

Series 15 - National Diet and Nutrition Survey

Description: The NDNS programme aims to provide a comprehensive cross-sectional picture of the dietary habits and nutritional status of the population of Great Britain. It will also contribute to the health monitoring programme set out in the Government's White Paper, Saving lives: our healthier nation. The NDNS programme is divided into four separate age groups; children aged 1.5 years to 4.5 years; young people aged 4 to 18 years; people aged 65 years and over, and adults aged 19 to 64 years. The NDNS programme is intended to:

- provide detailed quantitative information on the food and nutrient intakes, sources of nutrients and nutritional status of the population under study as a basis for Government policy;
- describe the characteristics of individuals with intakes of specific nutrients that are above and below the national average
- provide a database to enable the calculation of likely dietary intakes of natural toxicants, contaminants, additives and other food chemicals for risk assessment;
- measure blood and urine indices that give evidence of nutritional status or dietary biomarkers and to relate these to dietary, physiological and social data;
- provide height, weight and other measurements of body size on a representative sample of individuals and examine their relationship to social, dietary, health and anthropometric data as well as data from blood analyses;
- monitor the diet of the population under study to establish the extent to which it is adequately nutritious and varied;
- monitor the extent of deviation of the diet of specified groups of the population from that recommended by independent experts as optimum for health, in order to act as a basis for policy development;
- help determine possible relationships between diet and nutritional status and risk factors in later life;
- assess physical activity levels of the population under study; and
- provide information on oral health in relation to dietary intake and nutritional status.

▪ **Available years:** One per age group over the period 1992-2001

▪ **Principal investigator:** Office for National Statistics, Social and Vital Statistics Division and Food Standards Agency (pre-2000, MAFF)

#15:137 – National Diet and Nutrition Survey 1983

Universe: Individuals aged 16 to 64 living in private households in Great Britain, 1986-7.

Sample size: 2197.

Methods: Face-to-face interview; Clinical measurements; Diaries.

Sample: One-stage stratified or systematic random sample; Multi-stage stratified random sample.

Fieldwork: October 1986-August 1987.

Geography: .

Access: SN 2836.

Alcohol consumption

Consumption: beverage-specific volume and frequency (7 day weighed intake diary).

Single occasion: n/a.

Other drinking

▪ Drinking location/source (Diary details where alcohol was bought)

Other alcohol variables

None.

Health status and behaviour:

▪ Self-reported health (Medium)
▪ Measured health (Medium, including

anthropometric and physiological measurements, blood pressure, blood and urine sample)

▪ Smoking (Low)
▪ Diet (High)

Other variables

None.

Demographics

▪ Household type/composition (Medium)
▪ Finances/taxes/benefits (Low)
▪ Employment (High)

#15:138 – National Diet and Nutrition Survey 1986/7

Universe: Schoolchildren in Britain aged 10 or 14 at the start of the school year.

Sample size: 3296.

Methods: Face-to-face interview; Physical measurements.

Sample: Multi-stage stratified random sample; weighted to compensate for unequal probabilities of selection in schools from which children were sampled and to account for oversampling of some minorities e.g. Scottish primary schoolchildren.

Fieldwork: .

Geography: .

Access: SN 2657.

Alcohol consumption

Consumption: beverage-specific volume (Weighed intake dietary survey).

Single occasion: n/a.

Other drinking

▪ Drinking location/source (Diary details where alcohol was bought)

Other alcohol variables

None.

Health status and behaviour:

▪ Measured health (Low, height and weight)
▪ Diet (High)

Other variables

▪ Use of services (Low)

Demographics

▪ Material quality of life (Low)
▪ Income (Medium)
▪ Household type/composition (Medium)
▪ Finances/taxes/benefits (Low)
▪ Employment (Medium)
▪ Education (Low)

#15:139 – National Diet and Nutrition Survey 1994-1995

Universe: Private households ('free-living') and institutions in GB.

Sample size: 2,057 main interview (1,632 free living and 425 Institution); 1,687 food diary (1,275 obtained free-living, 412 Institutions); 955 oral health survey.

Methods: Face-to-face interview; Weighed intake diary; Psychological measurements; Clinical measurements; Physical measurements; oral health survey.

Sample: Repeated cross-sectional study drawn from PAF with weighting used. Weighting bases scaled back to number of cases completing that component.

Fieldwork: October 1994-September 1995; Oral health survey: Wave 1 - January-February 1995; Wave 2 - April-May 1995; Wave 3 - July-August 1995; Wave 4 - October-November 1995.

Geography: Postcode Sector; Standard Regions.

Access: SN 4036.

Alcohol consumption

Consumption: beverage-specific volume and frequency (12-month beverage-specific quantity-frequency (interview), 7 day beverage-specific weighed-intake diary).

Single occasion: n/a.

Other drinking

- Status (Nowadays)
- Drinking location/source (Diary details where alcohol was bought)

Other alcohol variables

None.

Health status and behaviour:

- Mental health (High, depression self-completion questionnaire, memory questionnaire)
- Self-reported health (High, dental (false teeth), hearing, eyesight, visits to clinics, problems with everyday tasks, long-term infirmity)
- Measured health (High, including blood pressure, height, weight, waist, hip, arm, hand muscle strength and eyesight measurements; blood sample; urine sample)
- Smoking (High)
- Diet (High)
- Fitness (High, walking, housework, gardening, unpaid work, other activities)

Other variables

- Socialising (High, including visits to Luncheon and Social Clubs, visits from friends and relatives)
- Leisure (High, use of institutions activities on offer)
- Caring (Medium)
- Personality (Medium)
- Cognitive skills (High)

Demographics

- Material quality of life (High)
- Income (Medium)
- Household type/composition (High)
- Finances/taxes/benefits (Medium)
- Employment (High)
- Education (Medium)
- Ethnicity and religion (Medium)

#15:140 – National Diet and Nutrition Survey 1997

Universe: Private households in GB.

Sample size: 2,127 interview; 1,701 diary.

Methods: Face-to-face interview; Self-completion; Clinical measurements;

Weighed-Intake Diaries; Physical measurements.

Sample: Repeated cross-sectional study drawn from PAF with weighting used. Weighting bases scaled back to

number of cases completing that component.

Fieldwork: Wave 1: January-March 1997; Wave 2: April-June 1997; Wave 3: July-September 1997; Wave 4: October-December 1997.

Geography: Postcode Sector; Standard Regions.

Access: SN 4243.

Alcohol consumption

Consumption: beverage-specific volume and frequency (7day consumption (interview), 7 day beverage-specific weighed-intake diary).

Single occasion: n/a.

Other drinking

- Status (Lifetime, 7day)
- Drinking location/source (Diary details where alcohol was bought)

Other alcohol variables

None.

Health status and behaviour:

- Measured health (High, including blood pressure measurements, spot urine sample, venepuncture procedure (if respondent allowed) to collect a fasting sample of blood)
- Smoking (Medium)
- Fitness (Medium, young person's level of activity section)

Other variables

None.

Demographics

- Material quality of life (Medium)
- Income (Medium)
- Household type/composition (Medium)
- Finances/taxes/benefits (Medium)
- Employment (Medium, young person's employment section for those aged 11 to 16)
- Education (High, mother's education section, young person's education section for those aged 15 or over)
- Ethnicity and religion (Medium)

#15:141 – National Diet and Nutrition Survey 2000-2001

Universe: Adults NOT pregnant or breast-feeding, living in private households in Great Britain.

Sample size: 2,251 interview; 1,724 diary.

Methods: Face-to-face interview; Self-completion; Clinical measurements; Weighed-intake Diaries; Physical measurements.

Sample: Repeated cross-sectional study drawn from PAF with weighting used. Weighting bases scaled back to number of cases completing that component.

Fieldwork: 01 July 2000 - 30 June 2001.

Geography: Grouped Standard Region (Scotland, Northern, Central, South-West and Wales, and London and the South-East).

Access: SN 5140.

Alcohol consumption

Consumption: beverage-specific volume and frequency (12-month beverage-specific quantity-frequency (interview), 7 day beverage-specific weighed-intake diary).

Single occasion: n/a.

Other drinking

- Status (Nowadays)
- Drinking location/source (Diary details where alcohol was bought)

Other alcohol variables

None.

Health status and behaviour:

- Self-reported health (High, medical history section including accidents and dental (self count of teeth and amalgam fillings))
- Measured health (High, including blood pressure measurements, 24 hour collection of urine, venepuncture procedure (if respondent allowed) to collect sample of blood for analysis of nutritional status indices)
- Smoking (High)
- Diet (High, including eating habits questionnaire)
- Fitness (High, level of physical activity section and as part of physical activity diary)

- Sexual health (Medium, female only oral contraceptives and menopause/HRT self-completion section)

Other variables

- Leisure (Medium, as part of physical activity diary)
- Caring (High)

Demographics

- Material quality of life (High)
- Income (Medium)
- Household type/composition (High)
- Finances/taxes/benefits (Medium)
- Employment (High)
- Education (Medium)
- Ethnicity and religion (Medium, national identity and ethnicity section)