of the information we are given. The Scottish Government, NHS Health Scotland and ScotCen guarantee that the survey results will not be published in a form that can reveal anyone's identity and that no attempts will be made to identify individuals from their answers. Your name and address will only be known to the ScotCen research team unless you give your written consent for it to be passed to The Scottish Government, for example so they could invite you to take part in a further study about health.

If you agree and give us your written consent, the information provided in this survey about your child may be linked to other data held on them by the Information and Statistics Division of NHS Scotland, e.g. data on in-patient or out-patient visits or diagnosis. This increases the value of the information provided. This is done confidentially and no data which can identify your child or any other individual is released.

If you were to decide at a later date that you no longer wanted the information collected about your child to be used in the survey then it would be deleted.

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. You are free to withdraw from any part of the survey at any time, and you do not have to answer all the questions.

Do I get anything from the survey?

If you wish, your child may have a record of their height and weight measurements. Other benefits from the survey will be indirect and in due course will come from any improvements in health and in health services which result from the survey.

Might there be implications for insurance cover?

If you agree to your results being sent to your GP, then he/she may use them in medical reports about you. This may occur if you apply for a new life assurance policy, or for a new job. Insurance companies may ask those who apply for new policies if they have had any medical tests. If so, the insurance company may ask if they can obtain a medical report from the GP. Because of the Access to Medical Reports Act 1988 an insurance company cannot ask your GP for a medical report on you without your permission. Having given your permission, 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.

The purpose of a medical report is for the company to judge whether to charge normal premiums, whether to charge higher premiums or whether, in exceptional circumstances, to turn down life insurance on account of the person's health. If you think you may apply for health insurance in the future, you can choose not to know the results of any tests and not to let your GP know these results.

What if I have any other questions?

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 about the nurse measurements, results or samples please do not hesitate to ring one of the contacts listed below, or look at the survey's website.

Lisa Given or Dr Andy MacGregor

Scottish Centre for Social Research
73 Lothian Road
Edinburgh
EH3 9AW

Tel: 0131 228 2167

www.scottishhealthsurvey.org



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You have already taken part in the first stage of the survey which consisted of an interview and some measurements (height and weight).

This leaflet tells you more about the second stage of the survey.

The Second Stage Nurse Visit for Adults

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 valuable part of this survey. If the survey results are to be useful to the Scottish Government and NHS Health Scotland, we need information from all types of people in all states of health. As with information obtained in the first part of the survey, we take great care to protect the confidentiality of all information and test results.

The measurements for adults aged 16 and over

- **Blood pressure**

High blood pressure can be a health problem. However, blood pressure is difficult to measure accurately. 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, 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**

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. This simply involves the nurse passing a tape measure around your waist and hips.

- **Arm length (only for people aged 65 and over)**

The length of a person's arm is known as the "demi-span". It is the length of the arm stretching from the bottom of the middle finger and ring finger to the gap between the collar bones. It is strongly related to a person's height and is particularly useful if height cannot be measured easily. It simply involves measuring the length of the arm with a tape measure.

- **Lung function**

We would like to measure the amount of air you can breathe out of your lungs (this is called "FVC") and how quickly you can get it out (this is called "FEV"). This involves blowing into a tube. The amount of air you are able to breathe out depends partly on your height, your age, and how fit you are. Your result can only be interpreted in light of these factors.

- **Blood sample**

We would be very grateful if you would agree to provide us with a sample of blood. This is an important part of the survey, as the analysis of the blood samples will tell us a lot about the health of the population. You are of course free to choose not to give a blood sample. The nurse will ask for your written permission before a blood sample is taken, and will give you a copy of your written consent to keep.

This part of the survey involves a small amount of blood (no more than 15ml or three teaspoons) being taken from your arm by a qualified nurse. The blood sample will be sent to a medical laboratory for testing total cholesterol, HDL cholesterol, glycated haemoglobin, fibrinogen and c-reactive protein.

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. **Glycated haemoglobin** is an indicator of diabetes risk. **Fibrinogen** is a protein necessary for blood clotting. The level of **C-reactive protein** in the blood gives information on changes in the body, like inflammation and swelling, that can occur with illness and is also associated with risk of heart disease.

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. We will ask separately for your written permission to store blood.

The blood samples will not be tested for the HIV (Aids) virus and there are no plans to use the sample for DNA analysis.

- **Saliva sample**

We would like to take a sample of saliva (spit). This simply involves dribbling saliva down a straw into a tube, or sucking on a piece of cotton wool. The sample will be analysed for cotinine. Cotinine is related to the intake of cigarette smoke and is of particular interest to see whether non-smokers may have raised levels as a result of 'passive' smoking. The saliva will only be tested for cotinine. It will not be tested for other substances, like drugs or alcohol.

- **Urine Sample**

Adults aged 16 and over will be asked to provide a sample of their urine. Analysis of urine samples will tell us how much sodium (salt) there is in people's diets. This is useful information for assessing the health of the population, as high salt levels are related to health-related conditions such as high blood pressure. This sample will only measure salt levels and will not be tested for drug or alcohol use.

Letting your GP know the results

With your agreement we would like to send your lung function, blood pressure, and your blood sample results to your GP because 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. We believe that this may help to improve your health.

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. Often it is possible to reduce blood pressure by treatment or by changing your diet. It is for you and your GP to decide what is the best action to take, if any.

Nurse: Name _____

Date of visit _____



Your co-operation is very much appreciated.

Thank you very much for your help with this survey.

SN:

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Lisa Given or Dr Andy MacGregor

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THE SCOTTISH HEALTH SURVEY 2008

MEASUREMENT RECORD CARD

FULL NAME: _____



Scottish Centre for
Social Research

WAIST AND HIP MEASUREMENT

First measurement

Second measurement

Waist _____ cms Waist _____ cms

Hip _____ cms Hip _____ cms

DEMI-SPAN (age 65 and over):

First measurement _____ cms

Second measurement _____ cms

BLOOD PRESSURE

Systolic
(mmHg)

Diastolic
(mmHg)

Pulse
(bpm)

(i)

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

(ii)

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

(iii)

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

Blood pressure interpretation:

Normal

Raised

Mildly raised

Considerably raised

Summary of advice given by nurse:

Visit your GP to have your blood pressure checked within:

LUNG FUNCTION

FVC ♦ litres

FEV₁ ♦ litres

PF litres per minute

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

**SCOTTISH HEALTH SURVEY
2008**

SHOWCARDS

CARD A1

MARITAL STATUS

- 1 Single, that is never married or never formed a legally recognised civil partnership
- 2 Married and living with husband / wife
- 3 A civil partner in a legally recognised civil partnership
- 4 Married and separated from husband / wife
- 5 In a legally recognised civil partnership and separated from your civil partner
- 6 Divorced
- 7 Formerly a civil partner, the civil partnership now legally dissolved
- 8 Widowed
- 9 A surviving civil partner, your partner having since died

CARD A2

RELATIONSHIP

- 1 Husband / Wife
- 2 Legally recognised civil partner
- 3 Partner / Cohabitee

- 4 Natural son / daughter
- 5 Adopted son / daughter
- 6 Foster son / daughter
- 7 Stepson / Stepdaughter / Child of partner
- 8 Son-in-law / Daughter-in-law

- 9 Natural parent
- 10 Adoptive parent
- 11 Foster parent
- 12 Step-parent / Parent's partner
- 13 Parent-in-law

- 14 Natural brother / Natural sister (ie. both natural parents the same)
- 15 Half-brother / Half-sister (ie. one natural parent the same)
- 16 Step-brother / Step-sister (ie. no natural parents the same)
- 17 Adopted brother / Adopted sister
- 18 Foster brother / Foster sister
- 19 Brother-in-law / Sister-in-law

- 20 Grandchild
- 21 Grandparent

- 22 Other relative
- 23 Other non-relative

CARD A3

- 1 Earnings from employment or self-employment
- 2 State retirement pension
- 3 Pension from former employee
- 4 Personal pensions
- 5 Child Benefit
- 6 Job-Seekers Allowance
- 7 Income Support
- 8 Working Tax Credit, Child Tax Credit or other Tax Credit
- 9 Housing Benefit
- 10 Other state benefits
- 11 Interest from savings and investments (eg. stocks and shares)
- 12 Other kinds of regular allowance from outside your household (eg. maintenance, student grants, rent)
- 13 No source of income

CARD A4

GROSS INCOME FROM ALL SOURCES

(before any deductions for tax, national insurance, etc.)

WEEKLY	or	MONTHLY	or	ANNUAL
Less than £10.....1		Less than £40..... 1		Less than £520 1
£10 less than £30.....2		£40 less than £130..... 2		£520 less than £1,600 2
£30 less than £50.....3		£130 less than £220..... 3		£1,600 less £2,600..... 3
£50 less than £70.....4		£220 less than £300..... 4		£2,600 less than £3,600 4
£70 less than £100.....5		£300 less than £430..... 5		£3,600 less than £5,200 5
£100 less than £150.....6		£430 less than £650..... 6		£5,200 less than £7,800 6
£150 less than £200.....7		£650 less than £870..... 7		£7,800 less than £10,400 7
£200 less than £250.....8		£870 less than £1,100..... 8		£10,400 less than £13,000 8
£250 less than £300.....9		£1,100 less than £1,300..... 9		£13,000 less than £15,600 9
£300 less than £350.....10		£1,300 less than £1,500..... 10		£15,600 less than £18,200 10
£350 less than £400.....11		£1,500 less than £1,700..... 11		£18,200 less than £20,800 11
£400 less than £450.....12		£1,700 less than £2,000..... 12		£20,800 less than £23,400 12
£450 less than £500.....13		£2,000 less than £2,200..... 13		£23,400 less than £26,000 13
£500 less than £550.....14		£2,200 less than £2,400..... 14		£26,000 less than £28,600 14
£550 less than £600.....15		£2,400 less than £2,600..... 15		£28,600 less than £31,200 15
£600 less than £650.....16		£2,600 less than £2,800..... 16		£31,200 less than £33,800 16
£650 less than £700.....17		£2,800 less than £3,000..... 17		£33,800 less than £36,400 17
£700 less than £800.....18		£3,000 less than £3,500..... 18		£36,400 less than £41,600 18
£800 less than £900.....19		£3,500 less than £3,900..... 19		£41,600 less than £46,800 19
£900 less than £1,000.....20		£3,900 less than £4,300..... 20		£46,800 less than £52,000 20
£1,000 less than £1,150....21		£4,300 less than £5,000..... 21		£52,000 less than £60,000 21
£1,150 less than £1,350....22		£5,000 less than £5,800..... 22		£60,000 less than £70,000 22
£1,350 less than £1,550....23		£5,800 less than £6,700..... 23		£70,000 less than £80,000 23
£1,550 less than £1,750....24		£6,700 less than £7,500..... 24		£80,000 less than £90,000 24
£1,750 less than £1,900....25		£7,500 less than £8,300..... 25		£90,000 less than £100,000 25
£1,900 less than £2,100....26		£8,300 less than £9,200..... 26		£100,000 less than £110,000 ... 26
£2,100 less than £2,300....27		£9,200 less than £10,000..... 27		£110,000 less than £120,000 ... 27
£2,300 less than £2,500....28		£10,000 less than £10,800..... 28		£120,000 less than £130,000 ... 28
£2,500 less than £2,700....29		£10,800 less than £11,700..... 29		£130,000 less than £140,000 ... 29
£2,700 less than £2,900....30		£11,700 less than £12,500..... 30		£140,000 less than £150,000 ... 30
£2,900 or more31		£12,500 or more 31		£150,000 or more..... 31

CARD A5

- 1 Going to school or college full-time (including on vacation)
- 2 In paid employment or self-employment (or temporarily away)
- 3 On a Government scheme for employment training
- 4 Doing unpaid work for a business that you own, or that a relative owns
- 5 Waiting to take up paid work already obtained
- 6 Looking for paid work or a Government training scheme
- 7 Intending to look for work but prevented by temporary sickness or injury
- 8 Permanently unable to work because of long-term sickness or disability
- 9 Retired from paid work
- 10 Looking after the home or family
- 11 Doing something else (Please say what)

CARD A6

HOURS SPENT PROVIDING CARE

1 - 4 hours per week

5 – 9 hours per week

10 – 14 hours per week

15 – 19 hours per week

20 – 34 hours per week

35 – 49 hours per week

50+ hours per week

Continuous care (where the person needs to have someone with them at all times of the day and night)

Varies

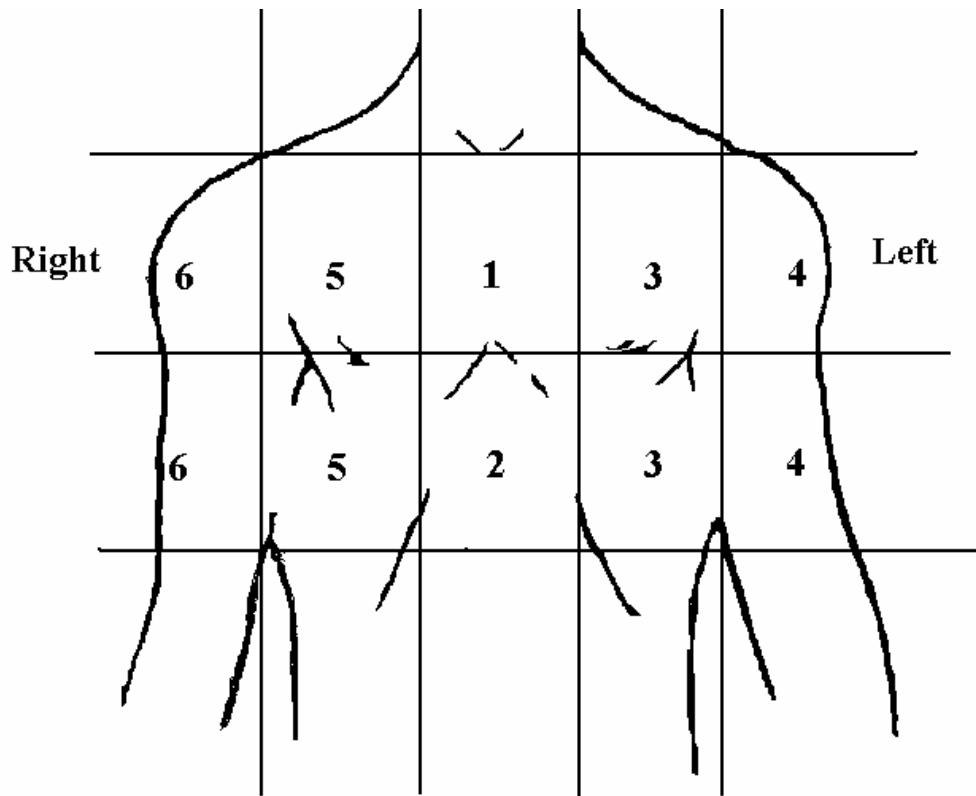
CARD A7

**Extremely
dissatisfied**

**Extremely
satisfied**

0 1 2 3 4 5 6 7 8 9 10

CARD B1



CARD B2

- 1 Regular check-up with GP / hospital / clinic
- 2 Taking medication (tablets / inhalers)
- 3 Advice or treatment to stop smoking
- 4 Using oxygen
- 5 Immunisations against flu / pneumococcus
- 6 Exercise or physical activity
- 7 Advice or treatment to lose weight
- 8 Other (Please say what)

CARD C1

- 1 A general practitioner (GP)
- 2 Nurse at GP surgery/Health centre
- 3 Community, School or District Nurse
- 4 Hospital casualty/Accident and Emergency
department
- 5 Consultant/Specialist or other doctor at hospital
outpatients
- 6 Consultant/Specialist or other doctor elsewhere
- 7 Homeopath
- 8 Acupuncturist
- 9 Other alternative medicine professional

CARD C2

- 1 Take appropriate exercise
- 2 Avoid known allergens or triggers (e.g. pollen, animals, other people's cigarette smoke)
- 3 Advice or treatment to stop smoking
- 4 Avoid extreme temperatures
- 5 Medication (including inhaler) use
- 6 Advice or treatment to lose weight

CARD E1

HOUSEWORK

Done during the last 4 weeks -

Hoovering

Dusting

Ironing

General tidying

Washing floors and paint work

CARD E2

HEAVY HOUSEWORK

Done during the last 4 weeks -

Moving heavy furniture

Spring cleaning

Walking with heavy shopping
(for more than 5 minutes)

Cleaning windows

Scrubbing floors with a scrubbing brush

CARD E3

GARDENING, DIY AND BUILDING WORK

Done during the last 4 weeks -

Hoeing, weeding, pruning

Mowing with a power mower

Planting flowers/seeds

Decorating

Minor household repairs

Car washing and polishing

Car repairs and maintenance

CARD E4

HEAVY MANUAL WORK

Done during the last 4 weeks -

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 E5

Done during the last 4 weeks -

- 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 (e.g. press-ups, sit-ups)

Please also include teaching, coaching and training/practice sessions

CARD E6

Done during the last 4 weeks -

A woodland, forest or tree covered park

An open space or park

Country paths (not on tarmac)

A beach / sea shore / loch / river or canal

Sports fields or outdoor courts (e.g. tennis, 5-a-side)

A swimming pool

A gym or sports centre

Pavements or streets in your local area

Your home or garden

Somewhere else

CARD E7

Every day

4 - 6 days a week

2 - 3 days a week

Once a week

2 -3 times in the last 4 weeks

Once in the last 4 weeks

CARD F1

Less than 5 minutes

5 minutes, less than 15 minutes

15 minutes, less than 30 minutes

30 minutes, less than 1 hour

1 hour, less than 1 ½ hours

1 ½ hours, less than 2 hours

2 hours, less than 2 ½ hours

2 ½ hours, less than 3 hours

3 hours, less than 3 ½ hours

3 ½ hours, less than 4 hours

4 hours or more (please say how long)

CARD F2

SPORTS AND EXERCISE ACTIVITIES

INCLUDE any sports and exercise activities like:

Playing football, rugby or netball in a team,
or any other organised team games

Playing tennis, squash or badminton

include playing in:
a practice session

a match

a club

out-of-school lesson

Going swimming or swimming lessons

Gymnastics (include Toddler Gym, Tumble Tots etc)

Dance lessons, ballet lessons, ice skating

Horse riding

Disco dancing

Any other organised sports, team sports or exercise activities

CARD F3

Other active things like:

Ride a bike

Kick a ball around

Run about (outdoors or indoors)

Play active games

Jump around

Any other things like these

CARD F4

- 1 A woodland, forest or tree covered park
- 2 An open space or park
- 3 Country paths (not on tarmac)
- 4 A beach / sea shore / loch / river or canal
- 5 Sports fields or outdoor courts
- 6 A swimming pool
- 7 A gym or sports centre
- 8 Pavements or streets in your local area
- 9 A playground or playpark
- 10 Your home or garden
- 11 Somewhere else

CARD F5

Every day

4 - 6 days a week

2 - 3 days a week

Once a week

2 -3 times in the last 4 weeks

Once in the last 4 weeks

CARD G1

6 a day or more

4 or 5 a day

2 or 3 a day

One a day

Less than one a day

CARD G2

6 or more times a day

4 or 5 times a day

2 or 3 times a day

Once a day

5 or 6 times a week

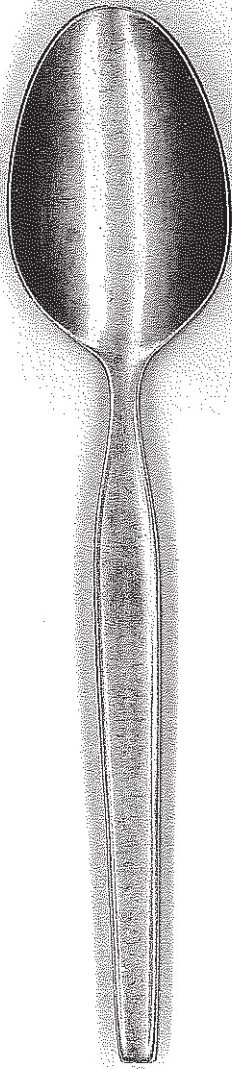
2 to 4 times a week

Once a week

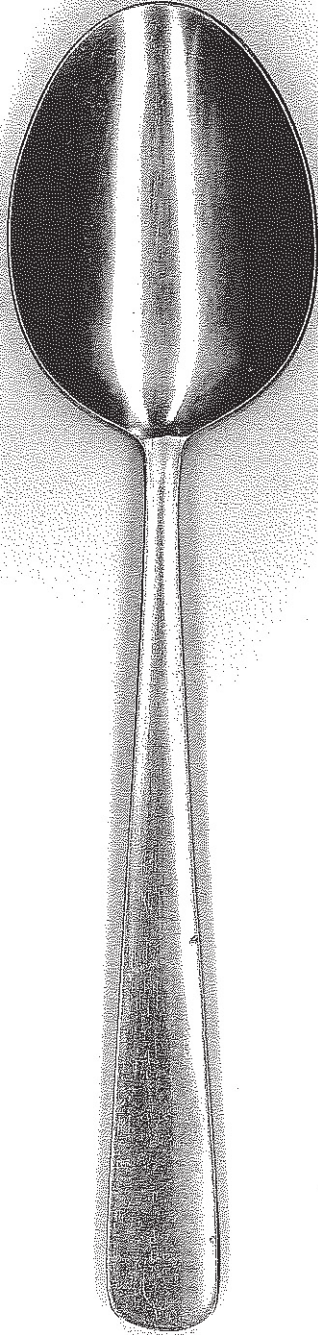
1 to 3 times a month

Less often or never

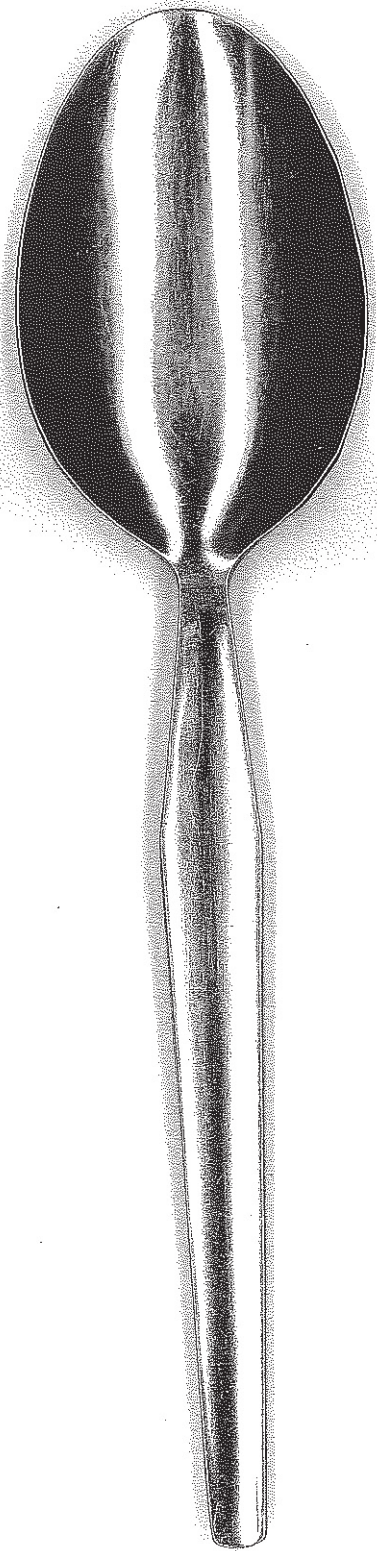
CARD G3



Teaspoon



Dessertspoon



Tablespoon

CARD H1

- 1 At own home
- 2 At work
- 3 In other people's homes
- 4 On public transport
- 5 In pubs
- 6 In other public places

CARD J1

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 a year

Not at all in the last 12 months

CARD J2

- 1 Normal strength beer / lager / cider / shandy
- 2 Strong beer / lager / cider
- 3 Spirits or Liqueurs
- 4 Sherry, Martini or Buckfast
- 5 Wine
- 6 Alcopops / pre-mixed drinks
- 7 Other alcoholic drinks
- 8 Low alcohol drinks only

CARD J3

- 1 In a pub or bar
- 2 In a restaurant
- 3 In a club or disco
- 4 At a party with friends
- 5 At my home
- 6 At someone else's home
- 7 Out on the street, in a park or other outdoor area
- 8 Somewhere else (Please say where)

CARD J4

1. My husband or wife / boyfriend or girlfriend / partner
2. Male friends
3. Female friends
4. Male and female friends together
5. Work colleagues
6. Members of my family / relatives
7. Someone else (Please say who)
8. On my own

CARD K1

No natural teeth

Fewer than 10 natural teeth

Between 10 and 19 natural teeth

20 or more natural teeth

CARD K2

Very happy

Fairly happy

Fairly unhappy

Very unhappy

CARD K3

Yes, often

Yes, occasionally

No, never

CARD K4

Full upper denture

Full lower denture

Partial upper denture

Partial lower denture

CARD P1

- 1 Going to school or college full-time (including on vacation)
- 2 In paid employment or self-employment (or temporarily away)
- 3 On a Government scheme for employment training
- 4 Doing unpaid work for a business that you own, or that a relative owns
- 5 Waiting to take up paid work already obtained
- 6 Looking for paid work or a Government training scheme
- 7 Intending to look for work but prevented by temporary sickness or injury
- 8 Permanently unable to work because of long-term sickness or disability
- 9 Retired from paid work
- 10 Looking after the home or family
- 11 Doing something else (Please say what)

CARD Q1

- 1 School Leaving Certificate, National Qualification (NQ) Unit
- 2 O Grade, Standard Grade, GCSE, GCE O Level, CSE, National Qualification Access 3 Cluster, Intermediate 1 or 2 Senior Certificate or equivalent
- 3 GNVQ/GSVQ Foundation or Intermediate, SVQ Level 1 or 2, SCOTVEC / National Certificate Module, City and Guilds Craft, RSA Diploma or equivalent
- 4 Higher Grade, Advanced Higher, CSYS, A level, AS level, Advanced Senior Certificate or equivalent
- 5 GNVQ/GSVQ Advanced, SVQ Level 3, ONC, OND, SCOTVEC National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent
- 6 HNC, HND, SVQ Level 4, RSA Higher Diploma or equivalent
- 7 First Degree, Higher Degree, SVQ Level 5 or equivalent
- 8 Professional qualifications e.g. teaching, accountancy
- 9 Other school examinations not already mentioned
- 10 Other post-school but pre Higher education examinations not already mentioned
- 11 Other Higher education qualifications not already mentioned
- 12 No qualifications

CARD Q2

- 1 **White:** Scottish
- 2 **White:** Other British
- 3 **White:** Irish
- 4 **White:** Any other white background (PLEASE SAY WHICH)

- 5 **Mixed:** Any mixed background

- 6 **Asian, Asian Scottish or Asian British:** Indian
- 7 **Asian, Asian Scottish or Asian British:** Pakistani
- 8 **Asian, Asian Scottish or Asian British:** Bangladeshi
- 9 **Asian, Asian Scottish or Asian British:** Chinese
- 10 **Asian, Asian Scottish or Asian British:** Any other Asian background (PLEASE SAY WHICH)

- 11 **Black, Black Scottish or Black British:** Caribbean
- 12 **Black, Black Scottish or Black British:** African
- 13 **Black, Black Scottish or Black British:** Any other black background (PLEASE SAY WHICH)

- 14 **Any other ethnic group** (PLEASE SAY WHICH)

CARD Q3

- 1 Self-employed, with a business with 25 or more employees
- 2 Self-employed, with a business with fewer than 25
employees
- 3 Self-employed, in a business with no employees
- 4 A manager of 25 or more staff
- 5 A manager of fewer than 25 staff
- 6 Foreman or supervisor
- 7 An employee, not a manager

CARD Q4

- 1 High Blood Pressure
- 2 Angina
- 3 Heart Attack
- 4 Stroke
- 5 Other Heart Trouble
- 6 Diabetes

CARD S1

A great deal

Quite a lot

A little

None at all

CARD S2

Very healthy

Fairly healthy

Fairly unhealthy

Very unhealthy

CARD S3

I already lead a healthy life

I don't want to make any changes to my life

It's just too difficult for me to do anything to make my life healthier

CARD S4

- 1 Cut down smoking
- 2 Stop smoking
- 3 Cut down the amount of alcohol I drink
- 4 Stop drinking alcohol
- 5 Be more physically active
- 6 Control weight
- 7 Eat more healthily
- 8 Reduce the amount of stress in my life

CARD S5

They already lead a healthy life / lives

I don't want to make any changes to their life / lives

It's just too difficult for me to do anything to make their life / lives healthier

CARD S6

- 1 Cut down or stop my smoking
- 2 Discourage them from smoking
- 3 Help them to develop a sensible attitude to drinking
- 4 Help them be more physically active
- 5 Watch their weight
- 6 Help them to eat more healthily
- 7 Make sure they get a lot of praise and encouragement
- 8 None of these
- 9 Other (Please say what)

CARD S7

- 1 Cut down smoking
- 2 Stop smoking
- 3 Cut down the amount of alcohol I drink
- 4 Stop drinking alcohol
- 5 Be more physically active
- 6 Control weight
- 7 Eat more healthily
- 8 Reduce the amount of stress in my life

CARD S8

Strongly agree

Tend to agree

Tend to disagree

Strongly disagree

CARD S9

(no option 1)

- 2 Media such as radio, television or newspapers
- 3 Books/Magazines
- 4 GPs or other health professionals
- 5 Friends or family
- 6 Leaflets/Booklets
- 7 The internet
- 8 Telephone advice lines
- 9 DVDs
- 10 Education or training at work
- 11 None of these
- 12 Other

CARD S10

- 1 To feel better / fitter
- 2 To lose weight
- 3 To improve my general appearance
- 4 To improve my overall health
- 5 To help reduce the risk of a particular illness or disease
- 6 To save money
- 7 To make meals more tasty and enjoyable
- 8 Suggested by doctor / health professional
- 9 None of these
- 10 Other (please say what)

CARD S11

Very healthy

Fairly healthy

Fairly unhealthy

Very unhealthy

CARD S12

- 1 Family discouraging or unsupportive
- 2 Friends discouraging or unsupportive
- 3 People at work discouraging or unsupportive
- 4 Not knowing what changes to make
- 5 Not knowing how to cook more healthy foods
- 6 Lack of choice of healthy foods in canteens and restaurants
- 7 Lack of choice of healthy foods in places where you do your main shop
- 8 Healthy foods are too expensive
- 9 Healthy foods take too long to prepare
- 10 Healthy foods too boring
- 11 Lack of willpower
- 12 Don't like the taste / don't enjoy healthy foods
- 13 None of these – nothing prevents me from eating more healthily
- 14 Other (Please say what)

CARD S13

Strongly agree

Tend to agree

Tend to disagree

Strongly disagree

CARD S14

- 1 To reduce stress
- 2 To feel better generally
- 3 To lose weight
- 4 To prevent disease or ill health
- 5 To feel healthier and fitter
- 6 To look better / improve shape
- 7 To enjoy myself
- 8 Advised to do so
- 9 Other (Please say what)

CARD S15

- 1 Lack of time due to other commitments
- 2 Prefer to do other things
- 3 Ill health, injury or disability
- 4 I feel too fat / overweight
- 5 I do not enjoy exercise
- 6 Lack of suitable local facilities
- 7 I am too old
- 8 Lack of money
- 9 Lack of transport
- 10 I have nobody to go with
- 11 Traffic, road safety or the environment puts me off
- 12 The weather puts me off
- 13 I don't have the skills or confidence to do it
- 14 None of these – nothing prevents me from being more active
- 15 Other (Please say what)

CARD S16

(there are no options 10,11)

- 1 Heart disease
- 2 Some cancers
- 3 Diabetes
- 4 High blood pressure
- 5 Overweight and obesity
- 6 Mental health problems
- 7 Brittle bones (osteoporosis)
- 8 Injuries and accidents
- 9 Stomach ulcer
- 12 Other (Please say what)

CARD S17

- B Underweight
- L About right
- J Overweight
- H Very overweight

CARD S18

(there are no options 10,11)

- 1 Heart disease
- 2 Some cancers
- 3 Diabetes
- 4 High blood pressure
- 5 Stroke
- 6 Gallbladder disease
- 7 Arthritis (pain / swelling in the joints)
- 8 Gout
- 9 Stomach ulcer
- 12 Other (Please say what)

CARD S19

0-1 days

1-2 days

2-3 days

3-4 days

4-5 days

5-6 days

6-7 days

CARD S20

- Q A very light or occasional drinker
- T A light but regular drinker
- K A moderate drinker
- O Quite a heavy drinker
- G A very heavy drinker

CARD S21

1. Skin cancer
2. Bowel cancer
3. Breast cancer
4. Cervical cancer
5. Other (Please say which kind)

CARD S22

1. Vaccination
2. Screening (a smear test)
3. Taking more exercise
4. Losing weight
5. Other (Please say what)

SCOTTISH HEALTH SURVEY 2008

NURSE SHOWCARDS

CARD A

1. Nicotine gum
2. Nicotine patches that you stick on your skin
3. Nasal spray / nicotine inhaler
4. Other (Please say what)

CARD B

Less than 2 weeks

2 weeks but less than 6 months

6 months but less than 1 year

1 year but less than 2 years

2 years but less than 5 years

5 years but less than 10 years

10 years or more

CARD C

1. Heart racing or pounding
2. Hands sweating or shaking
3. Feeling dizzy
4. Difficulty getting your breath
5. Butterflies in stomach
6. Dry mouth
7. Nausea or feeling as though you wanted to vomit



P8032

Scottish Health Survey 2008

Consent sheet: Personal Copy

SN:

Name:

BLOOD PRESSURE TO GP CONSENT FORM

BP

I, (name) _____

consent to the Scottish Centre for Social Research/UCL/MRC SPHSU 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 _____

LUNG FUNCTION TO GP CONSENT FORM

LF

I, (name) _____

consent to the Scottish Centre for Social Research/UCL/MRC SPHSU informing my General Practitioner (GP) of my lung function results. I am aware that the results of my lung function 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 _____

BLOOD SAMPLE CONSENT FORM

BS

I, (name) _____

- I. Consent to _____ (qualified nurse) taking a sample of my blood on behalf of the Scottish Centre for Social Research/UCL/MRC SPHSU. This blood sample will not be used to test for HIV virus or used for genetic testing. The sample will be tested for total and HDL-cholesterol, fibrinogen, glycated haemoglobin and c-reactive protein.

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.

I consent to the sample being taken.....**tick one box:**

With the use of Ametop Without Ametop

Signed _____ Date _____

- II. I consent to the Scottish Centre for Social Research/UCL/MRC SPHSU informing my General Practitioner (GP) of the blood sample analysis results total and HDL-cholesterol, fibrinogen, glycated haemoglobin and c-reactive protein. 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 studies of the causes, diagnosis, treatment and outcome of disease, provided that the studies are approved by an NHS ethics committee. I understand that the samples will be stored with no identification except a coded study number. Only authorised members of the research team for this study would be able to find out who the codes referred to. Before being used in future research, some details of my medical history (but not any details which would identify me) may be attached to the sample, but the study number code will then be removed from the blood sample and the medical details. The stored blood will not be available for commercial purposes. When the sample is tested for research, it will no longer be possible to link it to me, so I will not be told the results of the testing. I understand that it will not be possible to remove my results from reports, as the results cannot be linked to me. I understand that I can withdraw my consent to store my blood at any time, without giving any reason, by asking the investigators in writing for my blood to be removed from storage and destroyed.

Signed _____ Date _____

SALIVA SAMPLE CONSENT FORM

S

I, (name) _____

consent to _____ (qualified nurse) collecting a sample of my saliva on behalf of the Scottish Centre for Social Research/UCL/MRC SPHSU.

This saliva sample will only be tested for cotinine, a derivative of nicotine. It will not be tested for substance abuse.

The purpose and procedure have been explained to me by the nurse and I have had an opportunity to discuss this with him/her.

Signed _____

Date _____

URINE SAMPLE CONSENT

U

I, (name) _____

consent to _____ (qualified nurse) collecting a sample of my urine on behalf of the Scottish Centre for Social Research/UCL/MRC SPHSU.
This urine sample will be tested to assess salt levels.

This urine sample will only be tested for sodium, potassium and creatinine. It will not be tested for substance abuse.

The purpose and procedure have been explained to me by the nurse and I have had an opportunity to discuss this with him/her.

Signed _____

Date _____

Point Address HHLID CKL Person No.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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P7032 NHS (A)

SCOTTISH HEALTH SURVEY 2008

Scottish Health Records

(Adults 16+)

- The Information Services Division (ISD) of NHS Scotland collects information on patient care delivered by the NHS in Scotland, such as in-patient and out-patient visits to hospital, length of stay and waiting times. It includes information about medical diagnoses including cancer or heart disease and may be linked with other information e.g. about registration with a general practitioner or mortality.
- We would like to ask for your consent for us to send your name, address and date of birth to ISD so that they can link it with their health records.
- By linking this information with the interview data the research is more useful as we can look at how people's lifestyle and circumstances can have an impact on their future health and use of hospital services.
- 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 to routine administrative data and nothing else. We will not be able to obtain any other details from your medical records, such as your GP records.
- You can cancel this permission at any time in the future by writing to: The Scottish Centre for Social Research, 73 Lothian Road, Edinburgh, EH3 9AW.

Your consent

I, (name) _____ consent to the Scottish Centre for Social Research /UCL/MRC SPHSU passing my name, address and date of birth to:

the Information and Statistics Division of NHSScotland.

Signed _____ Date _____

I understand that these details will be used for research purposes only.

Point Address HHLID CKL Person No.

P7032 NHS (C)

SCOTTISH HEALTH SURVEY 2008

Scottish Health Records

(Children 0-15)

- The Information Services Division (ISD) of NHS Scotland collects information on patient care delivered by the NHS in Scotland, such as in-patient and out-patient visits to hospital, length of stay and waiting times. It includes information about medical diagnoses including cancer or heart disease and may be linked with other information e.g. about registration with a general practitioner or mortality.
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- You can cancel this permission at any time in the future by writing to: The Scottish Centre for Social Research, 73 Lothian Road, Edinburgh, EH3 9AW.

Your consents

I, (name) _____

am the parent/guardian of

(child's name) _____

I consent to the Scottish Centre for Social Research /UCL/MRC SPHSU passing his/her name, address and date of birth to:

the **Information and Statistics Division of NHSScotland.**

Signed _____

Date _____

I understand that these details will be used for research purposes only.

Point Address HHLID CKL Person No.

P7032 SG (A)

SCOTTISH HEALTH SURVEY 2008
Scottish Government Follow-up Research
(Adults 16+)

- In the future, the Scottish Government may want to commission follow-up research among particular groups of the public to improve health or health services.
- Please be assured that any information you provide for this purpose will only be released for bona fide social research carried out by reputable research organisations and that your confidentiality will be protected in the publication of any results given.
- If you are willing your name, contact details and relevant answers you have given during the interview will be passed on to the Scottish Government or other research agencies acting on behalf of, or in collaboration with, the Scottish Government for this purpose.
- Any information passed to the Scottish Government will be treated in accordance with the 1998 Data Protection Act and will not be used for any purposes other than future research about health or health services.
- Data will not be connected to names and addresses at any time. Researchers are not interested in your individual answers but instead are interested in the combined answers of all the people interviewed.
- If you are invited to take part in any future studies you will be free to refuse if you do not want to take part.
- You can cancel this permission at any time in the future by writing to: The Scottish Centre for Social Research, 73 Lothian Road, Edinburgh, EH3 9AW.

Your consent

I, (name) _____ consent to the Scottish Centre for Social Research /UCL/MRC SPHSU passing my name, address and answers I have given in this interview to:

the **Scottish Government**

Signed _____ Date _____

I understand that these details will be used for the purpose of follow-up research only and that I am free to decline to take part in any future studies if asked.



Point	Address	HHLID	CKL	Person No.
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

P7032 SG (C)

SCOTTISH HEALTH SURVEY 2008

Scottish Government Follow-up Research

(Children 0-15)

- In the future, the Scottish Government may want to commission follow-up research among particular groups of the public to improve health or health services.
- Please be assured that any information you provide for this purpose will only be released for bona fide social research carried out by reputable research organisations and that your confidentiality will be protected in the publication of any results given.
- If you are willing your name, contact details and relevant answers you have given during the interview will be passed on to the Scottish Government or other research agencies acting on behalf of, or in collaboration with, the Scottish Government for this purpose.
- Any information passed to the Scottish Government will be treated in accordance with the 1998 Data Protection Act and will not be used for any purposes other than future research about health or health services.
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Your consents

I, (name) _____

am the parent/guardian of

(child's name) _____

I consent to the Scottish Centre for Social Research /UCL/MRC SPHSU passing his/her name, address and the answers given in this interview to:

the **Scottish Government**

Signed _____

Date _____

I understand that these details will be used for research purposes only.