

## Appendix D Interviewer (stage 1) overview of elements and documents

### D1 Overview of information collected during the interview stage

Table D.1 summarises the information collected during the interviewer stage. Some of the information collected by interviewers was limited to a particular age group, as described.

<b>Table D.1: Information collected during interviewer stage</b>	
<b>CAPI questionnaire</b>	<b>Participant</b>
Household information	MFP/aged 19 years and over
Information on the circumstances, habits that could affect dietary intake	All ages
Employment status, educational background, household income	Aged 16 years and over
Self-reported physical activity	Aged 11 years and over
<b>Wearing of an ActiGraph (physical activity monitor)</b>	
ActiGraph	Aged 4-10 years
<b>Physical measurements</b>	
Height	Aged 2 years and over
Weight	All ages
<b>Collection of dietary data</b>	
Four day food and drink diary	All ages
<b>Self completion</b>	
Smoking and drinking	Aged 8-17 years <sup>i</sup>
<b>Doubly Labelled Water (DLW) sub-study</b>	Aged 4 and over (quota sample)

Interviewer stage documents are provided later in this Appendix.

### D2 Overview of Computer Assisted Personal Interview (CAPI) questionnaires

The CAPI questionnaire had three main elements: household composition/structure interview, Main Food Provider (MFP) interview and individual interview.

The MFP questionnaire was divided into the following sections:

- Cooking facilities (e.g. access to a working freezer, oven, microwave).

- Shopping for food (e.g. main type of shop used, distance from home).
- Food preparation (e.g. boil, steam, roast, fry, grill).
- Cooking skills (e.g. use of convenience foods, preparing meals from basic ingredients).

The individual questionnaire had two parts: Part I, which was asked at the first main interviewer visit; and Part II, which was asked at the third main visit after the interviewer collected the diary. Parts I and II were both divided into a number of sections. These sections are shown in order in Table D.2, and the intended participants are indicated.

<b>Table D.2: Content of Part I and II of the individual questionnaires</b>	
<b>Part I sections</b>	<b>Participant</b>
Cooking skills (Adult)	Aged 16 years and over
Access to food at school	Aged under 15 years (or aged 16/17 years and in full-time education)
Cooking skills (Child)	Aged 7-15 years
Eating habits	All ages
General health	All ages
Dental health	All ages
Drinking	Aged 8 years and over (those aged 8-17 years given a self-completion booklet)
Smoking	Aged 8 years and over (those aged 8-17 years given a self-completion booklet) <sup>1</sup>
Education	Aged 16 years and over
Job and income	Asked of MFP or selected participant about the 'Household Reference Person' (HRP)
ActiGraph introduction	Aged 4-10 years
<b>Part II sections</b>	<b>Participant</b>
Dietary supplements	All ages
Physical activity (Adult)	Aged 16 years and over
Physical activity (Child)	Aged 11-15 years
ActiGraph collection	Aged 4-10 years

<sup>1</sup> Participants aged 18-24 were given the option of using a self-completion booklet for the questions on smoking and drinking in order to provide more privacy and to avoid disclosing their answers to other household members.

Sun exposure	All ages
Nurse introduction	All ages

Interviewer CAPI documentation can be found in this Appendix.

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# National Diet and Nutrition Survey (NDNS)

## Program Documentation

### Interviewer Schedule

This 'paper version of the program' has been created to indicate the wording and content of the interviewer questionnaire.

#### PART 1: Interviewer Schedule

- 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 accuracy of answer codes in relation to each other; Prompts for back-coding during the edit process.

#### HOUSEHOLD GRID

##### **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 'Page Down'.

##### **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.

1 Continue

*(The following questions are asked about each household member. "You/ X" is substituted with the appropriate name for X).*

##### **Sex**

INTERVIEWER: Ask or record sex of NAME.

- 1 Male
- 2 Female

**DOB**

What is your / X's date of birth?

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

**IF (DOB = Don't know / Refusal) THEN**

**Agelf**

What was your / X's age last birthday?

ENTER 0 FOR A CHILD UNDER 12 MONTHS.

98 or more = CODE 97

INTERVIEWER: If year of birth not given: 'What was your / X's age last birthday?'

INTERVIEWER: If respondents refuse to give their age, or cannot, then give your best estimate.

:0..97

**DVAge**

Age, computed

**DvAgeM**

Age in months, computed

**MarStat**

ASK OR RECORD. CODE FIRST THAT APPLIES.

Is X / Are you...

INTERVIEWER: The aim is to obtain legal marital status, irrespective of any de facto arrangement. The only qualification to this aim is that you should not probe the answer 'separated'.

INTERVIEWER: Should a respondent query the term, explain that it covers any person whose spouse is living elsewhere because of estrangement (whether the separation is legal or not). Ignore temporary absences, e.g. on oil rig.

INTERVIEWER: A person whose spouse has been working away from home for over 6 months, e.g. on a contract overseas or in the armed forces, should still be coded as married and living with husband/wife if the separation is not permanent.

- 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?"

**LiveWith**

May I just check, is X / are you living with someone in the household as a couple? ASK OR RECORD...

INTERVIEWER: Only respondents who are living with their partner in this household should be coded as living together as a couple.

INTERVIEWER: You may code No without asking the question ONLY if all members of the household are too closely related for any to be living together in a de facto marital relationship.

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

**DVMarDF**

De facto marital status, computed

**WrkStat**

Is X / Are you ...READ OUT...

- |   |         |   |
|---|---------|---|
| 1 | FTEduc  | "...going to school or college full-time (including on vacation)" |
| 2 | Working | "...in full or part-time employment, or"                          |
| 3 | NWork   | "not working at present?"   |

**IF (WrkStat = FTEduc) THEN****PTWork**

Does X / Do you do any paid or voluntary work as well as studying?

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

**IF (WrkStat = FTEduc OR NWork) AND (PTWork = No) THEN****EverWk**

Has X / Have you ever had a paid job, apart from casual or holiday work?

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

**NatID**

SHOW CARD A

What do you consider your / X's 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" |

**IF (NatID = Other) THEN****NatOth**

How would you describe your / X's 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"         |

**IF (NatOth = Describe) THEN****XNatOth**

INTERVIEWER: ENTER DESCRIPTION OF NATIONAL IDENTITY.

: STRING [100]

**(Northern Ireland ONLY use the following codes:)**

**NatIDN**

How would you describe your / X's national identity?

- |   |          |                  |
|---|----------|------------------|
| 1 | British  |                  |
| 2 | Irish    |                  |
| 3 | Ulster   |                  |
| 4 | NthIrish | "Northern Irish" |
| 5 | English  |                  |
| 6 | Scottish |                  |

- 7 Welsh
- 8 Other

**EthGrp**

SHOW CARD B

To which of these ethnic groups do you consider you / X 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)"

**IF (EthGrp = WhtOth OR MixedOth OR AsianOth OR BlackOth OR Other) THEN**

**EthOth**

Please can you describe your / X's ethnic group?

INTERVIEWER: ENTER DESCRIPTION OF ETHNIC GROUP.

:STRING [100]

**(Northern Ireland ONLY use the following codes:)**

**EthGrp**

To which of these ethnic groups do you consider you / X belong(s)?

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

- 1 Wht "White"
- 2 Irishtrv "Irish traveller"
- 3 Mixed "Mixed"
- 4 Indian "Indian"
- 5 pakistan "Pakistani"
- 6 bngldesh "Bangladeshi"
- 7 AsianOth "Other Asian"
- 8 BlackCrb "Black Caribbean"
- 9 BlackAfr "Black African"
- 10 BlackOth "Other Black"
- 11 Chinese "Chinese"
- 12 Other "Other ethnic group"

**R**

SHOW CARD C

INTERVIEWER: CODE RELATIONSHIP OF EACH HOUSEHOLD MEMBER TO THE OTHERS - X is Y'S...

INTERVIEWER: YOU MAY WISH TO INTRODUCE THIS SECTION. ONE POSSIBLE INTRODUCTION IS: 'There are a lot of changes taking place in the make-up of households/families and this section is to help find out what those changes are. I'd like you to tell me the relationship of each member of the household to every other member'.

INTERVIEWER: This section must be asked for all households consisting of more than one person. Please ask in every case. You should not make assumptions about any relationship. Treat relatives of cohabiting members of the household as though the cohabiting couple were married, unless the couple are a same sex couple.

Half-brothers/sisters should be coded with step-brothers/sisters.

Ask respondent to give code number rather than the relationship.

See interviewer instructions for further details.

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"

## **TENURE**

### **Ten1**

SHOW CARD D

In which of these ways do you/does your household occupy this accommodation?

INTERVIEWER: CODE FIRST THAT APPLIES.

NOTE: QUESTIONS ABOUT TENURE ARE ASKED ABOUT THE HOUSEHOLD REFERENCE PERSON.

- |   |       |  |
|---|-------|--|
| 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"  |

### **IF (Ten1 = Rent OR RentF) THEN**

#### **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 | Emplndiv | "employer (individual) of a household member"  |
| 7 | Othndiv  | "another individual private landlord"  |

### **IF (Ten1 = Rent OR RentF) THEN**

#### **Furn**

Is the accommodation provided

...RUNNING PROMPT...

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

## DEMOGRAPHICS

### EDUCATION

#### ASK ALL

##### Educ

I'd now like to ask you a couple of questions about education and work-related training.

1 Continue

##### EducFin

At what age did you / did X finish your/his/her continuous full-time education at school or college?

INTERVIEWER: PLEASE NOTE THIS IS '**CONTINUOUS**' FULL-TIME EDUCATION. I.E. MATURE STUDENTS MAY CURRENTLY BE IN FULL-TIME EDUCATION BUT MAY HAVE FINISHED THEIR **CONTINUOUS EDUCATION** SEVERAL YEARS AGO.

- |   |        |                        |
|---|--------|------------------------|
| 1 | Notyet | "Not yet finished"     |
| 2 | Never  | "Never went to school" |
| 3 | und14  | "14 or under"          |
| 4 | at15   | "15"                   |
| 5 | at16   | "16"                   |
| 6 | at17   | "17"                   |
| 7 | at18   | "18"                   |
| 8 | ov19   | "19 or over"           |

#### IF (EducFin IN [Never..ov19]) THEN

##### QualCh

Do you have any qualifications from school, college or university, connected with work or from government schemes?

- 1 Yes  
2 No

#### IF (QualCh = Yes) THEN

##### Qual

SHOW CARD EE - 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  | HiDeg   | "Higher degree, e.g. MSc, MA, MBA, PGCE, PhD"               |
| 2  | L5NVQ   | "Level 5 NVQ / SVQ"   |
| 3  | BTECAPr | "BTEC Advanced Professional Diploma/Certificate"            |
| 4  | Deg     | "First degree, e.g. BSc, BA, BEd, MA at first degree level" |
| 5  | L4NVQ   | "Level 4 NVQ / SVQ"   |
| 6  | HNC     | "HNC / HND"   |
| 7  | BTECHi  | "BTEC Higher National or Professional Diploma/Certificate"  |
| 8  | RSAHi   | "RSA or OCR Higher"   |
| 9  | Alevel  | "GCE 'A'-level"   |
| 10 | A2      | "A2"  |
| 11 | AVCE    | "AVCE"  |
| 12 | SCEAdv  | "SCE Advanced Higher Grades"                                |
| 13 | SCEHi   | "SCE Higher Grades (A-C)"                                   |
| 14 | CSYS    | "CSYS"  |

15	KSkL3	"Key Skills Level 3"
16	L3NVQ	"Level 3 NVQ / SVQ"
17	ONC	"ONC / OND"
18	BTECA	"BTEC Advanced or National Diploma/Certificate"
19	RSAAAdv	"RSA or OCR Advanced Diploma"
20	CityG3	"City & Guilds Advanced Craft / Part 3"
21	AdvGNVQ	"Advanced GNVQ; Vocational A Level"
22	AdvMAp	"Advanced Modern Apprenticeship"
23	GCSEAC	"GCSE grade A*-C"
24	Olevel	"GCE 'O'-level passes"
25	CSE1	"CSE grade 1"
26	SCEAC	"SCE O Grades (A-C)"
27	SCEStd13	"SCE Standard Grades (1-3)"
28	SchCert	"School Certificate / Matriculation"
29	KSkL2	"Key Skills Level 2"
30	L2NVQ	"Level 2 NVQ / SVQ"
31	BTECInt	"BTEC Intermediate or First Diploma/Certificate"
32	RSADip	"RSA Diploma"
33	CityG2	"City & Guilds Craft / Part 2"
34	IntGNVQ	"Intermediate GNVQ"
35	FounMAp	"Foundation Modern Apprenticeship"
36	GCSEdG	"GCSE grade D-G"
37	CSE25	"CSE grade 2-5"
38	SCEDE	"SCE O Grades (D-E)"
39	SCEStd47	"SCE Standard Grades (4-7)"
40	SCOTVEC	"SCOTVEC National Certificate Modules"
41	KSkL1	"Key Skills Level 1"
42	L1NVQ	"Level 1 NVQ / SVQ"
43	BTECFoun	"BTEC Foundation or Introductory Diploma/Certificate"
44	RSA13	"RSA Stage 1-3"
45	CityG1	"City & Guilds Part 1"
46	FounGNVQ	"Foundation GNVQ; Foundation VCE"
47	Other	"Other qualifications"

## **EMPLOYMENT**

### **IF (respondent is in employment) THEN**

#### **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"

### **IF (RegCas = RegJob OR Both) THEN**

#### **RegHrs**

How many hours do you work per week in your regular job?

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS.

IF 97 HOURS OR MORE THEN ENTER 97.

: 0..97

**IF (RegCas = RegJob OR Both) THEN**

**WTypHrs**

Is this the typical number of hours you work?

- 1 Yes
- 2 No

**IF (WTypHrs = No) THEN**

**NTypHrs**

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK.

INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.

: 1..97

**IF (RegCas = OccasJob OR Both) THEN**

**Cashrs**

How many hours did you work in this occasional job in the seven days ending last Sunday?

INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.

: 1..97

**IF (RegCas = OccasJob OR Both) THEN**

**TypCas**

Is this the typical number of hours you work in your occasional job?

- 1 Yes
- 2 No

**IF (TypCas = No) THEN**

**NCasHrs**

INTERVIEWER: RECORD TYPICAL NUMBER OF HOURS WORKED PER WEEK IN OCCASIONAL JOB(S).

INTERVIEWER: IF 97 HOURS OR MORE THEN ENTER 97.

: 1..97

### **EMPLOYMENT OF HOUSEHOLD REFERENCE PERSON**

**IF (HRP = respondent) THEN questions asked in person, ELSE questions asked of (first) adult respondent:**

**JHRPIintr**

INTERVIEWER: Now I would like to ask you some questions about the job that you do / HRP does.

IF ASKED SAY 'because the accommodation is in your name / HRP's name'.

INTERVIEWER: PRESS <ENTER> TO CONTINUE.

- 1 continue

**IndD**

CURRENT/MOST RECENT JOB OF HRP.

What does/did the firm or organisation you/HRP work(s)/worked for mainly make or do (at the place where you/HRP work(s)/worked)?

DESCRIBE FULLY - PROBE MANUFACTURING or PROCESSING or DISTRIBUTING ETC. AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE or RETAIL ETC.

: STRING [80]

**OccT**

JOB TITLE OF CURRENT/MOST RECENT JOB OF HRP

What is/was your/HRP's main job?

: STRING [30]

**OccD**

CURRENT/MOST RECENT JOB OF HRP.

What do/did you/HRP mainly do in this job?

CHECK SPECIAL QUALIFICATIONS/TRAINING NEEDED TO DO THE JOB.

: STRING [80]

**Stat**

Are/Is/Was/Were you/HRP working as an employee or self-employed?

1 Employee

2 SelfEmp "Self-employed"

**Manage**

In this job, do you / did HRP have any formal responsibility for supervising the work of other employees?

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/worked for your/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?"

**Solo**

Are/Were you/HRP working alone or do/did you/HRP have employees?

1 OnOwn "on own/with partner(s) but no employees",

2 WithEmp "with employees"

**SENo**

How many people do/did you/HRP employ at the place where you/HRP work/worked? Were there ... (RUNNING PROMPT)...

1 n1\_24 "1-24"

2 n25\_499 "25 to 499, or"

3 n500plus "500 or more employees?"

## MAIN FOOD PROVIDER QUESTIONNAIRE

***This is a household level questionnaire asked once at all eligible households. Either the Main Food Provider / MFP (aged 16 years or over), identified in the Household Composition Questionnaire, answers the following questions, or a proxy MFP interview is conducted with Respondent 1 (aged 19 years or over).***

### **MFPProx**

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

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

**IF (MFPProx = WithProx) THEN**

### **MProxWho**

ENTER THE PERSON NUMBER OF PROXY RESPONDENT.

*list of household members*

ENTER CODE 11 IF NON-HOUSEHOLD MEMBER.

:1..11

## **COOKING AND STORAGE FACILITIES**

### **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

**IF (Kitch = Yes) THEN**

### **HotMeal**

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

INTERVIEWER: 'YOU' REFERS TO THE CATERING UNIT.

- 1 Yes
- 2 No

**IF (Kitch = Yes OR No) THEN**

### **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" |

**IF (Kitch = Yes) THEN**

**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.

'YOU' REFERS TO 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"   |

**IF (ShareKit = YesHH) THEN**

**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.

- |   |          |                        |
|---|----------|------------------------|
| 1 | Family   | "Family/relatives"     |
| 2 | Friend   |                        |
| 3 | Flatmate | "Flat mate/House mate" |
| 4 | Lodger   |                        |
| 5 | Other    |                        |

**ASK ALL**

**DinTab**

Do you (Does your household) have a table at which you (your household) can sit and eat a meal?

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

**StoreOK**

Thinking now about food storage...

Do you feel that your food storage facilities are adequate?

'YOUR' REFERS TO THE CATERING UNIT.

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

**IF (StoreOK = No) THEN**

**StoreOK2**

SHOW CARD E

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 rodents or insects"               |
| 6 | NSecure  | "Not secure"                                     |
| 7 | Other    |  |

**IF (StoreOK = No) THEN**

**StoreOK3**

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

- 1 Yes
- 2 No

**IF (StoreOK3 = Yes) THEN**

**StoreOK4**

How does this influence your food shopping?

INTERVIEWER: CODE ALL THAT APPLY.

'YOUR' REFERS TO SHOPPING FOR THE CATERING UNIT.

- 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.

'YOU' REFERS TO THE CATERING UNIT.

- 1 Yes
- 2 No

**IF (StoreShr = Yes) THEN**

**SShrInf**

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

- 1 Yes
- 2 No

## **SHOPPING HABITS**

**ASK ALL**

**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**

SHOW CARD F

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.

INTERVIEWER: IF SHOPPING ORDERED FROM LARGE SUPERMARKET OVER INTERNET AND DELIVERED CODE AS LARGE SUPERMARKET.

- 1 LSuper "Large supermarket, including home delivery from supermarket "
- 2 SSuper "Mini supermarket e.g. Tesco Metro"
- 3 CornerS "Local/corner shop (including newsagents)"

4	Garage	"Garage forecourt"
5	GreenG	"Independent greengrocer"
6	Butcher	"Independent butcher"
7	Baker	"Independent baker"
8	FishM	"Independent fishmonger"
9	Market	"Market (including stalls or farmer's markets)"
10	Farm	"Farm"
11	HomeDel	"Home delivery (including vegetable boxes – not from a supermarket)"
12	Other	"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'.

INTERVIEWER: IF MAIN SHOPPING ORDERED FROM LARGE SUPERMARKET OVER INTERNET AND DELIVERED CODE AS LARGE SUPERMARKET.

1	LSuper	"Large supermarket"
2	SSuper	"Mini supermarket"
3	CornerS	"Local/corner shop (including newsagents)"
4	Garage	"Garage forecourt"
5	Greeng	"Independent Greengrocer"
6	Butcher	"Independent Butcher"
7	Baker	"Independent Baker"
8	FishM	"Independent Fishmonger"
9	Market	"Market (including stalls)"
10	Farm	
11	HomeDel	"Home delivery (including vegetable boxes) – not from a supermarket"
12	Other	"Other"
13	Several	"Use more than one of these for main shop (SPONTANEOUS ONLY)"

**IF (MainShp = LSuper..Farm OR Other) OR (Shop = ONLY LSuper OR SSuper) THEN ShopOf**

SHOW CARD G

How often do you (does your household) go there to do a main shop?

INTERVIEWER: CODE FIRST THAT APPLIES. IF HAS SUPERMARKET DELIVERY CODE HOW OFTEN DELIVERED FROM SUPERMARKET.

1	MOnceD	"More than once a day"
2	OnceD	"Once a day"
3	TThWk	"2 or 3 times a week"
4	Weekly	
5	TThMth	"2 or 3 times a month"
6	Monthly	
7	TwoMths	"Every 2 months"
8	LTwoMths	"Less often than every 2 months"

### **ASK ALL**

#### **ShopFV**

Where do you (does your household) mainly buy fresh fruit and vegetables from?

INTERVIEWER: CODE ONE ONLY. IF MORE THAN ONE, CODE WHERE MOST FRUIT AND VEG BOUGHT FROM.

DO NOT INCLUDE FRUIT AND VEGETABLES THAT ARE GROWN BY THE RESPONDENT.

1	LSuper	"Large supermarket"
2	SSuper	"Mini supermarket"

3	CornerS	"Local/corner shop (including newsagents)"
4	Garage	"Garage forecourt"
5	GreenG	"Independent Greengrocer"
6	Butcher	"Independent Butcher"
7	Baker	"Independent Baker"
8	FishM	"Independent Fishmonger"
9	Market	"Market (including stalls)"
10	Farm	
11	HomeDel	"Home delivery (including vegetable boxes – not from a supermarket)"
12	Other	"Other"
13	Sever	"More than one of these (SPONTANEOUS ONLY)"

### **FVOf**

SHOW CARD G

How often do you buy fresh fruit and vegetables?

INTERVIEWER: CODE FIRST THAT APPLIES.

1	MOnceD	"More than once a day"
2	OnceD	"Once a day"
3	TThWk	"2 or 3 times a week"
4	Weekly	
5	TThMth	"2 or 3 times a month"
6	Monthly	
7	TwoMths	"Every 2 months"
8	LTwoMths	"Less often than every 2 months"

### **FruitAv**

How often do you usually have FRESH FRUIT available in your home?

Would you say...

1	MTime	"Most of the time"
2	SomeT	"Sometimes"
3	Never	"Or never?"

### **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

### **IF (OrgBuy = Yes) THEN**

#### **OrgWhat**

SHOW CARD H

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.

CODE ORGANIC SMOOTHIES OR WINE AS CODE 16 - OTHER ORGANIC 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

**IF (MoreOrg = Yes) THEN**

**WhyMOrg**

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 (enough of) it"
- 3 Other "Other"
- 4 NoReas "No particular reason"

**FOOD PREPARATION**

**ASK ALL**

**Preplntr**

I am now going to ask you about how you usually prepare some food items.

- 1 continue

**CookOil**

Which type of cooking fat/oil did your household use most often in the last 4 days? Please tell me the full product name.

INTERVIEWER: PLEASE RECORD THE FULL PRODUCT NAME, e.g. 'Sainsbury's Sunflower Oil.'

: STRING [80]

**ASK ALL**

**MincF1**

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

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

- 1 MinFat "Mince with fat"
- 2 MinNoFat "Mince without much fat"
- 3 NoEat "Do not prepare/eat this food"

**IF (MincF1 = MinFat OR MinNoFat) THEN**

**MincF2**

When you cook 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**

**ChipHow**

SHOW CARD I

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

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/eat this food"           |

**SaltChk**

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

INTERVIEWER: IF USE BOTH SALT AND SALT SUBSTITUTE, CODE WHICH USED MOST OFTEN.

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

**IF (SaltChk = Salt) THEN**

**SalHowC**

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

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

**IF (SaltChk = Subst) THEN**

**SltSHow**

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

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

**COOKING SKILLS (these questions are not asked during a proxy interview).**

**IF (MFPPprox = WithMFP) THEN**

**PrepMM**

SHOW CARD J

How often do you prepare a main meal for yourself (or yourself and others) in your household?

- |   |        |             |
|---|--------|-------------|
| 1 | EveryD | "Every day" |
|---|--------|-------------|

- |   |         |                              |
|---|---------|------------------------------|
| 2 | MostD   | "Most days (5-6)"            |
| 3 | SomeD   | "Some days (3-4)"            |
| 4 | OneTwoD | "One or two days a week"     |
| 5 | LessOW  | "Less than once a week"      |
| 6 | SpecOcc | "Only for special occasions" |
| 7 | Never   | "Or, never?"                 |

### **CTech**

SHOW CARD K

Which, if any, of the following cooking techniques do you feel confident about using?

INTERVIEWER: CODE ALL THAT APPLY.

- |    |         |                                  |
|----|---------|----------------------------------|
| 1  | Boil    | "Boiling"                        |
| 2  | Steam   | "Steaming or poaching"           |
| 3  | Fry     | "Frying"                         |
| 4  | StirFry | "Stir frying"                    |
| 5  | Grill   | "Grilling"                       |
| 6  | Bake    | "Oven-baking or roasting"        |
| 7  | Stew    | "Stewing/braising/casseroling"   |
| 8  | Micro   | "Microwaving"                    |
| 9  | None    | "Or, none of these?"             |
| 10 | All     | "SPONTANEOUS ONLY: All of these" |

### **CFood**

SHOW CARD L

Which, if any, of the following foods do you feel confident about cooking?

INTERVIEWER: CODE ALL THAT APPLY.

- |    |          |   |
|----|----------|---|
| 1  | RedMeat  | "Red meat"  |
| 2  | Chicken  | "Chicken"   |
| 3  | WhFish   | "White fish (cod, haddock, plaice)"                   |
| 4  | OilyFish | "Oily fish (herring, mackerel, salmon)"               |
| 5  | Pulses   | "Pulses (such as split peas and lentils)"             |
| 6  | Pasta    | "Dry pasta"   |
| 7  | Rice     | "Rice (savoury)"                                      |
| 8  | Potato   | "Potatoes (not chips)"                                |
| 9  | GrnVeg   | "Fresh green vegetables (cabbage, spinach, broccoli)" |
| 10 | RootVeg  | "Root vegetables (e.g. carrots, parsnips)"            |
| 11 | None     | "Or, none of these?"                                  |
| 12 | All      | "SPONTANEOUS ONLY: All of these"                      |

### **SkillCk**

SHOW CARD M

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 M

(Would you be able to...)

...Cook convenience foods and ready meals (e.g. frozen pizza, prepackaged curry & rice)?

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

SHOW CARD M

(Would you be able to...)

...Make a complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make spaghetti bolognese)?

- |   |         |                            |
|---|---------|----------------------------|
| 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 M

(Would you be able to...)

...Make a main dish from basic ingredients (raw potatoes, raw meat, onions etc), possibly following a recipe (e.g. shepherd's pie, curry)?

- |   |         |                            |
|---|---------|----------------------------|
| 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"           |

### SkBake

SHOW CARD M

(Would you be able to...)

...Make a cake or biscuits from basic ingredients (flour, milk, eggs, etc ), possibly following a recipe?

- |   |         |                            |
|---|---------|----------------------------|
| 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"           |

### Cook

SHOW CARD N

[\*]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?'

INTERVIEWER: IF RESPONDENT SAYS THEY CHOOSE NOT TO COOK OR SOMEONE ELSE DOES THE COOKING, CHECK WHETHER THEY CAN OR CAN'T COOK. IF THEY CAN COOK, REPEAT THE QUESTION AND CODE HOW THEY LEARNT TO COOK. IF THEY CAN'T COOK, CODE AS 'CANNOT COOK AT ALL'.

CODE ALL THAT APPLY.

- |    |        |  |
|----|--------|--|
| 1  | Home   | "At home (relative)"                             |
| 2  | School | "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  | Intnet | "Internet"                                       |
| 10 | NoCook | "Cannot cook at all"                             |
| 11 | Other  | "Other"  |
| 12 | All    | "SPONTANEOUS ONLY: All of these"                 |

**IF (Cook = School or Class) THEN****CookTech**

## SHOW CARD O

Which of the following techniques were you taught in your class?

- |    |          |   |
|----|----------|---|
| 1  | CleCho   | "Cleaning and chopping fruit and vegetables"                    |
| 2  | MeatFish | "Preparation of meat or fish for cooking (chopping, filleting)" |
| 3  | Frying   | "Frying"  |
| 4  | Boiling  | "Boiling"   |
| 5  | Bake     | "Baking or roasting"  |
| 6  | Sauce    | "Making a sauce"  |
| 7  | Pastry   | "Making pastry"   |
| 8  | Recipe   | "Following a recipe"  |
| 9  | Micro    | "Microwaving"   |
| 10 | Freeze   | "Freezing and defrosting"                                       |
| 11 | Pres     | "Preservation/storage of foods in larder/ refrigerator/freezer" |
| 12 | Hyg      | "Hygiene in the kitchen"  |
| 13 | None     | "None of these"   |
| 14 | CantRem  | "Don't know/Can't remember"                                     |
| 15 | All      | "SPONTANEOUS ONLY: All of these"                                |

**CookEq**

## SHOW CARD P

Which of the following pieces of cooking equipment do you have in your kitchen?

- |    |         |                                       |
|----|---------|---------------------------------------|
| 1  | Scales  | "Weighing scales"                     |
| 2  | Knives  | "Set of kitchen knives"               |
| 3  | SPans   | "Set of saucepans"                    |
| 4  | FPan    | "Frying pan"                          |
| 5  | Sieve   | "Colander/Sieve"                      |
| 6  | CassD   | "Casserole dish"                      |
| 7  | RPan    | "Roasting pan"                        |
| 8  | CTin    | "Cake tins"                           |
| 9  | BTray   | "Baking trays"                        |
| 10 | Whisk   | "Hand-held whisk, manual or electric" |
| 11 | MBowl   | "Mixing bowls"                        |
| 12 | MJug    | "Measuring jug"                       |
| 13 | RPin    | "Rolling pin"                         |
| 14 | Grater  | "Grater"                              |
| 15 | FoodPro | "Food processor"                      |
| 16 | None    | "None of these"                       |
| 17 | All     | "SPONTANEOUS ONLY: All of these"      |

**Ingred**

## SHOW CARD Q

Which of the following ingredients do you usually have available in your food store?

- |    |        |   |
|----|--------|---|
| 1  | Flour  | "Flour, (self-raising, and/or plain and/or bread)"                    |
| 2  | Sugar  | "Sugar (caster, granulated, brown)"                                   |
| 3  | CFlour | "Cornflour"   |
| 4  | Pasta  | "Dried pasta (spaghetti, noodles)"                                    |
| 5  | Rice   | "Rice (long grain, basmati)"  |
| 6  | TomTin | "Tomatoes in tins or cartons"   |
| 7  | TomPur | "Tomato paste/puree"  |
| 8  | Oil    | "Olive oil or other vegetable oil"                                    |
| 9  | Vin    | "Vinegar (wine, balsamic)"  |
| 10 | Pulse  | "Dried or tinned pulses (canellini or borlotti beans, chickpeas etc)" |
| 11 | Bean   | "Baked beans"   |

12	Herb	"Dried herbs, spices or curry powder"
13	Stock	"Stock cubes"
14	Soy	"Soy sauce"
15	TinFish	"Tinned fish (sardines, anchovies)"
16	None	"None of these"
17	All	"SPONTANEOUS ONLY: All of these"

## **INCOME**

### **Income**

SHOW CARD FF

Thank you for answering the questions so far. Before we move on, please could you take a look at this card and tell me the letter of the group which represents your household's total income in the last 12 months, before any deductions for tax etc. Please include income from earnings, self-employment, benefits, pensions, and interest from savings.

INTERVIEWER: CARD SHOWS ANNUAL AMOUNTS.

THIS MEANS CATERING UNIT INCOME (NOT HOUSEHOLD INCOME).

HOUSING BENEFITS AND CHILD ALLOWANCE SHOULD BE INCLUDED. PROBE TO MAKE SURE RESPONDENT HAS INCLUDED THIS: 'Can I just check, do you receive any housing benefits and/or child allowance?'

1	IncA	"A - £15,000 - £19,999"
2	IncB	"B - £30,000 - £34,999"
3	IncC	"C - Under £5,000"
4	IncD	"D - £45,000 - £49,999"
5	IncE	"E - £25,000 - £29,999"
6	IncF	"F - £5,000 - £9,999"
7	IncG	"G - £20,000 - £24,999"
8	IncH	"H - £10,000 - £14,999"
9	Incl	"I - £75,000 - £99,999"
10	IncJ	"J - £35,000 - £39,999"
11	IncK	"K - £50,000 - £74,999"
12	Incl	"L - £100,000 or more"
13	IncM	"M - £40,000 - £44,999"

### **MFPEnd**

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

PRESS <ENTER> TO CONTINUE

1 continue

## INDIVIDUAL INTERVIEWS

*Individual level questions answered by a maximum of two people at all eligible households. Certain sections are for adults (19+) / children (4-18) only, as indicated.*

## COOKING SKILLS

*Respondents aged 16+ only – not asked here if the respondent is the MFP.*

### PrepMM

SHOW CARD J

How often do you prepare a main meal for yourself (or yourself and others) in your household?

- |   |         |                              |
|---|---------|------------------------------|
| 1 | EveryD  | "Every day"                  |
| 2 | MostD   | "Most days (5-6)"            |
| 3 | SomeD   | "Some days (3-4)"            |
| 4 | OneTwoD | "One or two days a week"     |
| 5 | LessOW  | "Less than once a week"      |
| 6 | SpecOcc | "Only for special occasions" |
| 7 | Never   | "Or, never?"                 |

### CTech

SHOW CARD K

Which, if any, of the following cooking techniques do you feel confident about using?

INTERVIEWER: CODE ALL THAT APPLY.

- |    |         |                                  |
|----|---------|----------------------------------|
| 1  | Boil    | "Boiling"                        |
| 2  | Steam   | "Steaming or poaching"           |
| 3  | Fry     | "Frying"                         |
| 4  | StirFry | "Stir frying"                    |
| 5  | Grill   | "Grilling"                       |
| 6  | Bake    | "Oven-baking or roasting"        |
| 7  | Stew    | "Stewing/braising/casseroling"   |
| 8  | Micro   | "Microwaving"                    |
| 9  | None    | "Or, none of these?"             |
| 10 | All     | "SPONTANEOUS ONLY: All of these" |

### CFood

SHOW CARD L

Which, if any, of the following foods do you feel confident about cooking?

INTERVIEWER: CODE ALL THAT APPLY.

- |   |          |   |
|---|----------|---|
| 1 | RedMeat  | "Red meat"                                |
| 2 | Chicken  | "Chicken"                                 |
| 3 | WhFish   | "White fish (cod, haddock, plaice)"       |
| 4 | OilyFish | "Oily fish (herring, mackerel, salmon)"   |
| 5 | Pulses   | "Pulses (such as split peas and lentils)" |

6	Pasta	"Dry pasta"
7	Rice	"Rice (savoury)"
8	Potato	"Potatoes (not chips)"
9	GrnVeg	"Fresh green vegetables (cabbage, spinach, broccoli)"
10	RootVeg	"Root vegetables (e.g. carrots, parsnips)"
11	None	"Or, none of these?"
12	All	"SPONTANEOUS ONLY: All of these"

### **SkIlCk**

SHOW CARD M

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 M

(Would you be able to...)

...Cook convenience foods and ready meals (e.g. frozen pizza, prepackaged curry & rice)?

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 | LtIHlp  | "Yes, with a little help"  |
| 3 | LotHlp  | "Yes, with a lot of help"  |
| 4 | CantHlp | "No, not at all"           |

### **SkMed**

SHOW CARD M

(Would you be able to...)

...Make a complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make spaghetti bolognese)?

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

### **SkAdv**

SHOW CARD M

(Would you be able to...)

...Make a main dish from basic ingredients (raw potatoes, raw meat, onions etc), possibly following a recipe (e.g. shepherd's pie, curry)?

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

### **SkBake**

SHOW CARD M

(Would you be able to...)

...Make a cake or biscuits from basic ingredients (flour, milk, eggs, etc ), possibly following a recipe?

- |   |        |                            |
|---|--------|----------------------------|
| 1 | NoHlp  | "Yes, with no help at all" |
| 2 | LtIHlp | "Yes, with a little help"  |
| 3 | LotHlp | "Yes, with a lot of help"  |

4 CantHlp "No, not at all"

### **Cook**

SHOW CARD N

[\*]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?'

INTERVIEWER: IF RESPONDENT SAYS THEY CHOOSE NOT TO COOK OR SOMEONE ELSE DOES THE COOKING, CHECK WHETHER THEY CAN OR CAN'T COOK. IF THEY CAN COOK, REPEAT THE QUESTION AND CODE HOW THEY LEARNT TO COOK. IF THEY CAN'T COOK, CODE AS 'CANNOT COOK AT ALL'.

CODE ALL THAT APPLY.

1	Home	"At home (relative)"
2	School	"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"
10	Recipe	"Recipe books / magazines"
11	Intnet	"Internet"
10	NoCook	"Cannot cook at all"
11	Other	"Other"
12	All	"SPONTANEOUS ONLY: All of these"

**IF (Cook = School or Class) THEN**

### **CookTech**

SHOW CARD O

Which of the following techniques were you taught in your class?

1	CleCho	"Cleaning and chopping fruit and vegetables"
2	MeatFish	"Preparation of meat or fish for cooking (chopping, filleting)"
3	Frying	"Frying"
4	Boiling	"Boiling"
5	Bake	"Baking or roasting"
6	Sauce	"Making a sauce"
7	Pastry	"Making pastry"
8	Recipe	"Following a recipe"
9	Micro	"Microwaving"
10	Freeze	"Freezing and defrosting"
11	Pres	"Preservation/storage of foods in larder/ refrigerator/freezer"
12	Hyg	"Hygiene in the kitchen"
13	None	"None of these"
14	CantRem	"Don't know/Can't remember"
All		"SPONTANEOUS ONLY: All of these"

**CHILDREN'S COOKING SKILLS**  
*Respondents aged 7-15 and 16-18 in Full Time Education*

**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

**IF (CookCh = Yes) THEN**

**CkLesson**

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

- 1 Yes  
2 No

**IF (CkLesson = Yes) THEN**

**CkWtSc1**

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

- 1 Yes  
2 No

**CkWtSc2**

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

- 1 Yes  
2 No

**CkWtSc3**

(And did you (child's name) learn to...) **prepare a main meal dish** (e.g. shepherd's pie, spaghetti bolognese) (in these lessons)?

- 1 Yes  
2 No

**CkWtSc4**

(And did you (child's name) learn to...) **prepare vegetables** (in these lessons)?

- 1 Yes  
2 No

**CookHome**

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

- 1 Yes  
2 No

**IF (CookHome = Yes) THEN**

**CookWith**

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

- 1 Alone "Alone"  
2 WSoE "With Someone Else"

**IF (CookWith = WSoE) THEN**

**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" |

**IF (CookHome = Yes) THEN**

**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?" |

**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)"              |

**CkWHom1**

SHOW CARD M

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 M

(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 M

(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 M

(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 M

(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 M

(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"           |

**SCHOOL PROVISION**  
**ASK ALL 18 MONTHS-15 YEARS & 16-18 YEARS IN FULL-TIME EDUCATION**

**WHERE RESPONDENT 10 OR YOUNGER - ASK THROUGH GUARDIAN; WHERE RESPONDENT 11-18, ASK DIRECTLY.**

**IF (respondent is aged 18 months – 15 years and 16-18 in FT education) THEN**

**SchType**

SHOW CARD MM

Please look at this card and tell me which of these best describes the school you/ child's name attend(s).

- |   |        |   |
|---|--------|---|
| 1 | Nurs   | "A nursery school"  |
| 2 | Prim   | "A primary school (including infant school, junior school)"         |
| 3 | Sec    | "A secondary school (including sixth form in a school)/High school" |
| 4 | Mid    | "A middle school"   |
| 5 | SixthF | "A sixth form college/Higher Education college"                     |
| 6 | Other  | "Other – please specify at next question"                           |
| 7 | HomeEd | "Home-educated"   |
| 8 | NoSch  | "SPONTANEOUS ONLY: Hasn't started school yet"                       |

**IF (SchType = 1-6) THEN**

**SchIntr**

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

PRESS <ENTER> TO CONTINUE

- 1 continue

**SchProv**

Does your (child's name)'s school/college provide food?

INTERVIEWER: **INCLUDE SANDWICHES AND SALADS.**

**DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.**

- 1 Yes  
2 No

**IF (SchProv = Yes) THEN**

**SchName**

Please could you tell me the name and address of your / (child's name)'s school/college. We only need this information in case we need to ask them questions about how the school/college prepares food.

Please tell me the name of the school first.

INTERVIEWER: PLEASE ENTER NAME OF SCHOOL IN FULL.

: STRING [40]

**SchAdd1**

And what is the first line of the address?

: STRING [30]

**SchAdd2**

INTERVIEWER: Enter next line of address or press the <Enter> key if no more. Do not enter postcode here.  
: STRING [30]

**SchAdd3**

INTERVIEWER: Enter next line of address or press the <Enter> key if no more to enter. Do not enter postcode here.  
: STRING [30]

**SchAdd4**

INTERVIEWER: Enter next line of address or press the <Enter> key if no more to enter. Do not enter postcode here.  
: STRING [30]

**SchPCode**

INTERVIEWER: Enter postcode here if known. Use <CTRL K> if not known.  
: STRING [8]

**IF (SchProv = Yes) THEN****SchMeal**

Does the food provided include a cooked meal?

- 1 Yes
- 2 No

**IF (SchMeal = Yes) THEN****SchProv2**

Do/Does you/(child's name) ever have this cooked meal?

- 1 Yes
- 2 No

**IF (SchType = Prim..Other) THEN****SchLun**

On a school/college day, what do you (does your child) usually have for lunch?

INTERVIEWER: CODE ONE ONLY.

INCLUDE SANDWICHES AND SALADS.

DO NOT INCLUDE SNACKS SUCH AS CONFECTIONERY, CRISPS, FRUIT.

WE ARE INTERESTED IN THE **MEAL** EATEN RATHER THAN THE TIME AT WHICH IT WAS EATEN.

- |   |         |   |
|---|---------|---|
| 1 | HSMeal  | "Cooked school meal"                              |
| 2 | CSMeal  | "Cold school meal (including sandwiches, salads)" |
| 3 | PackedL | "Packed lunch (from home)"                        |
| 4 | BuyL    | "Buy lunch from shop/café"                        |
| 5 | Home    | "Go home"   |
| 6 | NoLunch | "Do not eat lunch"                                |

**IF (SchType = Prim..Other) THEN****SchSn**

Is there an outlet in your (child's 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

**IF (SchSn = Yes) THEN**

**SchSn2**

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

- 1 Yes
- 2 No

**IF (SchTyp = Prim...Other or NoSch) THEN**

**SchSub**

SHOW CARD OO

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

INTERVIEWER: CODE ALL THAT APPLY.

INTERVIEWER: THE HEALTHY START PROGRAM ENTITLES ELIGIBLE HOUSEHOLDS WITH CHILDREN AGED 0-3 YEARS TO VOUCHERS THAT CAN BE EXCHANGED FOR MILK, FRESH FRUIT, FRESH VEGETABLES AND INFANT FORMULA. IN ADDITION, CHILDREN ARE ENTITLED TO FREE VITAMIN DROPS FROM 6 MONTHS OF AGE UNTIL THEIR 4th BIRTHDAY.

- 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 FreFruit "Free fruit"
- 6 HSVit "Healthy Start children's vitamin drops (3 and under)"
- 7 HSVou "Healthy Start vouchers (3 and under)"
- 8 PreSch "Free food BEFORE school"
- 9 PostSch "Free food AFTER school"
- 10 Other "Other"
- 11 None "None of these - SPONTANEOUSLY ONLY"

**IF (SchSub NOT = FreeMeal) THEN**

**School2**

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

- 1 Yes
- 2 No

**IF (School2 = Yes) THEN**

**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

**IF (School = FreeMeal) THEN**

**SchOft**

On average, how many times per week do you (does (child's name)) have free school meals at lunchtime?

:1..5

**IF (SchOft < 5) THEN**

**SchOft2**

Why do you (does (child's 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    |                                |

**IF (SchSub = PreSch) THEN**

**PrScOff**

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

:1..5

**IF (SchSub = PostSch) THEN**

**PoScOff**

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

:1..5

## EATING OUT AND OTHER PROVISION

**IF (respondent is aged 65+) THEN**

**HeClub**

Have you ever used the following services

INTERVIEWER: ...READ OUT AND CODE ALL THAT APPLY.

- |   |       |                    |
|---|-------|--------------------|
| 1 | LClub | "Lunch club?"      |
| 2 | DCare | "Day care centre?" |
| 3 | MoW   | "Meals on wheels?" |
| 4 | None  | "None of these"    |

**IF (Age = 65+ and HeClub = LClub) THEN**

**HeLC**

SHOW CARD R

How often do you attend a lunch club?

- |   |       |  |
|---|-------|--|
| 1 | Every | "Every day or nearly every day"                |
| 2 | TwoW  | "Two or three times a week"                    |
| 3 | OnceW | "Once a week"                                  |
| 4 | TwoM  | "Two or three times a month"                   |
| 5 | OnceM | "Once a month or less"                         |
| 6 | Never | "Do not currently use – SPONTANEOUS CODE ONLY" |

**IF (Age = 65+ and HeClub = DCare) THEN**

**HeDCC**

SHOW CARD R

How often do you attend a day care centre?

- |   |       |  |
|---|-------|--|
| 1 | Every | "Every day or nearly every day"                |
| 2 | TwoW  | "Two or three times a week"                    |
| 3 | OnceW | "Once a week"                                  |
| 4 | TwoM  | "Two or three times a month"                   |
| 5 | OnceM | "Once a month or less"                         |
| 6 | Never | "Do not currently use – SPONTANEOUS CODE ONLY" |

**IF (Age = 65+ and HeClub = MoW) THEN**

**HeMW**

SHOW CARD R

How often do you eat a meal provided by Meals on Wheels?

- |   |       |  |
|---|-------|--|
| 1 | Every | "Every day or nearly every day"                |
| 2 | TwoW  | "Two or three times a week"                    |
| 3 | OnceW | "Once a week"                                  |
| 4 | TwoM  | "Two or three times a month"                   |
| 5 | OnceM | "Once a month or less"                         |
| 6 | Never | "Do not currently use – SPONTANEOUS CODE ONLY" |

**IF (HeMW = Every) THEN**

**MWHow**

How do you receive your meals on wheels?

- |   |        |  |
|---|--------|--|
| 1 | Hot    | "As a hot meal delivered on the day"           |
| 2 | Frozen | "As frozen meals delivered weekly/fortnightly" |

**ASK ALL**

**MealOut**

SHOW CARD S

On average, how often do you/does child eat meals out in a restaurant or cafe?

INTERVIEWER: 'MEALS' MEANS MORE THAN A BEVERAGE OR BAG OF CHIPS

- |   |         |                            |
|---|---------|----------------------------|
| 1 | Five    | "5 or more times per week" |
| 2 | ThrFour | "3-4 times per week"       |
| 3 | OneTwoW | "1-2 times per week"       |
| 4 | OneTwoM | "1-2 times per month"      |
| 5 | Rarely  | "Rarely or never"          |

**TAMeal**

SHOW CARD S

On average, how often do you/does child eat takeaway meals at home?

INTERVIEWER: 'MEALS' MEANS MORE THAN A BEVERAGE OR BAG OF CHIPS.

INCLUDE PIZZA, FISH AND CHIPS, INDIAN, CHINESE, BURGERS, KEBAB ETC.

INTERVIEWER: THIS QUESTION IS ABOUT TAKE AWAY MEALS IN THE RESPONDENT'S HOME ONLY.

- |   |         |                            |
|---|---------|----------------------------|
| 1 | Five    | "5 or more times per week" |
| 2 | ThrFour | "3-4 times per week"       |
| 3 | OneTwoW | "1-2 times per week"       |
| 4 | OneTwoM | "1-2 times per month"      |
| 5 | Rarely  | "Rarely or never"          |

**IF (respondent is aged 16+ and (WrkStat = Working) OR (PTWork = Yes) THEN Canteen**

Does your place of work have a staff canteen?

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

**IF (Canteen = Yes) THEN**

**CantSub**

Do you know if the canteen food is subsidised in any way? By subsidised I mean that your employer meets some of the cost of providing the food.

- |   |        |                          |
|---|--------|--------------------------|
| 1 | Sub    | "Yes it is subsidised"   |
| 2 | NotSub | "No it isn't subsidised" |
| 3 | DontNo | "Don't know"             |

**IF (respondent is working) THEN**

**LunchWk**

What do you usually do about meals (e.g. lunch) when you are at work?

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

INTERVIEWER: THIS QUESTION IS STILL RELEVANT EVEN IF RESPONDENT WORKS NIGHT SHIFTS. WE WANT TO KNOW ABOUT ANYTHING THEY EAT, REGARDLESS OF WHETHER IT IS BREAKFAST, LUNCH OR DINNER.

- |   |          |                                   |
|---|----------|-----------------------------------|
| 1 | Canteen  | "Eat at the staff canteen"        |
| 2 | PackedL  | "Take a packed lunch (from home)" |
| 3 | ShopCafe | "Buy lunch from a shop/café"      |
| 4 | Other    | "Other"                           |
| 5 | NoLunch  | "Do not have lunch"               |

## EATING HABITS

**ASK ALL (WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT / GUARDIAN)**

**YrIntr**

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

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 continue

**OilFish**

SHOW CARD T

Other than tinned tuna, in the last 12 months how often have you (has (child name)) eaten **tinned oily fish**, such as salmon, sardines, mackerel, kippers, herrings, pilchards, anchovies? Please **do not** include tinned tuna.

INTERVIEWER: TINNED TUNA DOES NOT COUNT AS OILY FISH BECAUSE THE CANNING PROCESS REDUCES THE OMEGA-3 FATTY ACID CONTENT.

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "Never"                       |
| 2 | OneMth | "Less than once per month"    |
| 3 | OneDM  | "On 1-3 days per month"       |
| 4 | OneDW  | "On 1-2 days 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 ALL**

**FrOFsh**

SHOW CARD T

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

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "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 ALL**

**ShFish**

SHOW CARD T

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

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "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 ALL****Offal**

SHOW CARD T

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

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Never  | "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 ALL****RarEat**

SHOW CARD U

In the last 12 months have you (has (child's name)) eaten any of the foods on this card?

INTERVIEWER: DO NOT INCLUDE NUTS IN CODE 4 (SEEDS).

- |    |         |   |
|----|---------|---|
| 1  | None    | "None of these"   |
| 2  | FishLiv | "Fish liver (include canned cod liver; exclude fish liver oil supplements)"                               |
| 3  | VenLiv  | "Venison liver"   |
| 4  | Sprats  | "Sprats"  |
| 5  | Seeds   | "Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))" |
| 6  | Cassava | "Cassava chips/crisps"  |
| 7  | Seaweed | "Seaweed (includes hijiki, wakame)"   |
| 8  | Sushi   | "Sushi (including purchased sushi)"   |
| 9  | Kabanos | "Kabanos (smoked sausage)"  |
| 10 | FrPap   | "Papaya (include fresh and canned)"   |
| 11 | DrPap   | "Dried papaya"  |
| 12 | FrMango | "Mango (include fresh and canned)"  |
| 13 | DrMango | "Dried mango"   |
| 14 | Kiwi    | "Kiwi Fruit"  |

*(Ask for each response at RareEat)*

**RarOft**

SHOW CARD V

How often have you (has (child's name)) eaten (food from RarEat)?"

- |   |        |                              |
|---|--------|------------------------------|
| 1 | OneMth | "Less than once per month"   |
| 2 | OneDM  | "On 1-3 days per month"      |
| 3 | OneDW  | "On 1-2 days per week"       |
| 4 | ThrDW  | "On 3 or more days per week" |

## AVOIDANCE

### AvIntr

The next few questions are about fruit and vegetables. We are interested in whether you / (child's name) eat them with the skins left on.

INTERVIEWER: QUESTIONS ABOUT FOOD ALLERGIES/AVOIDANCES.

PRESS <ENTER> TO CONTINUE

1 continue

### ASK ALL (WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT / GUARDIAN)

#### Appet

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

INTERVIEWER: RUNNING PROMPT...

- |   |         |  |
|---|---------|--|
| 1 | Good    | "...a good appetite"                               |
| 2 | Average | "an average appetite or"                           |
| 3 | Poor    | "a poor appetite for someone of your/his/her age?" |

#### AvoidYN

Are there any types of foods that you (child's name) never eat(s)?

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

### IF (AvoidYN = Yes) THEN

#### Avoid

SHOW CARD W

Can you tell me what types of foods you (child's name) never eat(s)?

INTERVIEWER: 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    | "Eggs"  |
| 5  | Milk    | "Milk (including yoghurt)"  |
| 6  | Cheese  | "Cheese"  |
| 7  | Salad   | "Salad vegetables (e.g. lettuce, cucumber, tomato)"               |
| 8  | Green   | "Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)" |
| 9  | RootV   | "Root vegetables (e.g. carrots, parsnips)"                        |
| 10 | Fruit   | "Fresh fruit"   |
| 11 | Nuts    | "Nuts"  |
| 12 | Offal   | "Offal"   |
| 13 | Other   | "Other"   |

### ASK ALL

#### Diet

Are you (Is (child's name)) on any special diet at the moment?

INTERVIEWER: A 'SPECIAL' DIET IS WHATEVER THE RESPONDENT CONSIDERS A SPECIAL DIET TO BE.

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

**IF (Diet = Yes) THEN**

**DietT**

What type of diet are you (is (child's 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 | CholLow | "Cholesterol lowering diet"       |
| 6 | LowAll  | "Low allergy diet, Additive free" |
| 7 | OthMed  | "Other medical diet"              |
| 8 | Kosher  | "Kosher or halal diet"            |
| 9 | Other   | "Other"                           |

**DrDiet**

Was this diet recommended or prescribed to you (child's name) by a doctor, nurse, dietician or other medical practitioner?

INTERVIEWER: IF ANY PART OF DIET PRESCRIBED, CODE YES.

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

**DietEase**

Do you (Does (child's name)) find this diet easy to follow?

INTERVIEWER: MEANS THE WHOLE REGIMEN, EVEN IF YOU HAVE CODED MORE THAN ONE TYPE OF DIET.

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

**IF (DietEase = No) THEN**

**DietHow**

Why do you (does (child's name)) not find the diet easy to follow?

STRING [30]

**ASK ALL**

**Veg**

Can I just check, would you describe yourself (child's name) as vegetarian or vegan?"

- |   |         |              |
|---|---------|--------------|
| 1 | Veggie  | "Vegetarian" |
| 2 | Vegan   | "Vegan"      |
| 3 | Neither | "Neither"    |

**IF (Veg = Veggie) THEN**

**VegeChk**

Can I just check, do you eat any meat, fish, poultry or dishes that contain these?

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

**IF (Veg = Vegan) THEN**

**VeganChk**

Can I just check, do you eat any foods of animal origin. That is meat, fish, poultry, milk, milk products, eggs or any dishes that contain these?

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

**IF (respondent is aged < 16) THEN**

**Fuss**

How would you describe the variety of foods that you (child's name) generally eat(s)?  
Do/Does you/he/she ...RUNNING PROMPT...

- 1 Most "...eat most things,"
- 2 Reason "...eat a reasonable variety of things"
- 3 Limit "...or do you (does (child's name)) only eat a limited number of different foods?"

**ASK ALL**

**WashIntr**

The next few questions are about fruit and vegetables. We are interested in whether you (child's name) eat(s) them with the skins left on.

PRESS <ENTER> TO CONTINUE

- 1 continue

**WshNPot**

Firstly, do you (does (child's 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 Ususal "Yes, USUALLY eat the skin/peel"
- 3 STimes "Yes, SOMETIMES eat the skin/peel"
- 4 Never "No, NEVER eat the skin/peel"
- 5 NoEat "Don't eat this type of fruit/veg at all"

**WshPot**

(And do you (does (child's 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 Ususal "Yes, USUALLY eat the skin/peel"
- 3 STimes "Yes, SOMETIMES eat the skin/peel"
- 4 Never "No, NEVER eat the skin/peel"
- 5 NoEat "Don't eat this type of fruit/veg at all"

**ASK ALL**

**Peel**

SHOW CARD X

Do you (Does (child's name)) ever eat the peel or skin (outer layer) of the following fruits?

INTERVIEWER: **INCLUDES** BLENDING THE PEEL/SKIN TO MAKE A SMOOTHIE.

**EXCLUDES** EATING PEEL/SKIN IN FRUIT CAKES, MARMALADE, CHUTNEYS ETC.

- 1 None "None of these"
- 2 Orange "Orange"
- 3 Lemon "Lemon"
- 4 Kiwi "Kiwi fruit"
- 5 GrapeF "Grapefruit"
- 6 Mango "Mango"
- 7 Banana "Banana"
- 8 Lime "Lime"
- 9 PApple "Pineapple"
- 10 SoftCit "Soft citrus fruit (satsumas/ mandarins/ clementines)"

**(Ask for each response at Peel)**

**PeelOff**

SHOW CARD Y

How often do you (does (child's name)) eat the peel or skin of (fruit from Peel)?"

- |   |        |                          |
|---|--------|--------------------------|
| 1 | Daily  | "Every day/most days"    |
| 2 | Week1  | "Once or twice a week"   |
| 3 | Month1 | "Once or twice a month"  |
| 4 | Less   | "Less than once a month" |

**(Ask for each response at Peel)**

**PeelAmt**

SHOW CARD Z

When you (child's name) eat(s) the peel or skin of (fruit from Peel), how much of it do you (does (child's name)) usually eat?

- |   |       |   |
|---|-------|---|
| 1 | All   | "All of the peel or skin"                 |
| 2 | Most  | "Most of the peel or skin"                |
| 3 | Half  | "Around half of the peel or skin"         |
| 4 | Quart | "Around a quarter of the peel or skin"    |
| 5 | Less  | "Less than a quarter of the peel or skin" |

**MarmP**

Do you (does (child's name)) eat marmalade which contains peel of citrus fruits (such as lemons, oranges, tangerines and limes?)

INTERVIEWER: INCLUDE HOMEMADE MARMALADE.

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

**WashFru**

If you (child's name) eat(s) your fruit with the peel on do/does you (he/she) wash it before eating/cooking?

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Always | "Yes, ALWAYS wash"            |
| 2 | Usual  | "Yes, USUALLY wash"           |
| 3 | STimes | "Yes, SOMETIMES wash"         |
| 4 | Never  | "No, NEVER wash"              |
| 5 | NoEat  | "Do not eat with peel on/raw" |

**WashVeg**

If you (child's name) eat(s) raw vegetables, (tomatoes, carrots, cucumbers) do/does you (he/she) wash them before eating?

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | Always | "Yes, ALWAYS wash"            |
| 2 | Usual  | "Yes, USUALLY wash"           |
| 3 | STimes | "Yes, SOMETIMES wash"         |
| 4 | Never  | "No, NEVER wash"              |
| 5 | NoEat  | "Do not eat with peel on/raw" |

**GENERAL HEALTH**  
**ASK ALL (WHERE RESPONDENT 10 OR YOUNGER ASK THROUGH PARENT /**  
**GUARDIAN)**

**HealIntr**

I'd now like to ask you some questions about your (child's) general health.

INTERVIEWER: PRESS <ENTER> TO CONTINUE

1 Continue

**GenHelf**

How is your (child's) health in general?

Would you say it was...READ OUT...

- |   |         |                |
|---|---------|----------------|
| 1 | Vergood | "...very good" |
| 2 | Good    | "good"         |
| 3 | Fair    | "fair"         |
| 4 | Bad     | "bad, or"      |
| 5 | Verbad  | "very bad?"    |

**Heal**

Do you (Does your child) have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you (him/her) over a period of time, or that is likely to affect you (him/her) over a period of time?

- 1 Yes  
2 No

**IF (Heal = Yes) THEN**

**HealT**

What is the matter with you (child's name)?

: STRING [80]

**IF (Heal = Yes) THEN**

**Limit**

Does this illness or disability (Do these illnesses or disabilities) limit your (child's name) activities in any way?

- 1 Yes  
2 No

**IF (Limit = Yes) AND (Age >= 16) THEN**

**LimitShp**

Does this illness or disability (Do these illnesses or disabilities) limit you or prevent you from shopping?

- |   |          |  |
|---|----------|--|
| 1 | Limits   | "Limits"                                       |
| 2 | Prevents | "Prevents"                                     |
| 3 | Neither  | "Illness does not limit/prevent from shopping" |

**IF (LimitShp = Limits OR Prevents) AND (Age >= 16) THEN**

**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"            |

**IF (Limit = Yes) AND (Age >= 16) THEN**

**LimiPrep**

Does this illness or disability (Do these illnesses or disabilities) limit you or prevent you from preparing food?

- |   |          |  |
|---|----------|--|
| 1 | Limits   | "Limits"   |
| 2 | Prevents | "Prevents"   |
| 3 | Neither  | "Illness does not limit/prevent from preparing food" |

**IF (LimiPrep = Limits OR Prevents) AND (Age >= 16) THEN**

**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's name) have to cut down on any of the things you usually do (he/she usually 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  |

**IF (CutDown = Yes) THEN**

**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's name)?

: STRING [80]

**ASK ALL**

**Accid**

In the past 12 months have you (has your child) 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  |

**ASK ALL**

**Operat**

Can I check, in the last 12 months have you (has your child) had a surgical operation of any sort?

- 1 Yes
- 2 No

**ASK ALL**

**Hospit**

During the past 12 months have you (has your child) stayed in hospital as an inpatient, overnight or longer?

INTERVIEWER: EXCLUDE GOING TO HOSPITAL TO GIVE BIRTH.

- 1 Yes
- 2 No

**ORAL HEALTH**  
*(For respondents aged 16 and over)*

**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

**ASK ALL**

**AnyOwn**

INTERVIEWER: ASK OR RECORD

Do you have any of your own, natural, teeth?

1 Yes

2 No

**ASK ALL**

**DentUse**

Do you use a denture at all?

1 Yes

2 No

**Chew**

SHOW CARD AA

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"

**IF (Respondent is aged 45 or over OR wears dentures) THEN**

**CardL**

SHOW CARD BB

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 BB

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 BB

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 BB

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 BB

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 BB

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 BB

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 BB

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 BB

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 BB

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 BB

And how well could you eat...?

- |   |        |                                  |
|---|--------|----------------------------------|
| 1 | EatEas | "Could eat easily"               |
| 2 | EatDif | "Could eat with some difficulty" |
| 3 | NotEat | "Could not eat at all"           |

**Orange**

SHOW CARD BB

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 BB

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"           |

**IF (Respondent is aged 45 or over OR wears dentures) AND (Any of (SliceB..Nuts = NotEat) THEN****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" |

**SELF-COMPLETIONS**  
*(For respondents aged 8-24)*

**IF (Age = 18-24) THEN**

**DrinIntr**

INTERVIEWER: SMOKING AND DRINKING SELF-COMPLETION BOOKLET.

The next set of questions are about smoking cigarettes and drinking alcohol. We can either continue using the laptop to answer the questions, or you can fill in your answers in this booklet. Which would you prefer to do?

IS THE YOUNG PERSON TO CONTINUE WITH QUESTIONS IN CAPI OR ARE THEY TO BE GIVEN A BOOKLET (GREY COVER)?

- 1      Asked            "Continue with questions in CAPI"
- 2      Given             "Given self completion booklet"

**IF (Age = 11-24) THEN**

**SCIntro**

INTERVIEWER: Prepare self completion booklet for ages (8-12: RED cover) / (13-15: TURQUOISE cover) / (16-24: GREY cover) by entering serial numbers.

Check that you have the correct person number.

AName.....Point..Address..Check letter..Person number

- 1      Continue

**IF (Age = 8-10) THEN**

**SCIntCh**

Here is a little booklet which I would like to ask (child's name) to complete for him/herself. It asks children if they have ever tried cigarettes or alcohol. May I explain it to you/him/her?

INTERVIEWER: If asked, show RED booklet to (child's name).

If agrees, prepare RED booklet.

AName.....Point..Address..Check letter..Person number

INTERVIEWER: Explain to child how to complete and show example in booklet.

- 1      Continue

**SComp2**

I would now like you to answer some questions by completing this booklet on your own. The questions cover smoking and drinking.

INTERVIEWER: Explain how to complete booklet and show example in booklet.

- 1      Continue

**IntDemog**

INTERVIEWER: Wait until (respondent's name) has completed the self-completion booklet, then thank them for completing it and ask them to return it to you.

- 1      Continue

**SMOKING**  
*(For respondents aged 18 and over)*

**SmokIntr**

INTERVIEWER: YOU ARE ENTERING THE SMOKING SECTION

This next section is about smoking.

1 Continue

**SmokEver**

Have you ever smoked a cigarette, cigar, pipe or anything with tobacco in it?

1 Yes

2 No

**IF (SmokEver = Yes) THEN**

**CigEver**

Have you ever smoked a cigarette?

1 Yes

2 No

**IF (CigEver = Yes) THEN**

**CigAge**

How old were you when you first tried smoking a cigarette, even if it was only a puff or two?

: 3..97

**SmokNow**

Do you smoke cigarettes at all nowadays?

1 Yes

2 No

**IF (SmokNow = Yes) THEN**

**CigWDay**

About how many cigarettes **a day** do you usually smoke on a weekday, that is Monday to Friday?

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 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"       |

**IF (SmokNow = No) THEN****CigReg**

Have you ever smoked cigarettes regularly?

INTERVIEWER: ...READ OUT...

- |   |       |  |
|---|-------|--|
| 1 | Reg   | "Yes, regularly, that is at least one cigarette a day"                 |
| 2 | Occ   | "No, only occasionally"  |
| 3 | Never | "Or no, never really smoked cigarettes, just tried them once or twice" |

**IF (CigReg = Reg) THEN****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" |

## DRINKING

(For respondents aged 18 and over)

**IF (no self completion AND Age = 16-24) OR (Age = 25+) THEN**

### Drink

I am now going to ask you a few questions about what you drink - that is if you drink.

Do you ever drink alcohol nowadays, including drinks you brew or make at home?

- 1 Yes
- 2 No

**IF (Drink = No) THEN**

### DrinkAny

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 Occ "Very occasionally"
- 2 Never "Never"

**IF (DrinkAny = Never) THEN**

### AlwaysTT

Have you always been a non-drinker or did you stop drinking for some reason?

- 1 Always "Always a non-drinker",
- 2 Stopped "Used to drink but stopped"

### DrinAge

How old were you the first time you ever had a proper alcoholic drink?

: 3..97

### DrinkOft

SHOW CARD CC

Thinking now about all kinds of drinks, how often have you had an alcoholic drink of any kind during the last 12 months?

- 1 AED "Almost every day"
- 2 Five "Five or six days a week"
- 3 Three "Three or four days a week"
- 4 OneWk "Once or twice a week"
- 5 OneMth "Once or twice a month"
- 6 CupMth "Once every couple of months"
- 7 OneYr "Once or twice a year"
- 8 NotYr "Not at all in the last 12 months"

### DrinkL7

Did you have an alcoholic drink in the last seven days, that is since (date 7 days ago) until yesterday?

- 1 Yes
- 2 No

### DrnkDay

On how many days out of the last seven did you have an alcoholic drink?

: 1..7

### DrnkSame

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?

- |   |        |   |
|---|--------|---|
| 1 | Varied | "Drank more on one/some day(s) than other(s)" |
| 2 | Same   | "Same each day"                               |

### WhichDay

Which day (last week) did you last have an alcoholic drink (have the **most** to drink)?"

- |   |           |             |
|---|-----------|-------------|
| 1 | Sunday    | "Sunday"    |
| 2 | Monday    | "Monday"    |
| 3 | Tuesday   | "Tuesday"   |
| 4 | Wednesday | "Wednesday" |
| 5 | Thursday  | "Thursday"  |
| 6 | Friday    | "Friday"    |
| 7 | Saturday  | "Saturday"  |

### DrnkType

SHOW CARD DD

Thinking about last (day from WhichDay), what types of drink did you have that day?

CODE ALL THAT APPLY.

- |   |         |   |
|---|---------|---|
| 1 | NBeer   | "Normal strength beer/lager/cider/shandy" |
| 2 | SBeer   | "Strong beer/lager/cider"                 |
| 3 | Spirits | "Spirits or liqueurs"                     |
| 4 | Sherry  | "Sherry or martini"                       |
| 5 | Wine    | "Wine"                                    |
| 6 | Pops    | "Alcopops/pre-mixed alcoholic drink"      |
| 7 | Other   | "Other alcoholic drinks"                  |
| 8 | Low     | "Low alcohol drinks only"                 |

### NBrL7

Still thinking about last (day from WhichDay), 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.

- |   |         |              |
|---|---------|--------------|
| 1 | HPints  | "Half pints" |
| 2 | SmCans  | "Small cans" |
| 3 | LgCans  | "Large cans" |
| 4 | Bottles | "Bottles"    |

### NBrL7Q

ASK OR CODE: How many (answer from NBrL7) of **normal strength beer, lager, stout, cider or shandy** (excluding cans and bottles of shandy) did you drink that day?

: ARRAY [1..4] OF 1..97

### NBotL7

ASK OR CODE: What make of **normal strength beer, lager, stout or cider** did you drink from bottles on that day?

INTERVIEWER: If respondent drank different makes code which they drank most.

: STRING [21]

### SBrL7

Still thinking about last (day from WhichDay), how much **strong beer, lager, stout or cider** did you drink that day?

INTERVIEWER: Code measures that you are going to use.

- |   |        |              |
|---|--------|--------------|
| 1 | HPints | "Half pints" |
| 2 | SmCans | "Small cans" |

3 LgCans "Large cans"  
4 Bottles "Bottles"

### **SBrL7Q**

ASK OR CODE: How many (answer from SBrL7Q) of **strong beer, lager, stout or cider** did you drink on that day?

: ARRAY [1..4] OF 1..97

### **SBotL7**

ASK OR CODE: What make of **strong beer, lager, stout or cider** did you drink from bottles on that day?

INTERVIEWER: If respondent drank different makes code which they drank most.

: STRING [21]

### **SpirL7**

Still thinking about last (day from WhichDay), how much spirits or liqueurs (such as gin, whisky, brandy, rum, vodka, advocaat or cocktails) did you drink on that day?

INTERVIEWER: Code the number of singles - count doubles as two singles.

: 1..97

### **ShryL7**

Still thinking about last (day from WhichDay), 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

### **WineL7**

Still thinking about last (day from WhichDay), how much wine, including Babycham and champagne, did you drink on that day?

INTERVIEWER Code the measure the respondent used.

Please note that respondent may give answer in bottles and glasses.

Please code the relevant option.

1	Bottle	"Bottle or parts of bottle"
2	Glasses	"Glasses"
3	Both	"Both bottles or parts of bottle, and glasses"

### **WL7Bt**

INTERVIEWER: Code the number of 125ml glasses drunk **from the bottle** by the respondent.

E.g. If they drank half a bottle, code 3 glasses.

1 bottl	=	6 glasses.
1/2 bottle	=	3 glasses.
1/3 bottle	=	2 glasses.
1/4 bottle	=	1.5 glasses.
1 litre	=	8 glasses.
1/2 litre	=	4 glasses.
1/3 litre	=	2.5 glasses.
1/4 litre	=	2 glasses.

If respondent has answered in bottles or litres, convert to glasses using the information provided on the screen.

For example, if a respondent said they shared a bottle with one other person and they shared it equally, code 3 glasses.

: 1.0..97.9

**WL7GI**

INTERVIEWER: Code the number of glasses (**drunk as glasses**).

: 1.0..97.9

**WL7Giz**

Were you drinking from a large, standard, or small glass?

INTERVIEWER: If respondent drank from two or three different size glasses, please code all that apply.

Please note that if respondent was drinking in a pub or wine bar and had a small glass, this would usually be 175ml.

- |   |          |                          |
|---|----------|--------------------------|
| 1 | Large    | "Large glass (250ml)"    |
| 2 | Standard | "Standard glass (175ml)" |
| 3 | Small    | "Small glass (125ml)"    |

**IF (WL7Giz=1) THEN**

ml250Giz

How many large glasses (250ml) did you drink?

: 1.0..97.9

**IF (WL7Giz=2) THEN**

ml175Giz

How many standard glasses (175ml) did you drink?

: 1.0..97.9

**IF (WL7Giz=3) THEN**

ml125Giz

How many small glasses (125ml) did you drink?

: 1.0..97.9

**PopsL7**

Still thinking about last (day from WhichDay), how much **alcoholic soft drink** ('alcopop') did you drink on that day?

INTERVIEWER: Code measures that you are going to use.

- |   |         |              |
|---|---------|--------------|
| 1 | SmCans  | "Small cans" |
| 2 | Bottles | "Bottles"    |

**PopsL7Q**

ASK OR CODE: How many (answer from PopsL7) of **alcoholic soft drink** ('alcopop') did you drink on that day?

: ARRAY [1..2] OF 1..97

**OthL7TA**

Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?

INTERVIEWER: Code first mentioned only.

: STRING [30]

**OthL7QA**

How much (answer from OthL7TA) did you drink on that day?

INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.

: STRING [30]

**OthL7B**

Did you drink any other type of alcoholic drink on that day?

- 1 Yes
- 2 No

**OthL7TB**

Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?

INTERVIEWER: Code first mentioned only.

: STRING [30]

**OthL7QB**

How much (answer from OthL7TB) did you drink on that day?

INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.

: STRING [30]

**OthL7C**

Did you drink any other type of alcoholic drink on that day?

- 1 Yes
- 2 No

**OthL7TC**

Still thinking about last (day from WhichDay), what other type of alcoholic drink did you drink on that day?

INTERVIEWER: Code first mentioned only.

: STRING [30]

**OthL7QC**

How much (answer from OthL7TC) did you drink on that day?

INTERVIEWER: Write in how much. Remember to specify half pints/ singles/ glasses/ bottles.

: STRING [30]

**IF (current age is 5 or more years greater than age first had alcoholic drink) THEN DrAmount**

Compared to five years ago, would you say that on the whole you drink more, about the same or less nowadays?

- 1 More "More nowadays"
- 2 Same "About the same"
- 3 Less "Less nowadays"

## **HEIGHT & WEIGHT MEASUREMENTS** *(All respondents)*

### **Intro**

INTERVIEWER: CODE AS 'Later' IF YOU DO NOT WISH TO DO THE MEASUREMENTS FOR (Respondent's name) NOW.

PREAMBLE:

I would now like to measure your (child's name) height and weight. There is interest in how people's weight, given their height, is associated with their health.

INTERVIEWER: MAKE OUT MRC FOR (Respondent's name), IF MEASUREMENTS WILL BE TAKEN.

1 Continue

### **PregNowB**

MEASUREMENTS FOR (Respondent's name).

May I check, are you pregnant or breastfeeding now?

1 Yes

2 No

### **RespHts**

MEASUREMENTS FOR (Respondent's name).

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 Attmpt "Height attempted, not obtained"

4 NotAt "Height not attempted"

### **Height1**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: ENTER HEIGHT, IN CENTIMETERS.

60.0..244.0

### **Height2**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETERS.

60.0..244.0

### **Height3**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: THE PREVIOUS HEIGHTS DIFFER BY MORE THAN 0.5 cm. PLEASE MEASURE HEIGHT AGAIN AND ENTER HEIGHT, IN CENTIMETERS.

60.0..244.0

### **Height**

MEASUREMENTS FOR (Respondent's name).

HEIGHT IN CENTIMETERS.

60.0..244.0

**StadNo**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: PLEASE RECORD SERIAL NUMBER OF STADIOMETER USED FOR THIS INTERVIEW.

STRING[7

**RelHite**

MEASUREMENTS FOR (Respondent's name).

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"    |

**HiNRel**

MEASUREMENTS FOR (Respondent's name).

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 | Fidget  | "Respondent would not stand still"    |
| 6 | Shoes   | "Respondent wore shoes"               |
| 7 | Other   | "Other, please specify"               |

**OHiNRel**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: PLEASE SPECIFY WHAT CAUSED UNRELIABLE HEIGHT MEASUREMENT.

STRING [60]

**MBookHt**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: CHECK HEIGHT RECORDED ON MEASUREMENT RECORD CARD IF WANTED.

HEIGHT: ^Height cm OR ^Foot feet ^Inch inches.

- |   |          |
|---|----------|
| 1 | Continue |
|---|----------|

**ResNHi**

MEASUREMENTS FOR (Respondent's name).

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    |  |

**NoHtBC**

MEASUREMENTS FOR (Respondent's name).

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"

**NoHitCO**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: Please specify other reason.

STRING[60]

**RespWts**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: MEASURE WEIGHT AND CODE.

INCLUDE 'DISGUISED' REFUSALS SUCH AS 'IT WILL TAKE TOO LONG', 'I HAVE TO GO OUT' ETC. AT CODE 2: WEIGHT REFUSED.

1	Meas	"Weight obtained"
2	Ref	"Weight refused"
3	Attmp	"Weight attempted, not obtained"
4	NotAt	"Weight not attempted"

**XWt1**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: RECORD WEIGHT IN KILOGRAMS.

5.0..130.0

**WtAd1**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: ENTER WEIGHT OF ADULT ON HIS/HER OWN AND ENTER WEIGHT IN KILOGRAMS."

: 30.0..130.0, NODK, NORF

**WtChA1**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: ENTER WEIGHT OF ADULT HOLDING CHILD AND ENTER WEIGHT IN KILOGRAMS.

30.0..130.0

**Weight**

MEASUREMENTS FOR (Respondent's name).

Weight in Kilograms. Computed

0.0..130.0

**IF (Weight obtained) THEN**

**FloorC**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER CODE: SCALES PLACED ON?

1	Uneven	"Uneven floor"
2	Carpet	
3	Neither	

**IF (Weight obtained) THEN**

**RelWaitB**

MEASUREMENTS FOR (Respondent's name).

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"    |

**BMI**

MEASUREMENTS FOR (Respondent's name).

Measured Body Mass Index (BMI).

5.0..50.0

**MBookWt**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: CHECK WEIGHT RECORDED ON MEASUREMENT RECORD CARD IF WANTED.

Weight: ^Weight kg OR ^Stone stones ^Pound pounds.

If weight looks wrong, go back to 'XWt1' or 'WtAd1' and reweigh.

- |   |          |
|---|----------|
| 1 | Continue |
|---|----------|

**SciNo**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: PLEASE RECORD SERIAL NUMBER OF SCALES USED FOR THIS INTERVIEW.

STRING[7]

**IF (RespWts = Ref) THEN**

**ResNWt**

MEASUREMENTS FOR (Respondent's name).

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    |  |

**IF (RespWts = Attmpt OR NotAt) THEN**

**NoWtBC**

MEASUREMENTS FOR (Respondent's name).

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 130kg"                                 |
| 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"             |

**NoWatCO**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: Please specify other reason.

STRING[60]

**MoveOK**

INTERVIEWER: RECORD WHETHER THIS RESPONDENT IS ABLE TO WALK WITHOUT THE USE OF A WHEELCHAIR.

CODE '1' FOR ANY PERSON WHO CAN MOVE WITHOUT A WHEELCHAIR FOR AT LEAST 5 MINUTES, E.G. EVEN IF HAVE TO USE A WALKING STICK OR ZIMMER FRAME."

- |   |     |   |
|---|-----|---|
| 1 | Yes | "Can move without wheelchair for at least 5 minutes"    |
| 2 | No  | "Cannot move without wheelchair for at least 5 minutes" |

**EndOfM**

MEASUREMENTS FOR (Respondent's name).

INTERVIEWER: YOU HAVE NOW COMPLETED ALL THE MEASUREMENTS FOR (Respondent's name).

- |   |          |
|---|----------|
| 1 | Continue |
|---|----------|

## **DIETARY SUPPLEMENTS** *(Asked of all respondents)*

### **Supplnt**

I would now like to ask some questions about your/(child's name)'s use of dietary supplements over the last year. A dietary supplement is a product intended to provide additional nutrients or give health benefits and may be taken in liquid, capsule, tablet, pastille or powder forms. What I will ask you is in addition to the information you/(your child) provided for the 4 days already recorded when you completed the food diary.

1 Continue

### **SuppYr**

SHOW CARD GG

Have/(Has) you/(your child) taken any vitamins, minerals, fish oil, fibre or other dietary supplements of the type listed on this card in the past year, including prescription and non-prescription supplements?

INTERVIEWER: GIVE FURTHER EXAMPLES - VITAMIN C, IRON, FOLIC ACID, GLUCOSAMINE, EVENING PRIMROSE, GARLIC, GINSENG, OMEGA 3, COMPLAN ETC.

- 1 Yes
- 2 No
- 3 Don't know

### **IF (SuppYr = Yes) THEN**

#### **SDet**

Now I would like to collect some details about the vitamins, minerals and other dietary supplements that you/(your child) have/(has) taken in the past year.

It will be easiest if you show me the bottles or containers and I can copy down the information.

1 Continue

### **{Following questions asked as a loop:}**

#### **SRec**

INTERVIEWER: CODE WHETHER (*first/next*) BOTTLE/CONTAINER CHECKED BY YOURSELF, THE RESPONDENT OR NOT AT ALL.

- 1 Inte "Checked by myself"
- 2 Resp "Checked by respondent"
- 3 NoCon "Not checked"

#### **SName**

INTERVIEWER: RECORD FULL NAME, INCLUDING BRAND AND STRENGTH.

INTERVIEWER: IT IS VERY IMPORTANT TO RECORD THE **NAME, BRAND AND STRENGTH** ACCURATELY SO THAT WE KNOW WE HAVE INFORMATION ON EXACTLY THE RIGHT SUPPLEMENT.

: STRING [60]

**SForm**

INTERVIEWER: RECORD FORM.

- 1 Tablets
- 2 Capsules
- 3 Drops
- 4 Liqu "Liquid/Syrup"
- 5 Powder

**SDose**

INTERVIEWER: 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.

: 1..20

**SFreq**

SHOW CARD HH

How often did you/(your child) take this supplement?

INTERVIEWER: Use <CTRL K> if does not know.

- 1 LessMth "Less than once a month"
- 2 OneThMth "1-3 times a month"
- 3 OnceWk "Once a week"
- 4 TwoFrWk "2-4 times a week"
- 5 OnceDay "Once a day"
- 6 TwoThDay "2-3 times a day"
- 7 FrMrDay "4 or more times a day"

**SPres**

Was the supplement prescribed by your/(your child's) GP/other healthcare professional?

- 1 Yes
- 2 No

**SMore**

INTERVIEWER: RECORD WHETHER THERE ARE ANY MORE VITAMINS OR SUPPLEMENTS TO CODE.

- 1 Yes
- 2 No

**ADULT PHYSICAL ACTIVITY MODULE**  
*(Asked of all respondents aged 16+)*

**ASK ALL**

**Work**

PHYSICAL ACTIVITY QUESTIONS FOR (*Name*).

SHOW CARD II.

Now I would like to ask you a few questions about the physical activities you do and also whether they involve exposure to sunlight. Looking at this card, could you tell me which best describes your MAIN activity in the last seven days, that is since (*date*) up until yesterday?

INTERVIEWER: CODE ONE ONLY. IF RESPONDENT SAYS THEY WERE A FULL TIME HOUSEWIFE/HOUSEHUSBAND, WERE UNABLE TO WORK, WERE ON HOLIDAY FOR THE ENTIRE PERIOD OR WERE UNEMPLOYED OR RETIRED, CHECK THAT THEY HAD NOT DONE ANY WORK, STUDY OR VOLUNTARY WORK. INCLUDE OPEN UNIVERSITY COURSES/STUDYING AT HOME IN CODE 3 'At college/school'.

- |   |         |  |
|---|---------|--|
| 1 | EmpOff  | "Employed or self-employed, working away from home (e.g. in office)" |
| 2 | EmpHome | "Employed or self-employed, working from home"                       |
| 3 | ColSch  | "At college/school"  |
| 4 | Vol     | "Doing volunteer work or other unpaid work"                          |
| 5 | House   | "Full time housewife/househusband?"                                  |
| 6 | Unable  | "Unable to work"   |
| 7 | Hol     | "On holiday for the entire period"                                   |
| 8 | Unemp   | "Unemployed or retired and have not done any of the above"           |

**IF (Work = ColSch) THEN**

**Schjob**

In the last seven days have you had a paid job as well as studying?

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

**IF (Work = EmpOff..Vol) THEN**

**DaysWork**

How many days of the last seven days, that is since (*date*) until yesterday, were you at (work/school or college/voluntary work/ school or college and work)?

: 1..7

**IF (Work = EmpOff..Vol) THEN**

**IntrComm**

Now I'd like to ask about your physical activity over the past seven days. I will ask about any activities lasting five minutes or more.

- |   |          |
|---|----------|
| 1 | continue |
|---|----------|

## **ACTIVE COMMUTING**

### **IF (Work = EmpOff..Vol) THEN**

#### **WikWrk**

Since (*date*) have you walked for five minutes or more during your journey to or from (work/school or college/voluntary work/ school or college and work)? Please include any detours, or extra journeys that you made.

INTERVIEWER: PLEASE INCLUDE WALKING TO OR FROM THE BUS STOP OR THE TUBE STATION OR BETWEEN STATIONS BUT ONLY WHEN THEY WERE ON THEIR WAY TO OR COMING BACK FROM WORK. DO NOT INCLUDE LUNCHTIME WALKS

INTERVIEWER: INCLUDE TAKING CHILDREN TO SCHOOL ON WAY TO WORK AND PICKING CHILDREN UP FROM SCHOOL ON WAY HOME FROM WORK.

- 1 Yes
- 2 No

### **IF (WikWrk = Yes) THEN**

#### **WikWrkD**

During the last seven days (that is, since (*date*) until yesterday), on how many days did you walk to or from (work/school or college/voluntary work/ school or college and work)? Think about only the walking you did for at least five continuous minutes.

INTERVIEWER: INCLUDE ALL JOBS.

: 1..7

### **IF (WikWrkD > 0) THEN**

#### **WikWrkT**

How much time did you usually spend on each one of those days walking to and from (work/school or college/voluntary work/school, college or work)?

INTERVIEWER: PLEASE INCLUDE WALKING TO OR FROM THE BUS STOP OR THE TUBE STATION OR BETWEEN STATIONS BUT ONLY WHEN THEY WERE ON THEIR WAY TO OR COMING BACK FROM WORK. DO NOT INCLUDE LUNCHTIME WALKS.

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT WALKING VARIES WIDELY FROM DAY TO DAY, OR INCLUDES TIME SPENT DOING A VARIETY OF PAID AND UNPAID WORK, CODE 'DON'T KNOW'.

### **IF (WikWrkT > 0) THEN**

#### **WWTChk**

Is that the total time you spent walking to and from (work/school or college/voluntary work/ school, college or work) on each day?

- 1 Yes
- 2 No

{If WWTChk = No, change answer at WikWrkT}

**IF (WikWrkT = Don't know) THEN**

**WWTTot**

What is the total amount of time you spent walking to or from (work/school or college/voluntary work/ school or college and work) over the last seven days?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes  
0:7 - 7 minutes  
0:23 - 23 minutes  
1:5 - 1 hour and 5 minutes

**IF (WikWrk = Yes) THEN**

**WrkWikPa**

Which of the following best describes your usual walking pace while walking to or from (work/school or college/voluntary work/ school or college and work)?

...READ OUT...

- 1 Slow "...a slow pace"
- 2 Steady "...a steady pace, neither slow nor brisk"
- 3 Brisk "...or a brisk or fast pace, raising slightly your heart beat or breathing rate"

**IF (Work = EmpOff..Vol) THEN**

**CycWrk**

Since (date) have you cycled to or from (work/school or college/voluntary work/ school or college and work)? Please include any detours or extra journeys you made.

INTERVIEWER: PLEASE INCLUDE CYCLING TO OR FROM THE TRAIN STATION OR THE TUBE STATION BUT ONLY WHEN RESPONDENTS WERE ON THEIR WAY TO OR COMING BACK FROM WORK.

- 1 Yes
- 2 No

**IF (CycWrk = Yes) THEN**

**CycWrkD**

In the last seven days on how many days did you cycle to or from (work/school or college/voluntary work/ school/college and work) for at least five continuous minutes?

: 1..7

**IF (CycWrkD > 0) THEN**

**CycWrkT**

How much time did you usually spend on each one of those days cycling to or from (work/school or college/voluntary work/ school/college and work)?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes  
0:7 - 7 minutes  
0:23 - 23 minutes  
1:5 - 1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT CYCLING VARIES

WIDELY FROM DAY TO DAY, OR INCLUDES TIME SPENT DOING A VARIETY OF PAID AND UNPAID WORK, CODE 'DON'T KNOW'.

**IF (CycWrkT > 0) THEN**

**CWTChk**

Is that the total time you spent cycling to and from (work/school or college/voluntary work/school or college and work) on each day?

- 1 Yes
- 2 No

*{If CWTChk = No, change answer at CycWrkT}*

**IF (CycWrkT = Don't know) THEN**

**CWTTot**

What is the total amount of time you spent cycling to or from (work/school or college/voluntary work/ school, college and work) over the last seven days?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**ACTIVITY WHILE AT WORK**

**IF (Work = EmpOff..Vol) THEN**

**IntAcWrk**

Now I'd like to ask you about your work. This includes office jobs, school/college, farming, working for yourself, volunteer work, or any other paid or unpaid work you did. **Do not** include unpaid work around your home, like gardening, cleaning, DIY, and caring for your family. I will ask you about these later.

INTERVIEWER: IT ALSO INCLUDES TIME LOOKING FOR WORK OR WORKING FROM HOME FOR AN EMPLOYER OR AS SELF-EMPLOYED.

- 1 continue

**IF (DaysWork > 0) THEN**

**WorkMove**

When you were at work in the last seven days how did you spend most of your time? Would you say you were mostly.....

...READ OUT...

INTERVIEWER: THIS QUESTION AIMS AT FILTERING OUT THOSE WHO ARE IN SEDENTARY JOBS BY DEFINITION, e.g. OFFICE JOBS OR CALL CENTRE / TELESALLES JOBS

- 1 Sit "...Sitting down or standing up at most"
- 2 Walk "...Walking or moving about"
- 3 Either "...Or, doing either, depending on the day or the time of the day"

**IF (WorkMove = Walk OR Either) THEN**

**VigAct**

I am going to ask you about vigorous and moderate physical activities that you may have done as part of your work. First, I'd like you to think about vigorous activities which take hard

physical effort that you did as part of your work. Vigorous activities make you breathe much harder than normal. These may include things like heavy lifting, digging, or heavy building work. With vigorous activities you may get out of breath, and you may start sweating.

In the last seven days, that is since *(date)* did you do any vigorous activities while at work?

- 1 Yes
- 2 No

**IF (VigAct = Yes) THEN**

**VigActD**

Can you please tell me, during the last seven days, that is since *(date)* until yesterday, on how many days did you do vigorous physical activities like the ones I have just described, as part of your work?

INTERVIEWER: WORK INCLUDES PAID AND UNPAID WORK AS WELL AS VOLUNTEER WORK. INCLUDE ALL JOBS. IT DOES NOT INCLUDE HOUSEHOLD CHORES, GARDENING, DIY, OR WALKING.

: 1..7

**VigActT**

**How much time** did you usually spend on each one of those days doing vigorous physical activities as part of your work? Think about only those physical activities you did for at least 5 minutes at a time.

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF THE RESPONDENT CAN'T ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM DAY TO DAY, OR INCLUDES TIME SPENT DOING A VARIETY OF PAID AND UNPAID WORK, CODE DON'T KNOW.

**IF (VigActT = Don't know) THEN**

**VATTot**

What is the **total** amount of time you spent over the last seven days doing vigorous physical activities as part of your work?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**IF (WorkMove = Walk OR Either) THEN**

**ModAct**

Now think about all the moderate activities which take moderate physical effort that you did as part of your work. Moderate physical activities make you breathe somewhat harder than normal. These may include activities like carrying light loads or walking briskly while at work.

In the last seven days, that is since (*date*) did you do any moderate physical activities while at work?

- 1 Yes
- 2 No

**IF (ModAct = Yes) THEN**

**ModActD**

During the last seven days that is since (day seven days ago) until yesterday, **on how many days** did you do moderate physical activities as part of your work?

INTERVIEWER: INCLUDE ALL JOBS. WORK INCLUDES PAID AND UNPAID WORK AS WELL AS COURSE WORK.

: 1..7

**ModActT**

**How much time** did you usually spend on one of those days doing moderate physical activities as part of your work? Think about only those physical activities you did for at least five minutes at a time.

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF THE RESPONDENT CAN'T ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM DAY TO DAY, OR INCLUDES TIME SPENT DOING A VARIETY OF PAID AND UNPAID WORK, CODE 'DON'T KNOW'.

**IF (ModActT = Don't know) THEN**

**MATTot**

What is the **total** amount of time you spent over the last seven days doing moderate physical activities as part of your work?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**DOMESTIC PHYSICAL ACTIVITY**

**ASK ALL**

**DomAc**

I'd like you now to think about the physical activities you have done in and around the household in the last seven days, that is since (*date*). That could include housework, gardening, DIY, maintenance work or building work. Please do not include activities you did when you were doing your paid job.

INTERVIEWER: THIS INCLUDES UNPAID HOUSEWORK / GARDENING / DIY / MAINTENANCE WORK OR BUILDING WORK DONE IN SOMEONE ELSE'S HOUSEHOLD (e.g. HELPING OUT FRIENDS OR FAMILY).

1 continue

**LtDom**

SHOW CARDS JJ and KK

These two cards list some activities that are usually done in and around the household. The first card lists some light and the second one some heavier housework/gardening/DIY/maintenance activities.

Looking at the first card (JJ), in the last seven days have you done any of the light housework / gardening / DIY / maintenance listed or any other similar activities, for at least five continuous minutes?

- 1 Yes
- 2 No

**IF (LtDom = Yes) THEN**

**LtDomD**

SHOW CARD JJ

Looking at the same card, in the last seven days **on how many days** have you done this kind of housework / gardening / DIY for at least five continuous minutes?

: 1..7

**IF (LtDom = Yes) THEN**

**LtDomT**

SHOW CARD JJ

On the days you did light housework / gardening / DIY, **how long** did you usually spend in total over the course of the day? Please only count activities that lasted for at least five continuous minutes.

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF THE RESPONDENT CAN'T ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM DAY TO DAY, CODE DON'T KNOW.

**IF (LtDomT = Don't know) THEN**

**LDTTot**

SHOW CARD JJ

What is the total amount of time you spent over the last seven days doing this type of light domestic activities?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**ASK ALL**

**HvDom**

SHOW CARD KK

Thinking about the heavier housework / gardening / DIY / maintenance activities listed on the second card now. Have you done any of these or any other similar activities in the last seven days for at least five continuous minutes?

- 1 Yes
- 2 No

**IF (HvDom = Yes) THEN****HvDomD**

SHOW CARD KK

During the past seven days, **on how many days** have you done this kind of heavy housework / gardening / DIY / maintenance activities for at least five continuous minutes?

: 1..7

**HvDomT**

SHOW CARD KK

On the days you did any heavy activities like those on this card, **how long** did you usually (on average) spend on each day?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**IF (HvDomT = Don't know) THEN****HDTTot**

SHOW CARD KK

What is the **total** amount of time you spent over the last seven days doing this type of heavy domestic activities?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**WALKING****ASK ALL****Walk**

Apart from your journey to or from (work/school or college/voluntary work/ school/college and work), have you walked for at least five minutes since (*date*)? Please include any country walks, walking the dog, walking to the shops.

- 1 Yes
- 2 No

**IF (Walk = Yes) THEN**

**WalkD**

During the past seven days, that is since (*date*) on how many days did you walk for at least five continuous minutes?

: 1..7

**IF (WalkD > 0) THEN**

**WalkT**

How long did you spend walking, on average, on each day you said you walked for five continuous minutes or more?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

1:23	-	1 hours and 23 minutes
0:7	-	7 minutes
0:23	-	23 minutes
1:5	-	1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF THE RESPONDENT CAN'T ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM DAY TO DAY, CODE DON'T KNOW.

**IF (WalkT = Don't know) THEN**

**WTTot**

What is the total amount of time you spent walking in the last seven days?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

1:23	-	1 hours and 23 minutes
0:7	-	7 minutes
0:23	-	23 minutes
1:5	-	1 hour and 5 minutes

**IF (Walk = Yes) THEN**

**WalkPa**

Which of the following best describes your usual walking pace while walking from place to place, walking for recreation or during lunchtime or walking your dog, etc...?

INTERVIEWER: READ OUT SLOWLY...

- |   |        |   |
|---|--------|---|
| 1 | Slow   | "...a slow pace"  |
| 2 | Steady | "...a steady pace, neither slow nor brisk"                                    |
| 3 | Brisk  | "...a brisk or fast pace, raising slightly your heart beat or breathing rate" |

**SPORTS AND LEISURE**

**ASK ALL**

**IntroSp**

Now I'd like to ask you about sports, this could be team sports or sports you do alone, exercise classes, exercises you do on your own, or anything that you do in your free time and involves movement.

- 1 continue

**Sport1**

SHOW CARD LL

Can you tell me if you have done any sport or leisure-time activities of the type listed on this card during the last seven days, that is since *(date)*? Please include teaching and coaching sessions.

- 1 Yes
- 2 No

**IF (Sport1 = Yes) THEN**

**SpoWh1**

SHOW CARD LL

Which have you done in the last seven days?

INTERVIEWER: TYPE IN FIRST FEW LETTERS OF THE SPORT TO ENTER CODING FRAME, THEN SELECT SPECIFIED ACTIVITY.

TYPE 'OTHER' IF THE SPORT IS NOT LISTED

TYPE 'XXX' (FOR NOT LISTED/DON'T KNOW) IF UNABLE TO CODE

ON EXITING CODING FRAME PRESS ENTER TO MOVE TO NEXT QUESTION.

: 1..999

**SpMore**

SHOW CARD LL

Have you done any other sports in the last seven days? Please include only activities that lasted at least 5 continuous minutes?

INTERVIEWER: PROBE FOR ANY OTHER SPORTS

- 1 Yes "Yes - did other sports in last 7 days"
- 2 No "No - no other sports after interview prompts"

{FOR EACH ACTIVITY RECORDED AT SpoWh1 ASK SportOcc – SportHB}:

**SpOcc**

Can you tell me **on how many occasions** did you do/go/play (name of activity) for at least five minutes at a time during the past seven days, that is since *(date)*?

: 1..50

**SpTim**

**How much time** did you usually spend doing/going/playing (*name of activity*) on each occasion? (Only count times you did it for more than five minutes).

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**IF (SportT = Don't know) THEN**

**SpTTot**

What is the **total** amount of time you spent doing/going/playing (*name of activity*) in the last seven days?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23	-	1 hours and 23 minutes
0:7	-	7 minutes
0:23	-	23 minutes
1:5	-	1 hour and 5 minutes

### XSpTot

Total time (in minutes) doing this sport in last seven days, computed.

### SpHB

Does the effort of (*name of activity*) **usually** raise your heartbeat or make you out of breath or sweaty? Would you say...

INTERVIEWER: READ OUT...

1	Never	"...No, never..."
2	NotVOft	"Not very often..."
3	QOft	"Quite often..."
4	MostT	"Most times..."
5	Always	"Or, yes, always?"

### SpoO

Was this activity done outside?

1	Yes
2	No

### IF (SpoO = Yes) THEN

#### SpoUnc

When you did this activity, were the following parts of your body usually exposed?

INTERVIEWER: READ OUT AND CODE ALL THAT APPLY...

1	Face	"Face?"
2	Head	"Head?"
3	Hands	"Hands?"
4	Arms	"Arms?"
5	Should	"Shoulders?"
6	Legs	"Legs?"
7	Upper	"Most or all of upper body?"

### TotTimSp

TOTAL TIME (IN MINUTES) DOING ALL SPORT IN LAST SEVEN DAYS (COMPUTED TOTAL).

1	continue
---	----------

### AllActiv

INTERVIEWER: Check with respondent total time spent doing any physical activity in the last seven days.

In total, you have recorded (*number*) hours and (*number*) minutes of physical activity since last (*day*). Can I just check does this sound right?

Return to questions and identify any errors if possible, otherwise make a note, and continue.

1	continue
---	----------

### IF (TotTimSp > 40 hours) THEN

#### ProfAth

Can I just check, are you a professional athlete?

1	Yes
2	No

**ASK ALL**

**SlpWkA**

Over the last seven days, that is since (*date*) how long did you usually sleep for on weeknights, that is, Sunday to Thursday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23	-	1 hours and 23 minutes
0:7	-	7 minutes
0:23	-	23 minutes
1:5	-	1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW'.  
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST SEVEN DAYS / TWO WEEKS ENTER AVERAGE TIME SLEPT DURING THE DAY.

**SlpWkEA**

And over the last seven days, how long did you usually sleep for on weekends, that is Friday and Saturday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23	-	1 hours and 23 minutes
0:7	-	7 minutes
0:23	-	23 minutes
1:5	-	1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW'.  
IF RESPONDENT WORKED ON NIGHT SHIFTS DURING THE LAST SEVEN DAYS / TWO WEEK ENDS ENTER AVERAGE TIME SLEPT DURING THE DAY.

## **CHILD PHYSICAL ACTIVITY MODULE** *(11-15 year olds)*

### **SCHOOL TIME-RELATED ACTIVITIES**

**ASK ALL children**

**Sch7D**

PHYSICAL ACTIVITY QUESTIONS FOR *(Name)*.

Can I just check, in the last seven days, that is since last *(day / date)*, did you go to school?

- |   |        |  |
|---|--------|--|
| 1 | Yes    | "Yes"                                      |
| 2 | NoHol  | "No, I was on holiday"                     |
| 3 | NoSick | "No, was sick"                             |
| 4 | NoHome | "No, I don't go to school (home-educated)" |
| 5 | NoOth  | "No, any other reason"                     |

**IF (Sch7D = Yes) THEN**

**SchDays**

In the last seven days, that is since last *(day / date)*, how many days have you been to school?

INTERVIEWER: ENTER NUMBER OF DAYS.

: 1..6

### **SCHOOL BREAKS**

**IF (SchDays > 0) THEN**

**MornBr**

I would like you to think about your school breaks in the last seven days, that is from last *(day / date)* to yesterday.

How did you **usually** spend your morning school break?

INTERVIEWER: READ OUT AND CODE ALL THAT APPLY.

- |   |         |  |
|---|---------|--|
| 1 | RelHang | "Relaxing/, hanging around with friends or alone?"                               |
| 2 | Games   | "Playing games such as skipping, catch, hide and seek or kicking a ball around?" |
| 3 | Study   | "Studying or using a computer?"  |
| 4 | NA      | "DO NOT READ OUT - Not Applicable (Home-educated)"                               |

**IF (SchDays > 0) THEN**

**LunBr**

How did you usually spend your lunch break, apart from eating your lunch?

INTERVIEWER: READ OUT AND CODE ALL THAT APPLY.

- |   |        |  |
|---|--------|--|
| 1 | Relax  | "Relaxing, hanging around with friends or alone"                                       |
| 2 | Sports | "Playing sports such as football, netball, rugby or anything similar?"                 |
| 3 | Games  | "Playing other games such as skipping, catch, hide and seek or kicking a ball around?" |
| 4 | Study  | "Studying or using a computer?"  |
| 5 | Walk   | "Or, going for a walk (either within or outside the school grounds)?"                  |
| 6 | NA     | "DO NOT READ OUT – Not Applicable (Home-educated)"                                     |

## **PHYSICAL EDUCATION**

### **IF (SchDays > 0) THEN**

#### **PEDay**

In the last seven days, that is from (*day / date*) to yesterday, **on how many days** did you go to P.E. classes?

: 0..6

### **IF (PEDay > 0) THEN**

#### **PETime**

During **each** of these P.E. classes **how many minutes** did you spend actually doing sports such as swimming, football, netball, rugby, hockey, cricket, athletics, gymnastics or anything similar? Do not count time spent on changing clothes, showering or talking to your PE teacher or classmates.

INTERVIEWER: IF EACH LESSON OF DIFFERENT LENGTH, RECORD AVERAGE.

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23	-	1 hours and 23 minutes
0:7	-	7 minutes
0:23	-	23 minutes
1:5	-	1 hour and 5 minutes

### **IF (PETime >0) THEN**

#### **PETChk**

Can I just check, is (**answer from PETime**) the amount of time you spent doing P.E. in any one lesson?

- 1 Yes
- 2 No

## **ACTIVE TRANSPORTATION TO SCHOOL**

### **IF (Sch7D = Yes) THEN**

#### **JrnyWik**

During the last seven days, that is that is from last (*day / date*) to yesterday, has your journey to or from school included walking for at least five minutes continuously?

INTERVIEWER: INCLUDE WALKING TO OR FROM THE BUS STOP OR THE TRAIN STATION BUT ONLY WHEN THEY WERE ON THEIR WAY TO OR COMING BACK FROM SCHOOL.

DO NOT INCLUDE TIME SPENT WALKING ON PAPER ROUNDS.

- 1 Yes
- 2 No

### **IF (JrnyWik = Yes) THEN**

#### **JWalkD**

During the last seven days (that is from (*day / date*) to yesterday), **on how many days** did you walk for five minutes or more without stopping on your way to or from school?

INTERVIEWER: DO NOT INCLUDE TIME SPENT WALKING ON PAPER ROUNDS.

DO NOT INCLUDE WALKING AROUND OR INSIDE THE SHOP.

: 1..6

**IF (JWalkD = 1..5) THEN**

**JWalkT**

**How much time** did you usually spend on each one of those days walking **to** your school?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes  
0:7 - 7 minutes  
0:23 - 23 minutes  
1:5 - 1 hour and 5 minutes

INTERVIEWER: IF RESPONDENT DOES NOT WALK **TO** SCHOOL ENTER 0.  
DO NOT INCLUDE TIME SPENT WALKING ON PAPER ROUNDS.

**JWalkF**

And **how much time** did you usually spend on each one of these days walking **from** your school?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes  
0:7 - 7 minutes  
0:23 - 23 minutes  
1:5 - 1 hour and 5 minutes

INTERVIEWER: IF RESPONDENT DOES NOT WALK **FROM** SCHOOL ENTER 0.  
DO NOT INCLUDE TIME SPENT WALKING ON PAPER ROUNDS.

**IF (SchDays > 0) THEN**

**JrnyCyc**

Now I would like to ask you about cycling to or from school. In the last seven days, that is from last (*day / date*) to yesterday, did you cycle to or from school?

1 Yes  
2 No

**IF (JrnyCyc = Yes) THEN**

**JCycD**

In the last seven days (that is from last (*day / date*) to yesterday), **on how many days** did you cycle to or from school?

: 1..6

**IF (JCycD > 0) THEN**

**JCycT**

**How much time** did you usually spend on each one of those days cycling to and from your school?

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT.

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes  
0:7 - 7 minutes  
0:23 - 23 minutes  
1:5 - 1 hour and 5 minutes

**IF (JWalkD + JCycD > SchDays) THEN**

**JDayCh**

NUMBER OF DAYS WALKED AND CYCLED IS GREATER THAN NUMBER OF DAYS AT SCHOOL.

Can I just check, did you walk **and** cycle to or from school on any days in the last seven days?

- 1 Yes (Change previous answers to JWalkD and/or JcycD)  
2 No

## **WALKING**

**ASK ALL**

**IntroW**

I would like you to think about walking you have done in the last seven days that is from last (*day / date*) to yesterday. This could be walking to your friends' house, walking your dog, walking to the shops, walking for recreation or walking from place to place. Do not count walking to or from school or during school breaks, we have already talked about this.

- 1 Continue

**ASK ALL**

**WalkWk**

**On how many days** in the last seven days, that is from last (*day / date*) to yesterday did you walk without stopping for at least five minutes? Do not count walking to or from school or during school breaks.

: 0..7

**IF (WalkWk = 1) THEN**

**WalkWkT**

SHOW CARD II

**How long** did you spend walking altogether on this day? Please give an answer from this card.

- |    |        |                                    |
|----|--------|------------------------------------|
| 1  | Time01 | "5 minutes, less than 10 minutes"  |
| 2  | Time02 | "10 minutes, less than 20 minutes" |
| 3  | Time03 | "20 minutes, less than 30 minutes" |
| 4  | Time04 | "30 minutes, less than 45 minutes" |
| 5  | Time05 | "45 minutes, less than 1 hour"     |
| 6  | Time06 | "1 hours, less than 1½ hours"      |
| 7  | Time07 | "1½ hours, less than 2 hours"      |
| 8  | Time08 | "2 hours, less than 2½ hours"      |
| 9  | Time09 | "2½ hours, less than 3 hours"      |
| 10 | Time10 | "3 hours or more"                  |

**IF (WalkWk > 1) THEN**

**WalkWkTT**

**How long** did you spend walking in total during the last seven days, not including walking to or from school?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

- |      |   |                        |
|------|---|------------------------|
| 1:23 | - | 1 hours and 23 minutes |
| 0:7  | - | 7 minutes              |
| 0:23 | - | 23 minutes             |
| 1:5  | - | 1 hour and 5 minutes   |

## **ACTIVITIES OUTSIDE SCHOOL HOURS:**

### **ACTIVE PLAYING AND OTHER NON-SPORTING ACTIVITIES**

#### **ASK ALL**

##### **IntPlay**

Now I'd like to ask you about other active things you may have done in the last seven days like running about, riding a bike, kicking a ball around and things like that. This could be after school or in the weekends/holidays. For the following questions please do not include any activities done as part of school lessons or during school breaks.

INTERVIEWER: NOTE THAT THESE QUESTIONS SHOULD NOT INCLUDE SPORTS OR EXERCISE ACTIVITIES - YOU WILL BE ASKING ABOUT THOSE LATER.

1 Continue

##### **APlayWk**

SHOW CARD QQ

In the last seven days, that is from (*day / date*) up to yesterday, have you done any activities listed on this card?

INTERVIEWER: NOTE THAT THESE QUESTIONS SHOULD NOT INCLUDE SPORTS OR EXERCISE ACTIVITIES - YOU WILL BE ASKING ABOUT THOSE LATER.

1 Yes

2 No

##### **APlayWh**

SHOW CARD QQ

Which have you done in the last seven days?:

INTERVIEWER: CODE ALL THAT APPLY.

INTERVIEWER: NOTE THAT THESE QUESTIONS SHOULD NOT INCLUDE SPORTS OR EXERCISE ACTIVITIES - YOU WILL BE ASKING ABOUT THOSE LATER.

1 Hopsco "Playing, skipping, catch, hide and seek"

2 KckBll "Kicking a ball around, running about or jumping around"

3 Garden "Garden work, like mowing grass or sweeping up leaves"

4 HouseW "Housework, like tidying up, cleaning, hoovering, washing clothes, cleaning a car"

5 PprRnd "Paper rounds"

{Ask APlayD – SpExUnc for each activity recorded at APlayWh}:

##### **APlayD**

**On how many days** in the last seven days did you do (*answer from APlayWh*)? Please remember not to count things done as part of school lessons or during school breaks?

INTERVIEWER: NOTE THAT THESE QUESTIONS SHOULD NOT INCLUDE SPORTS OR EXERCISE ACTIVITIES - YOU WILL BE ASKING ABOUT THOSE LATER.

: 1..7

##### **APlayT**

SHOW CARD PP

On each day that you did (*answer from APlayWh*), **how long** did you **usually** spend? Please give an answer from this card?

INTERVIEWER: NOTE THAT THESE QUESTIONS SHOULD NOT INCLUDE SPORTS OR EXERCISE ACTIVITIES - YOU WILL BE ASKING ABOUT THOSE LATER.

- |    |        |                                    |
|----|--------|------------------------------------|
| 1  | Time01 | "5 minutes, less than 10 minutes"  |
| 2  | Time02 | "10 minutes, less than 20 minutes" |
| 3  | Time03 | "20 minutes, less than 30 minutes" |
| 4  | Time04 | "30 minutes, less than 45 minutes" |
| 5  | Time05 | "45 minutes, less than 1 hour"     |
| 6  | Time06 | "1 hours, less than 1½ hours"      |
| 7  | Time07 | "1½ hours, less than 2 hours"      |
| 8  | Time08 | "2 hours, less than 2½ hours"      |
| 9  | Time09 | "2½ hours, less than 3 hours"      |
| 10 | Time10 | "3 hours or more"                  |

### **APlayHB**

When you did (*answer from APlayWh*) was it hard enough to make your heart beat fast or make you breathe hard or make you sweat?

- 1 Yes
- 2 No

### **SpExO**

Was this activity outside?

- 1 Yes
- 2 No

**IF (SpExO = Yes) THEN**

### **SpExUnc**

When you did this activity, were the following parts of your body **usually** exposed?

INTERVIEWER: READ OUT AND CODE ALL THAT APPLY...

- |   |        |                              |
|---|--------|------------------------------|
| 1 | Face   | "Face?"                      |
| 2 | Head   | "Head?"                      |
| 3 | Hands  | "Hands?"                     |
| 4 | Arms   | "Arms?"                      |
| 5 | Should | "Shoulders?"                 |
| 6 | Legs   | "Legs?"                      |
| 7 | Upper  | "Most or all of upper body?" |

## **SPORTS AND EXERCISES**

### **ASK ALL**

#### **IntroA**

Now I would like to ask about any sports or exercise activities, apart from other active things, PE lessons, school sports activities and sports during school hours, that you have done since (*day / date*).

- 1 Continue

#### **SportC**

SHOW CARD RR

Can you tell me if you have done any sport or exercise activities of the type listed on this card during the last seven days, that is since (*day / date*). Please include teaching and coaching sessions?

- 1 Yes
- 2 No

**SpoWh1**

SHOW CARD RR

Which have you done in the last seven days?

INTERVIEWER: TYPE IN FIRST FEW LETTERS OF THE SPORT TO ENTER CODING FRAME.

TYPE 'OTHER' IF THE SPORT IS NOT LISTED

TYPE 'XXX' (FOR NOT LISTED/DON'T KNOW) IF UNABLE TO CODE

ON EXITING CODING FRAME PRESS ENTER TO MOVE TO NEXT QUESTION.

: 1..999

**SpMore**

SHOW CARD RR

Have you done and other sports in the last seven days? Please include only activities that lasted at least 5 continuous minutes?

INTERVIEWER: PROBE FOR ANY OTHER SPORTS.

- 1 Yes "Yes - did other sports in last 7 days"
- 2 No "No - no other sports after interview prompts"

*{Ask SpExD – SpExHB for each sport recorded at SpoWh1}:***SpExD**On how many of the last seven days, that is from last (*day / date*) to yesterday, did you do/play/go (*name of sport or exercise activity*)? Please remember not to count things done as part of school lessons.

: 1..7

**SpExT**

SHOW CARD PP

On each day that you did/played/went (*name of sport or exercise activity*), how long did you usually spend? Please give an answer from this card.

- 1 Time01 "5 minutes, less than 10 minutes"
- 2 Time02 "10 minutes, less than 20 minutes"
- 3 Time03 "20 minutes, less than 30 minutes"
- 4 Time04 "30 minutes, less than 45 minutes"
- 5 Time05 "45 minutes, less than 1 hour"
- 6 Time06 "1 hours, less than 1½ hours"
- 7 Time07 "1½ hours, less than 2 hours"
- 8 Time08 "2 hours, less than 2½ hours"
- 9 Time09 "2½ hours, less than 3 hours"
- 10 Time10 "3 hours or more"

**SpExHB**When you did/played/went (*name of sport or exercise activity*) was it hard enough to make your heart beat fast or make you breathe hard or make you sweat?

- 1 Yes
- 2 No

**SpExO**

Was this activity outside?

- 1 Yes
- 2 No

**IF (SpExO = Yes) THEN**

**SpExUnc**

When you did this activity, were the following parts of your body usually exposed?

INTERVIEWER: READ OUT AND CODE ALL THAT APPLY...

- |   |        |                              |
|---|--------|------------------------------|
| 1 | Face   | "Face?"                      |
| 2 | Head   | "Head?"                      |
| 3 | Hands  | "Hands?"                     |
| 4 | Arms   | "Arms?"                      |
| 5 | Should | "Shoulders?"                 |
| 6 | Legs   | "Legs?"                      |
| 7 | Upper  | "Most or all of upper body?" |

**ASK ALL**

**SlpWkC**

Over the last seven days, that is since last (*day / date*), how long did you usually sleep for on weeknights, that is, Sunday to Thursday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes

0:7 - 7 minutes

0:23 - 23 minutes

1:5 - 1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW.

**SlpWkEC**

And over the last seven days how long did you usually sleep for on weekends, that is Friday and Saturday nights?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.

Examples:

1:23 - 1 hours and 23 minutes

0:7 - 7 minutes

0:23 - 23 minutes

1:5 - 1 hour and 5 minutes

INTERVIEWER: AN AVERAGE TIME PER NIGHT IS BEING SOUGHT. IF RESPONDENT CANNOT ANSWER BECAUSE THE PATTERN OF TIME SPENT VARIES WIDELY FROM NIGHT TO NIGHT, CODE 'DON'T KNOW.

**SUN EXPOSURE MODULE**  
*(All respondents)*

**IF (Age = 16+) THEN**

**SunIntA**

Now I'd like to ask you some more questions about some of the things you have done in the last seven days, that is since from last (*day / date*) up until yesterday, that involve exposure to sunlight.

Exposure to sunlight could mean working outdoors, doing some kind of physical activity outside or sunbathing.

Unless otherwise stated, please continue to think of the last seven days only when answering these questions.

1 Continue

**IF (respondent is working – [route from HH block]) THEN**

**HrsWrk**

In the last seven days, how many hours were you at work?

INTERVIEWER: IF NOT ACTUALLY AT WORK IN LAST SEVEN DAYS CODE 0.

GIVE TOTAL FOR THE WHOLE PERIOD OF SEVEN DAYS

: 1..100

**WrkO**

What proportion of your work time was spent outside. Would you say...

...READ OUT...

1	None	"None"
2	LHalf	"Less than half"
3	Half	"About half"
4	Mhalf	"More than half"
5	All	"Or, all of it?"

**IF (WrkO = LHalf..All) THEN**

**WOUnc**

When you were working outside, were the following parts of your body usually uncovered?

...READ OUT AND CODE ALL THAT APPLY...

1	Face	"Face?"
2	Head	"Head?"
3	Hands	"Hands?"
4	Arms	"Arms?"
5	Should	"Shoulders?"
6	Legs	"legs?"
7	UppBod	"Most or all of upper body?"

**{Next set of questions (SunIntC-PEOTyp) for respondents aged under 16 years only}**

**IF (Age < 16) THEN**

**SunIntC**

I now have a few (more) questions about spending time outside and exposure to sunlight.

**WalkSch**

In terms of walking to or from school in the last seven days, would you say that you...

...READ OUT AND CODE ONE ONLY..

- 1 walked the same number of days as usual..
- 2 walked less days than usual..
- 3 walked more days than usual?

**WearSch**

When you go to school, what do you usually wear this time of year while on the way there or back?

...READ OUT AND CODE ALL THAT APPLY...

- 1 trousers?
- 2 shorts?
- 3 short sleeved shirt or long sleeves rolled up
- 4 long sleeved shirt/jumper/blazer?

**{ASK GIRLS ONLY}:**

- 5 long skirt (below the knee)?
- 6 short skirt (above knee)?
- 7 tights?

**IF (respondent at school in last 7 days) THEN****MBreakO**

On the days when you were at school in the last seven days, did you usually spend the morning break outside?

- 1 Yes
- 2 No

**LBreakO**

On the days when you were at school in the last seven days, for how much of your lunch break were you usually outside?

...READ OUT AND CODE ONE ONLY...

- 1 all or most of it...
- 2 about half of it...
- 3 Or, very little or none of it?

**IF (respondent had PE classes in last 7 days) THEN****PEOutS**

Thinking of the physical education classes you had in school in the last seven days. In how many of these classes were you outdoors at all?

:0..12

**IF (PEOutS > 0) THEN****PEOutST**

For how long were you outdoors each time?

Would you say...

- 1 ...all or most of the class except when changing clothes...
- 2 ...about half the class...
- 3 ...OR less than half the class?

**PEOUnc**

When you were outside during these classes, were the following parts of your body usually uncovered?

...READ OUT AND CODE ALL THAT APPLY...

- 1 Face?

- 2 Head?
- 3 Hands?
- 4 Arms?
- 5 Shoulders?
- 6 Legs?

**IF (respondent had PE classes in last 7 days) THEN**

**PEOTyp**

How typical were the last seven days in terms of the number of PE classes you had outside for this time of year? Would you say the number of classes outside was

...READ OUT...

- 1 the same as usual...
- 2 less classes than usual...
- 3 or more classes than usual?

**{End of specific questions for children aged < 16}**

**ASK ALL (adults + children)**

**OutS**

In the last seven days, on how many days have you spent time sitting, standing or lying outside (for example at a sports event)?

INTERVIEWER: IF NONE CODE ZERO

EXCLUDE ANY OUTDOOR PHYSICAL ACTIVITIES, SPORTS AND WALKING AND CYCLING

: 0..7

**IF (OutS > 0) THEN**

**TimeO**

Approximately how many hours did you usually spend on each one of those days sitting, standing or lying outside?

INTERVIEWER. Enter hours followed by ':' followed by the minutes. If under an hour you must enter 0 for the hour before the ':'.  
Examples:

- 1:23 - 1 hours and 23 minutes
- 0:7 - 7 minutes
- 0:23 - 23 minutes
- 1:5 - 1 hour and 5 minutes

**TOUnc**

When you were sitting, standing or lying outside, were the following parts of your body uncovered?

READ OUT AND CODE ALL THAT APPLY

- 1 Face "Face?"
- 2 Head "Head?"
- 3 Hands "Hands?"
- 4 Arms "Arms?"
- 5 Should "Shoulders?"
- 6 Legs "legs?"
- 7 UppBod "Most or all of upper body?"
- 8 None "DO NOT READ OUT - None of these"

**TOTyp**

In terms of the amount of time you spent outside, either at work, while doing physical activities or sitting, standing or lying outside, were the last seven days typical for this time of year?

- 1 Yes
- 2 No

**IF (TOTyp = No) THEN****TOTypW**

Why not?

: STRING [50]

**ASK ALL (adults + children)****SunC**

In the last seven days, have you used sun cream?

- 1 Yes
- 2 No

**IF (SunC = Yes) THEN****SPF**

What SPF factor was this sun cream?

INTERVIEWER: IF NECESSARY, READ OUT...

CODE ALL THAT APPLY

- 1 SPF17 "1-7"
- 2 SPF815 "8-15"
- 3 SPF1625 "16-25"
- 4 SPF2630 "26-30"
- 5 SPF31MO "31+"

**SunCD**

On how many days in the last seven days did you apply sun cream?

: 1..7

**IF (SunCD > 0) THEN****SCAp**

And how many times each day did you apply it.

Was it...READ OUT...

INTERVIEWER: FOR YOUNG CHILDREN, A PARENT/GUARDIAN MAY HAVE APPLIED THE SUN CREAM. THIS SHOULD BE INCLUDED IN THE ANSWER.

- 1 Morn "Morning only"
- 2 Once "Once at another time of day"
- 3 Sev "Or, twice or more times during the day?"

**IF (Sex = female) THEN****Mois**

In the last seven days, have you used moisturiser containing SPF factor?

- 1 Yes
- 2 No

**IF (Mois = Yes) THEN****MoSPF**

What SPF factor did this moisturiser contain?

INTERVIEWER: IF NECESSARY, READ OUT...

- 1 SPF17 "1-7"
- 2 SPF815 "8-15"

3	SPF1625	"16-25"
4	SPF2630	"26-30"
5	SPF31MO	"31+"
6	DontK	"Dont Know"

**IF (MoSPF = Don't know) THEN**

**MoName**

What is the name of the moisturiser?

: STRING [30]

**IF (Mois = Yes) THEN**

**MoDs**

On how many days in the last seven days did you use this moisturiser?

: 1..7

**IF (MoDs > 0) THEN**

**MoAp**

And how many times each day did you apply it. Was it...

...READ OUT..

1	Morn	"Morning only"
2	Once	"Once at another time of day"
3	Sev	"Or, twice or more times during the day?"

**ASK ALL**

**CovSk (adults + children)**

Do you ever cover your skin for religious reasons?

- 1 Yes
- 2 No

**IF (CovSk = Yes) THEN**

**HMCov**

To what extent do you cover your body?

Do you cover your...

READ OUT AND CODE ALL THAT APPLY...

1	Face	"Face?"
2	Head	"Head?"
3	Hands	"Hands?"
4	Arms	"Arms?"
5	Should	"Shoulders?"
6	Legs	"Legs?"
7	UppBod	"Most or all of upper body?"

**ASK ALL (adults + children)**

**Hair**

What is your / (his/her) natural (undyed) hair colour?

INTERVIEWER: IF RESPONDENT ANSWERS 'GREY', ASK 'What was it before becoming grey?'

INTERVIEWER: IF RESPONDENT ANSWERS 'BALD', ASK 'What was it before becoming bald?'

INTERVIEWER: IF ASKED, WE ARE INTERESTED IN HAIR AND SKIN COLOUR BECAUSE WE GET MOST OF OUR VITAMIN D THROUGH EXPOSURE TO SUNLIGHT (ONLY SOME COMES FROM OUR DIET). BY KNOWING HAIR AND SKIN COLOUR, THE AMOUNT OF TIME SPENT OUTSIDE, AND ALSO DIETARY DETAILS, WE CAN WORK OUT HOW MUCH VITAMIN D IS FORMED IN THE SKIN.

- 1 Black "Black"

- |   |        |                       |
|---|--------|-----------------------|
| 2 | Red    | "Red / Ginger"        |
| 3 | Blond  | "Blond / Fair"        |
| 4 | LBrown | "Light brown / Mouse" |
| 5 | DBrown | "Dark brown"          |
| 6 | Auburn | "Auburn"              |
| 7 | None   | "None of these"       |

**Skin**

Which of the following best describes your / (his/her) natural skin colour. By natural colour I mean before exposure to the sun. Is it...

...READ OUT...

- |   |       |              |
|---|-------|--------------|
| 1 | White |              |
| 2 | Brown |              |
| 3 | Black |              |
| 4 | Olive | "Or, olive?" |
| 5 | Other |              |

**IF (Skin = White OR Olive) THEN**

**SkTyp**

Would you say your type of skin...

...READ OUT...

- |   |        |                               |
|---|--------|-------------------------------|
| 1 | NeverT | "Never tans"                  |
| 2 | DiffT  | "Tans with difficulty"        |
| 3 | EasyT  | "Or, tans easily?"            |
| 4 | NotKno | "DO NOT READ OUT - Not known" |

**ASK ALL**

**HoIS**

In the most recent summer, that is from the **beginning of April to the end of September**, have / (has) you / (he/she) been away from home on holiday or other trips of two days or more? Please include any holidays or trips in the UK or abroad?

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

**IF (HoIS = Yes) THEN**

**HoISN**

How many holidays or trips of two days or more did you / (he/she) take between the start of April and the end of September?

Please include holidays in the UK and abroad of 2 days or more.

:1..10

**IF (Respondent 2 within 'Core Address') THEN**

**SameHoIS**

Were any of these holidays the same as the ones (*Respondent 1's name*) has already told me about? That is to the same place at the same time as (*Respondent 1's name*).

INTERVIEWER: IF YES: PROBE AND CODE ALL THAT APPLY FROM LIST BELOW.

**{ASK HoIM - HoIO FOR EACH TRIP}:**

**HoIM**

Thinking of the *{first/second/third/ fourth}* holiday you took between April and September 2007, in which month was this holiday?

INTERVIEWER: IF MORE THAN ONE HOLIDAY, ASK ABOUT EACH TRIP.

- |   |       |
|---|-------|
| 1 | April |
|---|-------|

- 2 May
- 3 June
- 4 July
- 5 August
- 6 September

**HoIC**

What country did you visit on this trip?

INTERVIEWER: IF UK, CHECK IF ENGLAND, SCOTLAND, WALES OR NORTHERN IRELAND.

INTERVIEWER: RECORD NAME OF COUNTRY.

:STRING [30]

**HoIR**

And could you give me the name of the city or region where you / (he/she) spent most of your time on this trip?

INTERVIEWER: RECORD NAME OF CITY/REGION.

:STRING [30]

**HoID**

How many days was this trip for?

:2..30

**HoIO**

While on this trip, on average, how many hours each day were / (was) you / (he/she) outside?

:0..15

**ASK ALL**

**HoIW**

And have / (has) you / (he/she) been on any holidays **abroad** between the start of October and now? Please include any holidays or other trips abroad of two days or more.

- 1 Yes
- 2 No

**IF (HoIW = Yes) THEN**

**HoIWN**

How many holidays **abroad** have / (has) you / (he/she) been on between the start of October and now? Please include any holidays or other trips **abroad** of two days or more.

:1..10

**IF (Respondent 2 within 'Core Address') THEN**

**SameHoIW**

Were any of these holidays the same as the ones (*Respondent 1's name*) has already told me about? That is to the same place at the same time as (*Respondent 1's name*).

INTERVIEWER: IF YES: PROBE AND CODE ALL THAT APPLY FROM LIST BELOW.

**{ASK HoIM - HoIO FOR EACH TRIP}:**

**HoIM**

Thinking of the *{first/second/third/ fourth}* holiday you took between October and now, in which month was this holiday?

INTERVIEWER: IF MORE THAN ONE HOLIDAY, ASK ABOUT EACH TRIP.

- 1 October

- 2 November
- 3 December
- 4 January
- 5 February
- 6 March

**HoIC**

What country did you visit on this trip?

INTERVIEWER: IF UK, CHECK IF ENGLAND, SCOTLAND, WALES OR NORTHERN IRELAND.

INTERVIEWER: RECORD NAME OF COUNTRY.

:STRING [30]

**HoIR**

And could you give me the name of the city or region where you / (he/she) spent most of your time on this trip?

INTERVIEWER: RECORD NAME OF CITY/REGION.

:STRING [30]

**HoID**

How many days was this trip for?

:2..30

**HoIO**

While on this trip, on average, how many hours each day were / (was) you / (he/she) outside?

:0..15

**NHS CENTRAL REGISTRAR & CANCER REGISTRY CONSENT FORM**  
*(Respondents aged 16 and over)*

**IF (Age = 19+) THEN**

**NHSCanA**

We would like your consent for us to send your name, address and date of birth to two National Health Service registers. These are the NHS Central Register and the NHS 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.

- 1 Con "Consent given"
- 2 NoCon "Consent not given"

**IF (NHSCanA = Con) THEN**

**NHSSigA**

Before I can pass on your details, I have to obtain written consent from you.

INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the consent form.

Serial:.....Check Letter:.....Person Number: 1

Ask the respondent to sign and date the form.

Give the **bottom** copy of the form to the respondent.

Code whether signed consents obtained.

- 1 Central "NHS Central Register and Cancer Registry consent obtained"
- 2 None "No signed consents"

**IF (Age = 16-18) THEN**

**NHSCanC**

We would like your consent for us to send your name, address and date of birth to two National Health Service registers. These are the NHS Central Register and the NHS 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.

- 1 Con "Consent given",
- 2 NoCon "Consent not given"

**IF (NHSCanC = Con) THEN**

**NHSSigC**

Before I can pass on your details, I have to obtain written consent from you.

INTERVIEWER: Enter the respondent's serial number, check letter, and respondent number on the top of the consent form.

Serial:.....Check Letter:.....Person Number: 2

Ask the respondent to sign and date the form.

Give the **bottom** copy of the form to the respondent.

Code whether signed consents obtained.

- 1 Central "NHS Central Register and Cancer Registry consent obtained"
- 2 None "No signed consents"

**RECONTACT QUESTIONS**  
*(All respondents)*

**IF (Age = 19+) THEN**

**ReContA**

If at some future date we wanted to talk to you for a further study, may we contact you to see if you are willing to help us again?

INTERVIEWER: IF ASKED, THERE ARE NO **CURRENT** PLANS FOR FURTHER STUDIES, BUT THERE MAY BE IN THE FUTURE.

- 1 Yes
- 2 No

**IF (Age <19) THEN**

**ReContC**

If at some future date we wanted to talk to you for a further study, may we contact you to see if you are willing to help us again?

INTERVIEWER: IF ASKED, THERE ARE NO **CURRENT** PLANS FOR FURTHER STUDIES, BUT THERE MAY BE IN THE FUTURE.

- 1 Yes
- 2 No

## **NURSE INTRODUCTION** (All respondents)

### **Stg2Int**

INTERVIEWER: INTRODUCTION TO STAGE 2 OF STUDY - NURSE VISIT FOR NAME.

1 continue

### **Stg2DATE**

Date NrsIntro interview done

:DATETYPE

### **ASK ALL**

#### **NursInt**

We would like you to help us with the second stage of this study.

This is a visit by a qualified nurse to collect some medical information and, if you agree, carry out some measurements. The nurse would like to come round and explain some more about what is involved and answer any questions you have. May I get him/her to contact you?

INTERVIEWER: REMEMBER TO GIVE THE RESPONDENT THE STAGE 2 LEAFLET, APPROPRIATE FOR THEIR AGE.

IF ASKED FOR DETAILS: For example, the nurse, with your agreement, will take some general measurements such as blood pressure, ask about prescribed medications and so on. The information the nurse collects is information we can not get from any other source.

INTERVIEWER: *Always* mention the nurse by name (if known).

Press <F9> for help explaining about the nurse visit.

- 1 Agree "Agreed nurse could contact",
- 2 Refuse "Refused nurse contact", NODK, NORF

#### **NurseRef**

RECORD REASON WHY RESPONDENT REFUSED NURSE CONTACT.

- 0 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)"

**IF (NurseRef = Other) THEN**

#### **NsRefO**

INTERVIEWER: PLEASE SPECIFY OTHER REASON FOR REFUSAL.

**ACTIGRAPH COLLECTION**  
*(For respondents aged 4-10 who agreed to wear the ActiGraph)*

**Intro**

INTERVIEWER: Now follows the actigraph collection from (adult's name) on behalf of (child's name)."

1 Continue

**AGIntro**

Thank you for taking part in this stage of the study.

During this visit, I would like to collect the actigraph and ask you about (child's name)'s experiences of wearing it."

1 Continue

**Wear**

Firstly, can I check, did he/she wear it for all seven days?

- 1 Day7 "Actigraph worn for 7 days"
- 2 Day56 "Actigraph worn for 5 or 6 days"
- 3 Day34 "Actigraph worn for 3 or 4 days"
- 4 Day2 "Actigraph worn for 2 days or less"), NODK, NORF

**IF (Wear <> Day7) THEN**

**NoWear**

Why was (child's name) unable to wear the actigraph for all 7 days?

- 1 Lost "Actigraph lost/stolen"
- 2 Broken "Actigraph broken"
- 3 Ill "Respondent ill"
- 4 Forgot "Respondent forgot"
- 5 Other "Other "

**IF (NoWear=other) THEN**

**NWearoth**

INTERVIEWER: Record why respondent did not wear the actigraph for all 7 days.

: STRING[100]

**UseLog**

INTERVIEWER: Collect the 'Activity Booklet'.

- 1 Full "Log collected and completed in full"
- 2 Part "Log collected and partially completed"
- 3 NotC "Log collected - not completed"
- 4 Lost "Log not collected - lost"

**IF (UseLog = Full..NotC) THEN**

**AGSDate**

INTERVIEWER: Record from the activity log (front page) the *start* date of wearing the actigraph.

: DATETYPE

**AGEDate**

INTERVIEWER: Record from the activity log (front page) the *end* date of wearing the actigraph.

: DATETYPE

**AGNum**

INTERVIEWER: Record from the activity log how many days the actigraph was worn.

: 0..7

**Collect**

INTERVIEWER: Did you collect the actigraph?

- 1 Yes
- 2 No

**IF (Collect = No) THEN**

**YNoAct**

INTERVIEWER: Why did you not collect the actigraph?

- 1 Lost "Actigraph lost/stolen"
- 2 Other "Other"

**IF (YNoAct = Other) THEN**

**NOActOth**

INTERVIEWER: Record why you didn't collect the actigraph.

: STRING[100]

**AGDesp**

INTERVIEWER: Prepare the despatch note for the respondent.

Wrap the despatch note around the actigraph and send back to Brentwood *one* actigraph per jiffy bag.

Serial number:

Date of birth:

Actigraph serial number:

- 1 Continue

**IF (Wear = Day7..Day34) OR (NoWear = Lost..Broken) THEN**

**Voucher**

Thank you for taking part in this stage of the study. Here is a promissory note saying that NatCen will send you £20 in High Street vouchers as a token of our appreciation.

INTERVIEWER: Hand over the £20 voucher promissory note.

- 1 Given "Promissory note given",
- 2 NotGiv "Promissory note not given"

**IF (Wear = Day2) THEN**

**NoVouch**

Thank you for taking part in this stage of the study.

INTERVIEWER: For your information, this respondent is not eligible for a voucher."

- 1 Continue

**CollEnd**

INTERVIEWER: The actigraph collection for (child's name) has now been completed.

- 1 Continue

# **NATIONAL DIET AND NUTRITION SURVEY**

## **PROMPT CARDS**

**P2709**

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

## CARD F

- 1 Large supermarket, including home delivery from supermarket
- 2 Mini supermarket, e.g. Tesco Metro
- 3 Local/Corner shop (including newsagents)
- 4 Garage forecourt
- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's market)
- 10 Farm
- 11 Home delivery (including vegetable boxes – not from a supermarket)
- 12 Other

## CARD G

- 1 More than once a day
- 2 Once a day
- 3 Two or three times a week
- 4 Weekly
- 5 Two or three times a month
- 6 Monthly
- 7 Every two months
- 8 Less often than every two months

## CARD H

- 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 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 I

- 1 Freshly made from old potatoes
- 2 Freshly made from new potatoes
- 3 Frozen, fried
- 4 Oven ready chips
- 5 Microwave chips (e.g. McCain Microchips)
- 6 Make chips another way
- 7 Do not prepare chips

## CARD J

- 1 Every day
- 2 Most days (5 – 6)
- 3 Some days (3 – 4)
- 4 One or two days a week
- 5 Less than once a week
- 6 Only for special occasions
- 7 Never

## CARD K

- 1 Boiling
- 2 Steaming or Poaching
- 3 Frying
- 4 Stir-frying
- 5 Grilling
- 6 Oven-baking or Roasting
- 7 Stewing / Braising / Casseroling
- 8 Microwaving
- 9 None of these

## CARD L

- 1 Red meat
- 2 Chicken
- 3 White fish (cod, haddock, plaice)
- 4 Oily fish (herring, mackerel, salmon)
- 5 Pulses such as split peas and lentils
- 6 Dry pasta
- 7 Rice (savoury)
- 8 Potatoes (not chips)
- 9 Fresh green vegetables (cabbage, spinach, broccoli)
- 10 Root vegetables (carrots, parsnips)
- 11 None of these

## CARD M

- 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 N

- 1 At home (relative)
- 2 At school
- 3 Cookery class not at school (e.g. night class)
- 4 Self taught
- 5 From friends
- 6 At work
- 7 Television
- 8 Recipe books / magazines
- 9 Internet
- 10 Cannot cook at all
- 11 Other

## CARD O

- 1 Cleaning and chopping fruit and vegetables
- 2 Preparation of meat and fish for cooking (chopping, filleting)
- 3 Frying
- 4 Boiling
- 5 Baking or Roasting
- 6 Making a sauce
- 7 Making pastry
- 8 Following a recipe
- 9 Microwaving
- 10 Freezing and Defrosting
- 11 Preservation / Storage of foods in larder / Refrigerator / Freezer
- 12 Hygiene in the kitchen
- 13 None of these

## CARD P

- 1 Weighing scales
- 2 Set of kitchen knives
- 3 Set of saucepans
- 4 Frying pan
- 5 Colander / Sieve
- 6 Casserole dish
- 7 Roasting pan
- 8 Cake tins
- 9 Baking trays
- 10 Hand-held whisk, manual or electric
- 11 Mixing bowls
- 12 Measuring jug
- 13 Rolling pin
- 14 Grater
- 15 Food processor
- 16 None of these

## CARD Q

- 1 Flour (Self-raising / plain / bread)
- 2 Sugar (Caster / Granulated / Brown)
- 3 Cornflour
- 4 Dried pasta (Spaghetti, Noodles)
- 5 Rice (Long grain, Basmati)
- 6 Tomatoes in tins or cartons
- 7 Tomato paste / puree
- 8 Olive oil or other vegetable oil
- 9 Vinegar (Wine, Balsamic)
- 10 Dried or tinned pulses (Canellini or Borlotti beans,  
Chickpeas etc.)
- 11 Baked beans
- 12 Dried herbs, spices or curry powder
- 13 Stock cubes
- 14 Soy sauce
- 15 Tinned fish (Sardines, Anchovies)
- 16 None of these

## CARD R

- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less

## CARD S

- 1 Five or more times per week
- 2 Three to four times per week
- 3 One to two times per week
- 4 One to two times per month
- 5 Rarely or never

## CARD T

- 1 Never
- 2 Less than once per month
- 3 On 1 – 3 days per month
- 4 On 1 – 2 days per week
- 5 On 3 – 4 days per week
- 6 On 5 – 6 days per week
- 7 Every day in the last month

## CARD U

- 1 Fish liver (include canned cod liver; exclude fish liver oil supplements)
- 2 Venison liver
- 3 Sprats
- 4 Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))
- 5 Cassava chips/crisps
- 6 Seaweed (includes hijiki, wakame)
- 7 Sushi (including purchased sushi)
- 8 Kabanos (smoked sausage)
- 9 Papaya (include fresh and canned)
- 10 Dried papaya
- 11 Mango (include fresh and canned)
- 12 Dried mango
- 13 Kiwi Fruit

# **NATIONAL DIET AND NUTRITION SURVEY**

## **PROMPT CARDS**

**P2709**

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

## CARD F

- 1 Large supermarket, including home delivery from supermarket
- 2 Mini supermarket, e.g. Tesco Metro
- 3 Local/Corner shop (including newsagents)
- 4 Garage forecourt
- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's market)
- 10 Farm
- 11 Home delivery (including vegetable boxes – not from a supermarket)
- 12 Other

## CARD G

- 1 More than once a day
- 2 Once a day
- 3 Two or three times a week
- 4 Weekly
- 5 Two or three times a month
- 6 Monthly
- 7 Every two months
- 8 Less often than every two months

## CARD H

- 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 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 I

- 1 Freshly made from old potatoes
- 2 Freshly made from new potatoes
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- 6 Only for special occasions
- 7 Never

## CARD K

- 1 Boiling
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- 3 Frying
- 4 Stir-frying
- 5 Grilling
- 6 Oven-baking or Roasting
- 7 Stewing / Braising / Casseroling
- 8 Microwaving
- 9 None of these

## CARD L

- 1 Red meat
- 2 Chicken
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- 5 Pulses such as split peas and lentils
- 6 Dry pasta
- 7 Rice (savoury)
- 8 Potatoes (not chips)
- 9 Fresh green vegetables (cabbage, spinach, broccoli)
- 10 Root vegetables (carrots, parsnips)
- 11 None of these

## CARD M

- 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 N

- 1 At home (relative)
- 2 At school
- 3 Cookery class not at school (e.g. night class)
- 4 Self taught
- 5 From friends
- 6 At work
- 7 Television
- 8 Recipe books / magazines
- 9 Internet
- 10 Cannot cook at all
- 11 Other

## CARD O

- 1 Cleaning and chopping fruit and vegetables
- 2 Preparation of meat and fish for cooking (chopping, filleting)
- 3 Frying
- 4 Boiling
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- 6 Making a sauce
- 7 Making pastry
- 8 Following a recipe
- 9 Microwaving
- 10 Freezing and Defrosting
- 11 Preservation / Storage of foods in larder / Refrigerator / Freezer
- 12 Hygiene in the kitchen
- 13 None of these

## CARD P

- 1 Weighing scales
- 2 Set of kitchen knives
- 3 Set of saucepans
- 4 Frying pan
- 5 Colander / Sieve
- 6 Casserole dish
- 7 Roasting pan
- 8 Cake tins
- 9 Baking trays
- 10 Hand-held whisk, manual or electric
- 11 Mixing bowls
- 12 Measuring jug
- 13 Rolling pin
- 14 Grater
- 15 Food processor
- 16 None of these

## CARD Q

- 1 Flour (Self-raising / plain / bread)
- 2 Sugar (Caster / Granulated / Brown)
- 3 Cornflour
- 4 Dried pasta (Spaghetti, Noodles)
- 5 Rice (Long grain, Basmati)
- 6 Tomatoes in tins or cartons
- 7 Tomato paste / puree
- 8 Olive oil or other vegetable oil
- 9 Vinegar (Wine, Balsamic)
- 10 Dried or tinned pulses (Canellini or Borlotti beans,  
Chickpeas etc.)
- 11 Baked beans
- 12 Dried herbs, spices or curry powder
- 13 Stock cubes
- 14 Soy sauce
- 15 Tinned fish (Sardines, Anchovies)
- 16 None of these

## CARD R

- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less

## CARD S

- 1 Five or more times per week
- 2 Three to four times per week
- 3 One to two times per week
- 4 One to two times per month
- 5 Rarely or never

## CARD T

- 1 Never
- 2 Less than once per month
- 3 On 1 – 3 days per month
- 4 On 1 – 2 days per week
- 5 On 3 – 4 days per week
- 6 On 5 – 6 days per week
- 7 Every day in the last month

## CARD U

- 1 Fish liver (include canned cod liver; exclude fish liver oil supplements)
- 2 Venison liver
- 3 Sprats
- 4 Seeds as a snack (e.g. sunflower seeds, pumpkin seeds, sesame seeds, melon seeds (also known as egusi))
- 5 Cassava chips/crisps
- 6 Seaweed (includes hijiki, wakame)
- 7 Sushi (including purchased sushi)
- 8 Kabanos (smoked sausage)
- 9 Papaya (include fresh and canned)
- 10 Dried papaya
- 11 Mango (include fresh and canned)
- 12 Dried mango
- 13 Kiwi Fruit

## **CARD V**

- 1        Less than once per month
- 2        On 1 – 3 days per month
- 3        On 1 – 2 days per week
- 4        On 3 or more days per week

## CARD V

- 1 Less than once per month
- 2 On 1 – 3 days per month
- 3 On 1 – 2 days per week
- 4 On 3 or more days per week

## CARD W

- 1 Meat or meat products (not including poultry)
- 2 Chicken or other poultry and dishes containing them
- 3 Fish or seafood and fish and seafood dishes
- 4 Eggs
- 5 Milk (including yoghurt)
- 6 Cheese
- 7 Salad vegetables (e.g. lettuce, cucumber, tomato)
- 8 Cooked green vegetables (e.g. spinach, cabbage, peas, broccoli)
- 9 Root vegetables (e.g. carrots, parsnips)
- 10 Fresh fruit
- 11 Nuts
- 12 Offal
- 13 Other

## CARD X

- 1 Orange
- 2 Lemon
- 3 Kiwi fruit
- 4 Grapefruit
- 5 Mango
- 6 Banana
- 7 Lime
- 8 Pineapple
- 9 Soft citrus fruit (satsumas / mandarins / clementines)

## CARD Y

- 1 Every day / most days
- 2 Once or twice a week
- 3 Once or twice a month
- 4 Less than once a month

## CARD Z

- 1 All of the peel or skin
- 2 Most of the peel or skin
- 3 Around half of the peel or skin
- 4 Around a quarter of the peel or skin
- 5 Less than a quarter of the peel or skin

## CARD AA

- 1 No difficulty
- 2 A little difficulty
- 3 A fair amount of difficulty
- 4 A great amount of difficulty

## CARD BB

- 1 Could eat easily
- 2 Could eat with some difficulty
- 3 Could not eat at all

## CARD CC

- 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 12 months

## CARD DD

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

## CARD EE

- 1 Higher degree, e.g. MSc, MA, MBA, PGCE, PhD
- 2 Level 5 NVQ / SVQ
- 3 BTEC Advanced Professional Diploma/Certificate
- 4 First degree, e.g. BSc, BA, BEd, MA at first degree level
- 5 Level 4 NVQ / SVQ
- 6 HNC / HND
- 7 BTEC Higher National or Professional  
Diploma/Certificate
- 8 RSA or OCR Higher
- 9 GCE 'A'-level
- 10 A2
- 11 AVCE
- 12 SCE Advanced Higher Grades
- 13 SCE Higher Grades (A-C)
- 14 CSYS
- 15 Key Skills Level 3
- 16 Level 3 NVQ / SVQ
- 17 ONC / OND
- 18 BTEC Advanced or National Diploma/Certificate
- 19 RSA or OCR Advanced Diploma
- 20 City & Guilds Advanced Craft / Part 3
- 21 Advanced GNVQ; Vocational A Level
- 22 Advanced Modern Apprenticeship
- 23 GCSE grade A\*-C

**see over for more codes**

**card EE continued....**

- 24 GCE 'O'-level passes
- 25 CSE grade 1
- 26 SCE O Grades (A-C)
- 27 SCE Standard Grades (1-3)
- 28 School Certificate / Matriculation
- 29 Key Skills Level 2
- 30 Level 2 NVQ / SVQ
- 31 BTEC Intermediate or First Diploma/Certificate
- 32 RSA Diploma
- 33 City & Guilds Craft / Part 2
- 34 Intermediate GNVQ
- 35 Foundation Modern Apprenticeship
- 36 GCSE grade D-G
- 37 CSE grade 2-5
- 38 SCE O Grades (D-E)
- 39 SCE Standard Grades (4-7)
- 40 SCOTVEC National Certificate Modules
- 41 Key Skills Level 1
- 42 Level 1 NVQ / SVQ
- 43 BTEC Foundation or Introductory Diploma/Certificate
- 44 RSA Stage 1-3
- 45 City & Guilds Part 1
- 46 Foundation GNVQ; Foundation VCE
- 47 Other qualifications

## CARD FF

A	£15,000 - £19,999
B	£30,000 - £34,999
C	Under £5,000
D	£45,000 - £49,999
E	£25,000 - £29,999
F	£5,000 - £9,999
G	£20,000 - £24,999
H	£10,000 - £14,999
I	£75,000 - £99,999
J	£35,000 - £39,999
K	£50,000 - £74,999
L	£100,000 or more
M	£40,000 - £44,999

## **CARD GG**

### **Supplement examples**

- Multivitamins with/without Iron or other Minerals
- Vitamin C
- Vitamin B complex
- Folic Acid
- Selenium
- Calcium + Vitamin D
- Cod liver oil
- Omega 3 fish oil
- Flaxseed oil
- Oil of Evening Primrose
- Menopause formulas
- Echinacea
- L – Arginine capsules
- Glucosamine with/without chondroitin
- Garlic
- Ginkgo Biloba
- Healthy Start women's vitamin tablets

## CARD HH

- 1 Less than once a month
- 2 1 – 3 times a month
- 3 Once a week
- 4 2 – 4 times a week
- 5 Once a day
- 6 2 – 3 times a day
- 7 4 or more times a day

## CARD II

- 1 Employed or self-employed, not working at home  
(e.g. in office)
- 2 Employed or self-employed, working from home
- 3 At college / school
- 4 Doing voluntary or other unpaid work
- 5 Full time housewife / househusband
- 6 Unable to work
- 7 On holiday for the entire period
- 8 Unemployed or retired and have not done any of the  
above

# CARD JJ

## Light Housework

- 1 Vacuum cleaning (hoovering)
- 2 Dusting, Spring cleaning, Tidying up
- 3 Washing floors and paintwork
- 4 Hoeing, Weeding, Pruning
- 5 Cut the grass using a power mower
- 6 Planting flowers / seeds
- 7 Decorating
- 8 Minor household repairs
- 9 Car washing and cleaning
- 10 Any similar light housework, building or gardening  
manual work

# CARD KK

## Heavy Housework

- 1 Walking with heavy loads of shopping
- 2 Moving furniture
- 3 Scrubbing / Polishing floors by hand (on knees)
- 4 Sweeping leaves over a large area
- 5 Digging, Moving earth, Clearing rough ground
- 6 Major work on tree, or shrub planting / moving
- 7 Felling trees, Chopping wood
- 8 Moving heavy loads
- 9 Demolishing walls, Breaking up concrete
- 10 Mixing, laying concrete

# CARD LL

## Sport / Exercise examples

- Cycling (but NOT cycling to work)
- Swimming, continuous laps
- Jogging
- Rowing or Stepping machine
- Aerobics
- Martial Arts, including judo, karate, kick boxing, tae kwan do, jujitsu, boxing
- Football
- Netball
- Dancing, including taking lessons or nightclub
- Rugby

## CARD MM

- 1 A nursery school
- 2 A primary school (including infant school, junior school)
- 3 A secondary school (including sixth form in a school) / High school
- 4 A middle school
- 5 A sixth form college / Higher Education college
- 6 Other
- 7 Home-educated

## CARD NN

- 1 Cooked school meal
- 2 Cold school meal (including sandwiches, salads)
- 3 Packed lunch (from home)
- 4 Buy lunch from shop / café
- 5 Go home
- 6 Do not eat lunch

## CARD 00

- 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 fruit
- 6 Healthy Start children's vitamin drops (3 and under)
- 7 Healthy Start vouchers (3 and under)
- 8 Free food BEFORE school
- 9 Free food AFTER school
- 10 Other

## CARD PP

- 1 5 minutes, less than 10 minutes
- 2 10 minutes, less than 20 minutes
- 3 20 minutes, less than 30 minutes
- 4 30 minutes, less than 45 minutes
- 5 45 minutes, less than an hour
- 6 1 hour, less than 1½ hours
- 7 1½ hours, less than 2 hours
- 8 2 hours, less than 2½ hours
- 9 2½ hours, less than 3 hours
- 10 3 hours or more

## CARD QQ

- 1 Playing, skipping, catch, hide and seek
- 2 Kicking a ball around, running about or jumping  
around
- 3 Garden work, like mowing grass or sweeping up  
leaves
- 4 Housework, like tidying up, cleaning, hoovering,  
washing clothes, cleaning a car
- 5 Paper rounds

# CARD RR

## Sport / Exercise examples

- Cycling (but NOT cycling to or from school)
- Football
- Netball
- Cricket / Rounders
- Swimming laps
- Jogging
- Gymnastics
- Tennis
- Martial Arts
- Rugby

## CARD SS

### ***Boys and Girls:***

- 1 Trousers
- 2 Shorts
- 3 Short sleeved shirt or long sleeves rolled up
- 4 Long sleeved shirt / jumper / blazer

### ***Girls only:***

- 5 Long skirt (below the knee)
- 6 Short skirt (above the knee)
- 7 Tights