

Appendix F. DNSIYCS Participant information documents

MRC Human Nutrition Research & NatCen

Table of contents

	Pages
NatCen general information leaflet	1-2
HNR general information leaflet	3-4
Advance letter & frequently asked questions	5-6
Stage 1 leaflet	7-8



Diet and Nutrition Survey of Infants and Young Children in Scotland, 2011

Why have I been chosen to take part?

We select people or households from lists such as the Post Office's list of addresses. To make the results accurate we have to rely on the people chosen for the study – no one else can take their place.

You don't need any special knowledge to take part. Most people who are chosen agree to be interviewed and enjoy the experience.

Who are the interviewers?

NatCen has a team of around 1,000 trained interviewers. For most studies an interviewer will visit you in person to conduct the interview. All our interviewers carry a photo identification card which they will show you. *Always ask for identification from any caller who is not known to you.*

Our responsibility to you

• We guard your privacy

Your answers will be treated in strict confidence in accordance with the Data Protection Act. They are used for statistical research purposes only. Names and addresses are never included with the results.

• We respect your wishes

Your participation in the study is, of course, voluntary. You do not have to answer any particular question if you would prefer not to. At any time in the interview you can withdraw answers you have already given.

• We answer your questions

We will always tell you the purpose of the research and who is funding it.

• We do not pass on addresses

You will not receive any 'junk mail' as a result of taking part. We do not pass addresses on to other organisations for commercial purposes.

NatCen

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

Scottish Centre for Social Research

5 Leamington Terrace, Edinburgh EH10 4JW
E-mail: info@scotcen.org.uk www.scotcen.org.uk

Operations Department

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

*A company limited by Guarantee.
Registered in England No. 4392418 Charity No. 1091768*





What is NatCen?

NatCen, the National Centre for Social Research, is Britain's largest independent research organisation studying social policy. It includes the Scottish Centre for Social Research.

Our aim is to make society better informed through high quality social research. We carry out many important national research studies for government departments, research councils and charitable foundations.

The policy areas we study include: health, education, work, childcare, housing and transport. These are some of the studies we undertake:

- **Health Survey for England**
- **Survey of Adult Learning**
- **Workplace Employee Relations Survey**
- **Scottish Social Attitudes**
- **Survey of Parents' Demands for Childcare**
- **Survey of English Housing**
- **National Travel Survey**
- **British Social Attitudes Survey**

We also study the attitudes and values of the population generally and produce research reports such as British Social Attitudes.



Who needs the research?

Government departments and other public bodies such as health and local authorities who need accurate up-to-date statistics to help them plan for people's future needs. They also need to monitor and evaluate schemes and policies which are already in place.

"Well-designed research projects can help the NHS to make important advances in health care."
Dr Brian Jarman, Imperial College School of Medicine

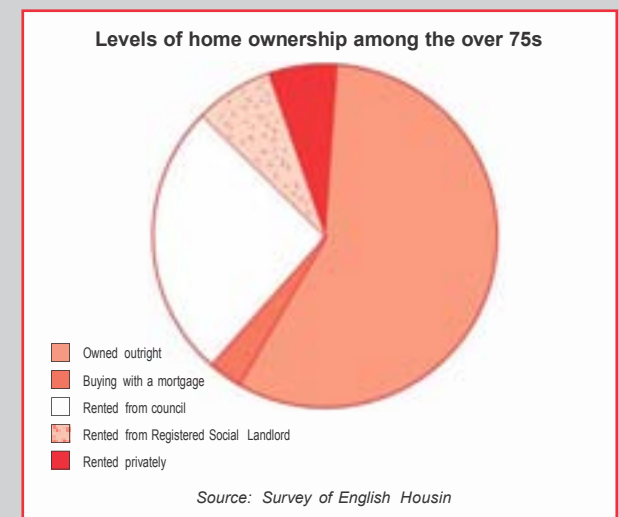
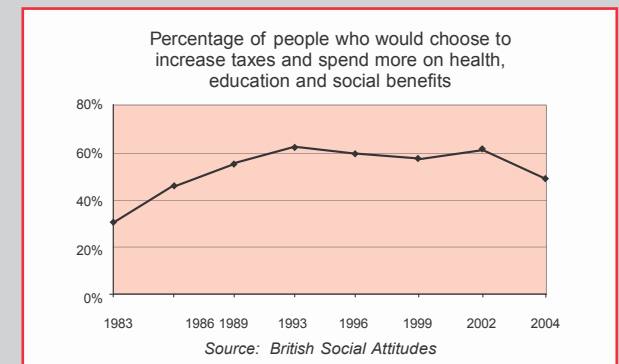
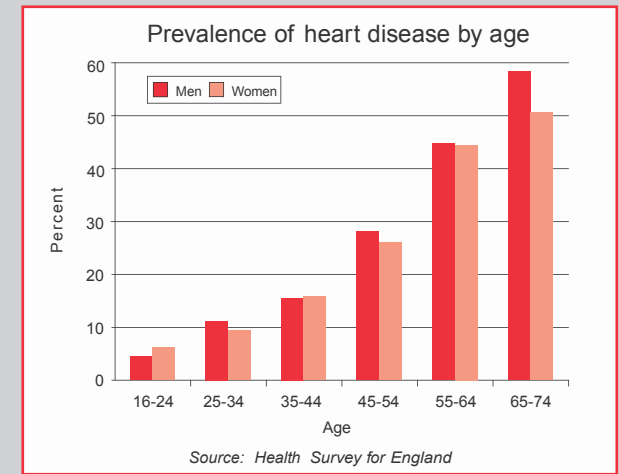
UK charities who frequently use social research to find out more about people's views, circumstances and experiences.

"Being able to make use of this kind of research is very helpful to Age Concern in making recommendations about policy for helping older people."
Evelyn McEwan, Director of Information & Policy, Age Concern

Universities and colleges where academic researchers and students use the findings for independent studies.

"The British Social Attitudes series is essential for understanding society."
Professor Sara Arber, University of Surrey

Here are some examples of findings from our research:



The MRC Collaborative Centre for Human Nutrition Research (HNR) was established in 1998 following the restructuring of the Dunn Nutrition Unit, so as to progress the Medical Research Council's portfolio of strategic and applied nutrition research. HNR was set up with a collaborative remit to pursue research in partnership with national and international stakeholders.

Importantly, HNR brings together a strong team with specialist expertise in nutrition, dietetics, medicine, physiology, biophysics, analytical chemistry, biochemistry, molecular biology, epidemiology, mathematics and statistics.



Research

MRC Human Nutrition Research works to advance the knowledge of the relationships between diet and its impact on the health of the population. The unit conducts high quality research and provides a national centre of excellence for the measurement and interpretation of dietary, biochemical and functional indicators of nutritional status and health.

Research is organised around 5 sections:

Population Nutrition Research

Investigating diet and health through assessment and analysis of dietary intake and the relationship to biomarkers and disease outcomes.

Nutrition and Health

Studying the role of dietary factors in the prevention and treatment of obesity and related metabolic diseases.

Nutrition and Bone Health

Looking at nutrition and lifestyle factors for the optimisation of peak bone mass and reduction of osteoporosis risk.

Biomolecular Research

Investigating the uptake, distribution, cellular handling and functional role of micronutrients.

Biocatalytic Sciences

Discovery and measurement of physiological markers of nutrition, health and disease.

HNR also has a dedicated **Nutrition and Health Communications** team who provide an independent source of authoritative scientific information on nutrition and health, and encourage the translation of scientific knowledge into effective public health policies and practice.

Diet and Health

Over the last ten years, our research has helped to shape the understanding of nutrition science by...

Developing and improving dietary assessment and analysis methods for evaluating the diets of populations and key subgroups like children and the elderly.

Studying the effect of changes in diet on the risk of diabetes, obesity and cardiovascular disease.

Using stable isotope techniques to assess the physical activity levels and energy requirements of people in a wide range of circumstances.

Taking a cross-cultural and international perspective on osteoporosis risk, to provide a better definition of calcium requirements and calcium metabolism in mothers, children, adolescents and older people.

Identifying the functional and quality of life effects of iron deficiency in differing populations, and investigating the influence of the chemical form of iron used in oral supplementation on iron absorption and the potential for side effects.



Surveys

Information gathered from large surveys helps to address current issues of importance to the health of the population. This is achieved by measuring the diet of large numbers of people, all over the UK. HNR is currently involved in 3 major nutrition surveys:

The Infant Diet and Health Study:

funded by the Food Standards Agency and the Department of Health, gathers information on the dietary habits, growth, and nutritional status of infants and young children in the UK.

The National Diet and Nutrition Survey:

funded by the Food Standards Agency and the Department of Health, gathers information on the dietary habits and nutritional status of children and adults in the UK.

The National Study of Health and Development, 1946:

funded by Medical Research Council, has collected information from birth to the current day on the health and life circumstances of five and a half thousand men and women born in one week in 1946.

These national nutrition surveys are the cornerstones of nutrition research in the UK and provide the context for the development of public health policy and help to decide on broader research priorities.



Communicating our science to others

Our work is published in some of the most well respected scientific journals, ensuring that our findings keep the research community informed.

We are also involved in translating science into policy and practice. Many of our researchers sit on advisory boards and expert committees such as the Government's Scientific Advisory Committee on Nutrition.

Our public engagement activities allow nutrition science to reach diverse groups of people of all ages. We are involved in local and national science events and regularly interact with schools within the region to enthuse and inform people about science.

We act as advisors to television and radio programmes on diet and health and provide help to journalists on a range of nutrition and health issues.

We develop resources for health professionals and engage regularly with the food industry to encourage the development of healthier food products.



Get involved in our studies

We are always looking for volunteers; men, women and children to join our nutrition studies. Volunteers gain unique insights into our research and have the opportunity to help shape our understanding of nutrition. They may also benefit from medical tests and in some cases nutrition advice.

If you are interested in joining our volunteer database, why not give one of our staff a call on **01223 437511** or email us at volunteer@mrc-hnr.cam.ac.uk for more information. By calling or emailing us, you are under no obligation to take things any further.

Volunteer feedback

"You get so much from being involved in these trials. Since starting, I've had my cholesterol checked, bone scans... things you wouldn't always get on the NHS! And I've learnt so much from my personal sessions with the dietician - it really makes you think about what you're eating."



Career opportunities at HNR

If you are interested in working at our internationally renowned research centre, or you are interested in applying for a PhD, you can check our website for news of current vacancies at www.mrc-hnr.cam.ac.uk

Further Information

If you would like any more information about the work of the unit, please visit www.mrc-hnr.cam.ac.uk or email communications@mrc-hnr.cam.ac.uk

MRC Human Nutrition Research
Elsie Widdowson Laboratory
120 Fulbourn Road
Cambridge
CB1 9NL
Tel: + 44 1223 426356
Fax: + 44 1223 437515



Medical Research Council

Human Nutrition Research

Conducting Scientific Research into Nutrition and Your Health

National Infant Diet and Health Study

We are writing to ask for your help with an important and unique study. The Department of Health (DH) and the Food Standards Agency (FSA) is funding a study that collects information on the eating habits and health status of young children in the United Kingdom. It involves gathering information about the food young children eat, their general health and development and the household they live in.

This study is being run by a team of independent research organisations led by **MRC Human Nutrition Research (HNR)** and the **National Centre for Social Research (NatCen)**. NatCen are carrying out the interviews for this study.

A random sample of parents with children who will be aged between 4 months and 18 months at the time of interview have been selected from Child Benefit records (held by HM Revenue and Customs). It is important we gather information from as many of the families we approach as possible, so we can get an accurate picture of the health and diets of young children across the UK. We hope you will be willing to help us with this important study. The study is optional and you can take part in some parts and not others. We rely on the goodwill of those invited to take part to make the study a success. As a token of our appreciation, everybody who provides information about their child's eating patterns will be **given £30 in High Street Vouchers**.

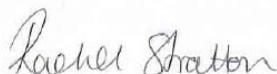
In the next few weeks a NatCen interviewer will visit your address to ask if you are willing to take part in the study. However, if you do not want to be contacted about this study, or if you have any queries, you can call NatCen by [December 23rd 2010/March 25th 2011], on **FREEPHONE: 0800 652 4572**, write to the **FREEPOST** address: National Centre for Social Research, Freepost CL499, 101-135 Kings Road, Brentwood, CM14 4LX, or email: NIDHS@natcen.ac.uk. If you do get in touch, please remember to give your name and the reference number from the top of this letter.

On the back of this letter, we have included more details about the study and the interview, and information about who NatCen and HNR are. You can also visit the National Infant Diet and Health Study website: www.mrc-hnr.cam.ac.uk/working-with-us/national-infant-diet-and-health-study.html. We would like to reassure you that anything you say during the interview will be treated in the strictest of confidence in accordance with the Data Protection Act 1998, and the information will only be used for research purposes and food policy planning.

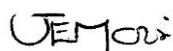
Whether or not you take part will not affect your entitlement to any benefits or tax credits, or any other dealings with Government departments, now or in the future.

Thank you in advance for your help.

Yours sincerely,



Rachel Stratton
Nutrition Science and Delivery
Health and Wellbeing
Department of Health
Wellington House
133-155 Waterloo Road,
London SE1 8UG
E-mail: Rachel.Stratton@dh.gsi.gov.uk



Janice Morris
Operations Department
NatCen
Kings House,
101-135 Kings Road,
Brentwood,
Essex, CM14 4LX
E-mail: NIDHS@natcen.ac.uk



Frequently Asked Questions



Who is carrying out the study?

The study is being funded by the Department of Health (DH) and the Food Standards Agency (FSA) and includes two stages. You do not have to decide until the end of the first stage whether or not you would like to take part in the second stage.

Stage 1: The interview stage is being carried out by the National Centre for Social Research (NatCen), which is Britain's largest independent research institute. They carry out many national studies covering topics such as childcare, health, education, housing and employment. You can find out more about NatCen from their website www.natcen.ac.uk or by writing to: NIDHS, Health & Wellbeing Team, NatCen, 35 Northampton Square, London, EC1V 0AX.

Stage 2: The clinic stage is being organised and carried out by MRC Human Nutrition Research (HNR), who carry out and support nutrition research throughout the UK and internationally. You can find out more about MRC HNR from their website www.mrc-hnr.cam.ac.uk or by writing to: NIDHS, MRC Human Nutrition Research, Elsie Widdowson Laboratory, 120 Fulbourn Road, Cambridge, CB1 9NL.

How was I chosen for the study?

We selected a random sample of parents with children who will be aged between 4 months and 18 months at the time of interview from Child Benefit records provided by HM Revenue and Customs. This ensures that the people who are invited to take part in the survey are representative of parents of children in this age group across the whole country. We would like to reassure you that the research is genuine and the government has approved using the Child Benefit records in this way. If you would like further confirmation of this, you can call Rachel Stratton at the DH on 020 7276 8927 or e-mail: rachel.stratton@foodstandards.gsi.gov.uk. For any other query please contact NatCen using the contact details overleaf.

What will I have to do?

We want to find out about what infants and young children in the UK eat and drink, their health and development and a bit about the households they live in. We would like to talk to the parent or guardian who has most involvement in the everyday feeding of their child. The main interview will take around 40 minutes. We would also like you to complete a food diary over a few days to record what your child eats in that time. If you complete this part of the study we will provide £30 in high street vouchers as a token of our appreciation. If you would like, we can send you feedback on your child's diet. With your permission, the interviewer will also take some physical measurements. The interview will take place in your own home, and your answers will be input on a laptop computer. At the end of this stage, we will ask if you would be interested in visiting a clinic with your child to have some further measurements and tests for the study.

Why should I take part?

We need information from a wide range of families, for example, those with one child and those with more than one child; those who breastfeed their child and those who don't; families with working parents and families with parents who don't work. Otherwise we would not get a true picture of the eating habits and health status of young children in the UK. Ideally everyone who is chosen will take part so that the results are representative of the UK as a whole.

How will the information I provide be used?

Your answers will be used to inform research on what children of this age eat, and help guide government policy on health and nutrition. Your answers to our questions will be treated in the **strictest of confidence**, in accordance with the Data Protection Act 1998. Your name and other personal details will not be quoted in any research findings and no report will ever identify you or your family. Your name and address will be removed from the records of the survey, unless you agree to take part in further research at the end of the interview.

Who will interview me?

One of NatCen's interviewers will get in touch to ask if you would like to take part in the study. The interviewer will show you a NatCen identification card when he or she calls at your house. If the interviewer calls at a time that does not suit you, you can make an appointment for him or her to call back, including during an evening or at the weekend, if that is better for you.

Is the survey compulsory?



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

Do I get anything from the survey?

If you wish, you may have a record of your measurements and your child's measurements.

Also, if you would like, we can send you feedback on your child's eating habits, which will tell you what he/she eats compared with national recommendations.

If you decide to take part in the clinic visit, we can feedback the results of some of the measurements – such as how much breastmilk your child drinks in a day, and some results from the blood test (such as vitamin D and iron levels).



If I have any other questions?

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

Your co-operation is very much appreciated.

Janice Morris
Project Controller
Operations Department
National Centre for
Social Research
Kings House
101-135 Kings Road
Brentwood
Essex
CM14 4LX

Dr Ken Ong
Survey Doctor
MRC Epidemiology Unit
Institute of Metabolic
Science, Box 285
Addenbrooke's Hospital
Hills Road
Cambridge
CB2 0QQ

Freephone: 0800 652 4572 Tel: 01223 769207

www.mrc-hnr.cam.ac.uk/working-with-us/national-infant-diet-and-health-study.html



Your help with this important survey is very much appreciated!



National Infant Diet and Health Study

Information for parents



This study is being carried out for the Department of Health and the Food Standards Agency, by the National Infant Diet and Health Study team. The team consists of independent research institutes: Medical Research Council (MRC) Human Nutrition Research (HNR) based in Cambridge, National Centre for Social Research (NatCen) based in London, MRC Epidemiology Unit based in Cambridge, and the Human Nutrition Research Centre at Newcastle University.

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



What is it about?



Over the past few years there has been a lot of advice and information provided to parents about how best to feed and wean

young children. There has also been a considerable increase in the range of food and drinks available in the shops for babies and toddlers.

The National Infant Diet and Health Study is a large, national study to find out, in detail, about the eating habits of very young children (aged 4 months to 18 months) in the UK.

We would like to talk to the parent or guardian who is most involved in the everyday feeding of your child. The interview will be carried out by one of our trained interviewers and will collect information on your child's eating habits and health, and some basic information about your household.

With your permission, the interviewer will measure your child's length, weight and head circumference, as well as the mother's height and weight.



We would also like to collect information about the day to day eating patterns of your child. If you agree, the interviewer will give you a diary to record information about what your child eats and

drinks over four days, and will arrange to visit you again to collect this and ask a few more questions. Every person who completes this part of the survey will be given **£30 in high street vouchers** as a token of our appreciation.

Second stage of the study – the clinic visit



There is also a second stage to the study, which involves visiting a specialist research clinic with your child. If you agree to take part in this stage of the survey, you will

be asked to visit a clinic – all expenses paid, and at a time convenient for you – so that a specially trained nurse can, with your consent, take the following measurements:

- Your child's skinfold thickness
- An assessment of how much breastmilk your child drinks (if breastfed)
- Your child's body composition and fluid intake (if not breastfed)

The nurse will explain in more detail what these involve. The nurse will also ask if you would be willing for your child to provide a small blood sample (less than a teaspoon of blood).

The analysis of these measurements and samples will tell us a lot about the health and nutrition of infants and young children.

All stages of the research are optional, and you can take part in some parts and not others. If you visit the clinic, you do not

have to take part in all of the measurements.

Why have we come to your household?

We selected a random sample of parents with children aged between 4 months and 18 months from Child Benefit records (held by HM Revenue and Customs). This ensures that the people who are invited to take part in the survey are representative of all parents of children in this age group across the whole country.

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

Is the survey confidential?

Yes. We take very great care to protect the confidentiality of the information we are given. The survey results will not be in a form that can reveal your identity. Your answers will only be used for research purposes. You may be re-contacted about your answers for further research but only if you have given permission to do so