



# Appendix A:

## Fieldwork Documents

## **APPENDIX A: FIELDWORK DOCUMENTS**

1. Advance Letter (Child Boost Scotcen) (1)
2. Advance Letter (Child Boost ScotCen) (2)
3. Advance Letter (Version A & B) (1)
4. Advance Letter (Version A & B) (2)
5. Knock-to-nudge ONS Advance Letter – Version A&B (1)
6. Knock-to-nudge ONS Advance Letter – Version A&B (2)
7. Knock-to-nudge ScotCen Advance Letter – Version A&B (1)
8. Knock-to-nudge ScotCen Advance Letter – Version A&B (2)
9. Knock-to-nudge ONS Survey Leaflet – Version A&B (1)
10. Knock-to-nudge ONS Survey Leaflet – Version A&B (2)
11. Knock-to-nudge ScotCen Survey Leaflet – Version A&B (1)
12. Knock-to-nudge ScotCen Survey Leaflet – Version A&B (2)
13. ScotCen Child Survey Leaflet (1)
14. ScotCen Child Survey Leaflet (2)
15. ScotCen Adult Survey Leaflet (1)
16. ScotCen Adult Survey Leaflet (1)
17. Knock-to-nudge self-completion cover letter
18. Knock-to-nudge language translations card
19. Respondent showcards
20. Useful Contact Leaflet
21. Intake24 Leaflet
22. Health Board Map

The Resident

Code:

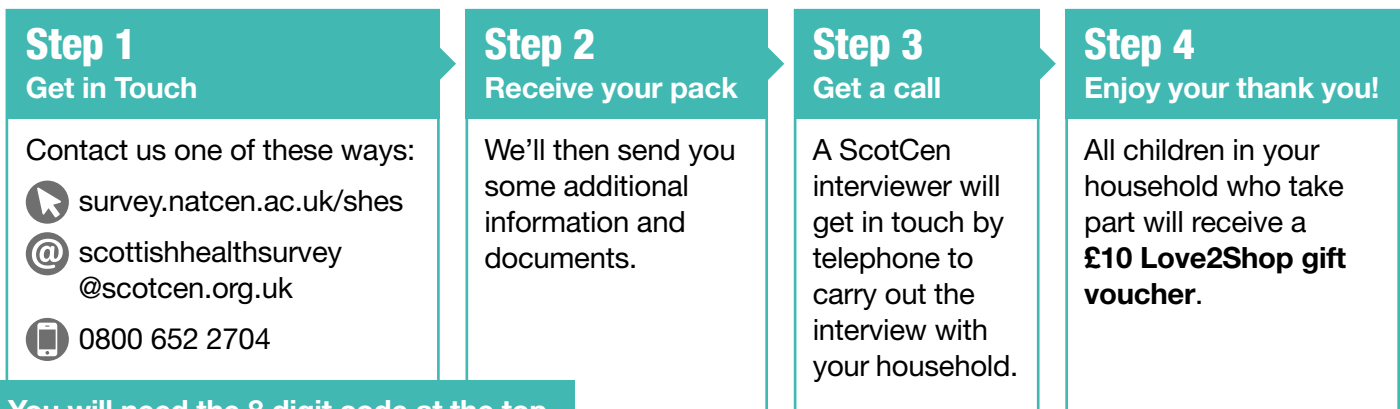
## Help improve health services in

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey (Child Interviews), an important annual study used to help improve health services in your area and across Scotland. We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. In previous years more than 7,000 people took part – now you have an opportunity to join in as well. We're sure you will find it interesting. We are particularly interested in understanding more about the health of **children and young people aged 0-15** living in Scotland.

We would like to hear from you if you have a child or children aged under 16 living in your household.

### Taking part is easy:

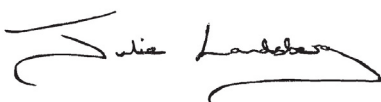


You will need the 8 digit code at the top of this letter and your contact details

By taking part, you and your child are helping to provide a better understanding of the health and lifestyles of people in Scotland during this challenging time. It is also important to look to the future, and the information you and your child provide will help plan, and improve, health services beyond the pandemic.

### Further info

Answers to some questions you may have are on the back of this letter, in the enclosed leaflet and at [www.gov.scot/publications/scottish-health-survey-interviewee-faqs](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs). If you would like to talk to someone about the study, please phone free on **0800 652 2704**.



**Julie Landsberg**

Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part. Your address is one of around 64,500 addresses which has been contacted this time. As this household has been selected to increase the number of children taking part, we are only able to include your household if there are any children aged 0 to 15 living there. If there are no children living at your address then please disregard this letter. We will also ask you to confirm that there are children in the household.

## Who will we want to speak to?

We can interview up to two children in your household. If you have three or more children, your interviewer will select two of them to take part. Parents or guardians will answer questions on behalf of children aged under 13. Children aged 13-15 can answer the questions themselves but we will need you to answer some questions at the start of the interview. We will also ask for your consent for them to take part. We would like you to be present or within earshot of the interview taking place. You can have the phone on speaker phone so everyone can take part at the same time.

Information for children taking part is in the enclosed survey leaflet, please share this with them in advance.

If you require any assistance to take part in the telephone survey then please contact us by emailing [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk) or phone us free on **0800 652 2704**.

## What will happen to any information my child and I give?

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## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey. ScotCen's interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit [www.scotcen.org.uk](http://www.scotcen.org.uk).

## What is the interview about?

The interview covers a range of health topics, including general health and lifestyles.

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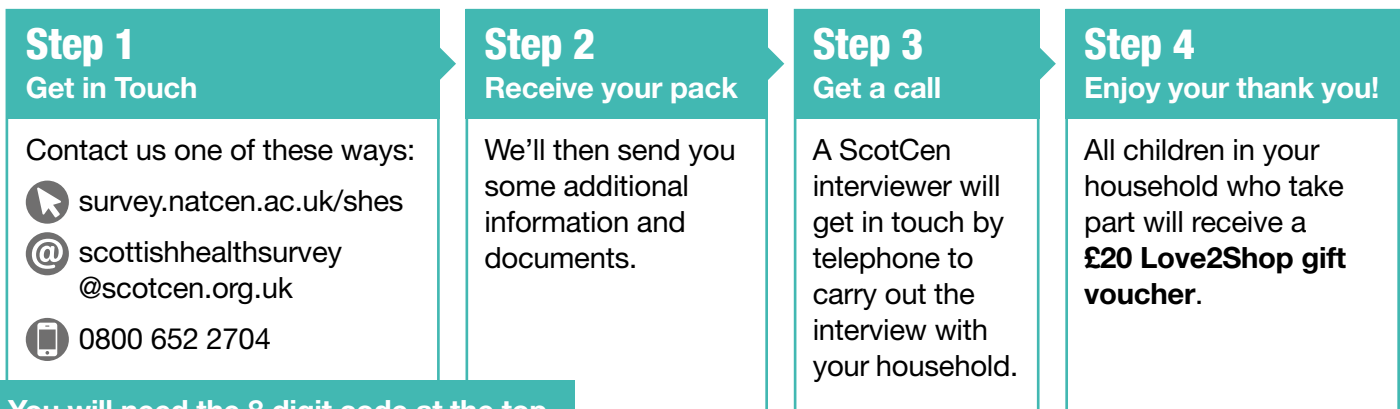
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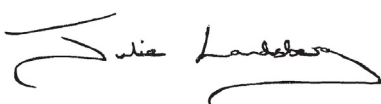


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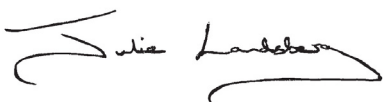
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<b>Step 1</b> Get in Touch	<b>Step 2</b> Receive your pack	<b>Step 3</b> Get a call	<b>Step 4</b> Enjoy your thank you!
Contact us one of these ways:  <a href="http://survey.natcen.ac.uk/shes">survey.natcen.ac.uk/shes</a>  <a href="https://twitter.com/scottishhealthsurvey">@scottishhealthsurvey</a> <a href="https://www.scotcen.org.uk">@scotcen.org.uk</a>  0800 652 2704 <b>You will need the 8 digit code at the top of this letter and your contact details</b>	We'll then send you some additional information and documents.	A ScotCen interviewer will get in touch by telephone to carry out the interview with your household.	As a thank you, everyone who takes part in your household will receive a <b>£10 Love2Shop gift voucher</b> , with a further £10 voucher for adults who complete the Intake24 online food diary.

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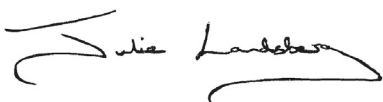
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### What's next

An interviewer from ONS will call at your address in the next week or so. They will explain more about the study and arrange a convenient time for you and other members of your household to take part by telephone. Your interviewer will show you a photo ID card, so you know who they are.



### Thank you

As a thank you, everyone who takes part in your household will receive a £10 Love2Shop gift voucher, with a further £10 voucher for adults who complete the Intake24 online food diary.



### Further info

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**Julie Landsberg**  
Survey Manager, Scottish Government

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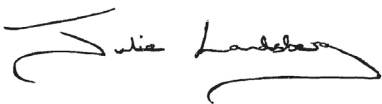
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ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit **[www.scotcen.org.uk](http://www.scotcen.org.uk)**. ONS is the UK's independent producer of official statistics. For more information about ONS visit **[www.ons.gov.uk/surveys](http://www.ons.gov.uk/surveys)**.

## What is the interview about?

The interview covers a range of health topics, including general health and lifestyles.

## Where can I find out more?

See the enclosed leaflet, visit **[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)** or phone us free on **0800 652 2704**.

Hear more about the real difference the study makes at **[www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)**



The Resident

Code:

## Help improve health services in

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey, an important annual study used to help improve health services in your area and across Scotland. We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. In previous years more than 7,000 people took part – now you have an opportunity to join in as well. We're sure you will find it interesting.



### What's next

An interviewer from ScotCen Social Research will call at your address in the next week or so. They will explain more about the study and arrange a convenient time for you and other members of your household to take part by telephone. Your interviewer will show you a photo ID card, so you know who they are.



### Thank you

As a thank you, everyone who takes part in your household will receive a £20 Love2Shop gift voucher, with a further £10 voucher for adults who complete the Intake24 online food diary.



### Further info

Answers to some questions you may have are on the back of this letter, in the enclosed leaflet and at [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey). If you would like to talk to someone about the study, please phone free on **0800 652 2704**.

**Julie Landsberg**  
Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part. Your address is one of around 57,000 addresses which has been contacted this time.

## Who will we want to speak to?

We can interview every adult (aged 16 and over) who lives in your household, if there are any children aged 0-15 we can interview two of them. Parents or guardians will answer questions on behalf of children aged under 13. Information for children is in the enclosed survey leaflet, please share this with them in advance.

If you require any assistance to take part in the telephone survey please discuss with the interviewer when they call at your door.

## What will happen to any information I give?

For further information on how the information you provide will be used, please see the privacy information on the Scottish Government's website here:

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The information you provide will help to develop ways of improving people's health in your area and across Scotland. It will also help improve the services people need at times of ill health.

By taking part, you are helping to provide a better understanding of the health and lifestyles of people in Scotland during these challenging times. The information you provide will also help with planning and improving health services beyond the Covid-19 pandemic.

## What is it about?

There will be questions about your general health and wellbeing, physical activity, smoking and drinking. There are some questions about diseases of the heart, lungs and chest, as these remain some of the leading causes of death in Scotland. The survey includes Intake24, a quick and easy way to capture information about your diet. There are also some questions about Covid-19 and the vaccination programme.

The survey asks you to provide your height and weight measurements, but only if you are happy to do so. Some personal details such as age, sex and employment are also included to help us interpret this information.

## What happens to the information I provide?

Your answers are treated with care and with full respect for your privacy. The Scottish Government and ScotGen guarantee that the survey results will not be published in a form that can reveal your identity and that they will make no attempt to identify you from your answers. The information collected is used for statistical and research purposes only and will be dealt with in accordance with data protection legislation. The information collected in the survey (but no information that would allow you to be identified) is made available via the UK Data Service for use by researchers and academics.

If you take part in the survey, and agree, some information will be linked to your survey answers from your NHS health records on the following:

- Visits to hospital and length of stay.
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- Information about diagnosis, treatments and hospital stays for cancer, heart disease, stroke, diabetes and psychiatric episodes.
- Details about registration with a general practitioner and, if you pass away, the date and cause of death.

This is done in such a way that no data which can identify you or any other individual is released, and really increases the value of the information you provide. If you wish your survey results not to be linked to your health records, please tell the interviewer when you take part.

If you participate in the online Intake24 part of the survey, your answers will be added to your other Scottish Health Survey answers using an anonymous unique identifier. No information that can identify you will be asked in the Intake24 online diary.

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## What happens if I agree to be contacted about further research?

If you give your permission, your name, contact details and relevant survey answers may be passed on to the Scottish Government or research agencies for the purpose of further research among particular groups of people to improve health or health services.

This information will only be released for statistical and research purposes carried out by reputable research organisations and you will not be identifiable in any published results. Any information passed to any other organisation will be treated in accordance with data protection legislation and will not be used for any purposes other than further research about health or health services.

## Is the survey compulsory?

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

## How will taking part in the survey benefit me?

Benefits from the survey will be indirect and in due course will come from any improvements in health and in health services in Scotland which result from the survey. Everyone in your household will receive a **£10 voucher** for taking part, as a thank you, with a further £10 voucher for adults who complete the Intake24 online food diary.

## Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. This study has been given a favourable opinion by Wales REC 3 on behalf of the NHS. The Public Benefit and Privacy Panel will be reviewing the process for linkage of the survey data with information from the NHS health records.

## What if I have any other questions?

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Your co-operation is very much appreciated. Thank you very much for your help with this survey.

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They will tell you a bit more about the survey and answer any questions you may have. They will check you are happy to take part in the survey, and if so, collect a few details about you and your household, including your name and telephone number. They will then arrange a convenient time for you and other members of your household to take part by telephone.

### STEP 2 Get a Call from an experienced interviewer

The interviewer, or one of their colleagues, will call you to complete the questionnaire with you (about 40-45 minutes). Others in your household can take part on the same call or separately. Your interviewer will explain about the self-complete questions.

### STEP 3 Enjoy your thank you!

As a thank you, all who take part in your household will receive a **£10 Love2Shop voucher**, with a further £10 voucher for adults who complete Intake24.

These can be used at over 20,000 shops (including online), restaurants and attractions ([www.love2shop.co.uk/where-to-spend](http://www.love2shop.co.uk/where-to-spend)).

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

### Will the answers I give be of help?

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Also, if you and the person that looks after you agree, then your name, where you live and your answers could be given to the Scottish Government or other researchers to contact you about other research about your health.

### **Why are you phoning my home?**

To phone every household in Scotland would take too long and cost too much money. Instead we select a small number of addresses and ask the people living there to take part.

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You have the right to be informed about how the information about you will be used (see 'If I have any other questions?').

# Some findings from the 2019 survey

## Mean portions of fruit and vegetables per day



## Around one in seven children aged 2–15 met the five-a-day recommendation for consumption of fruit and vegetables



## Consumption of 5 or more fruit and veg portions a day



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## Mean portions of fruit and vegetables per day



women **3.3**  
portions per  
day (mean)



men **3.2**  
portions per  
day (mean)

## Around one in seven children aged 2–15 met the five-a-day recommendation for consumption of fruit and vegetables



**14%**

## Consumption of 5 or more fruit and veg portions a day



**23%**  
women



**21%**  
men

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As a thank you, all who take part in your household will receive a **£10 Love2Shop voucher**, with a further £10 voucher for adults who complete Intake24.

These can be used at over 20,000 shops (including online), restaurants and attractions ([www.love2shop.co.uk/where-to-spend](http://www.love2shop.co.uk/where-to-spend)).

## Information for children

This page answers some of the questions your child(ren) might have.

### Who asks the questions?

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### What are the questions about?

The questions are about your general health and illness. The interviewer will also ask about things that can affect your health like the kinds of food you eat and what kinds of sports and activities you do. The interviewer will also ask if it's ok to ask for your height and weight measurements.

### Do I have to answer the questions?

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

### Will the answers I give be of help?

Yes, the information you provide could help to make health services better.

### What will happen to the answers I give?

The answers you give will be put together with those from other people and will be reported in a way that no one will know that you have taken part.

Your answers will also be joined up to some information from your health records, that means information about any visits you have to hospital, illnesses and medicines your doctor gives and who your doctor is. This, along with your answers to the survey, will help to provide valuable information on the health of children in Scotland. If you do not want your answers to be joined up in this way please tell the interviewer.



Also, if you and the person that looks after you agree, then your name, where you live and your answers could be given to the Scottish Government or other researchers to contact you about other research about your health.

### **Why are you phoning my home?**

To phone every household in Scotland would take too long and cost too much money. Instead we select a small number of addresses and ask the people living there to take part.

### **What are my rights**

You have the right to be informed about how the information about you will be used (see 'If I have any other questions?').

# Some findings from the 2019 survey

## Mean portions of fruit and vegetables per day



## Around one in seven children aged 2–15 met the five-a-day recommendation for consumption of fruit and vegetables



## Consumption of 5 or more fruit and veg portions a day



You can see all of the previous Scottish Health Survey reports here:  
[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)

# The 2021 Scottish Health Survey

The Scottish Health Survey is an annual survey of around 7,000 people in Scotland. It is carried out for the Scottish Government by ScotCen Social Research, the Office for National Statistics, the MRC Social and Public Health Sciences Unit at the University of Glasgow and academics from the Universities of Aberdeen and Edinburgh.

## Why take part?

The information you provide will help to develop ways of improving people's health in your area and across Scotland. It will also help improve the services people need at times of ill health.

By taking part, you are helping to provide a better understanding of the health and lifestyles of people in Scotland during these challenging times. The information you provide will also help with planning and improving health services beyond the Covid-19 pandemic.

## What is it about?

There will be questions about your general health and wellbeing, physical activity, smoking and drinking. There are some questions about diseases of the heart, lungs and chest, as these remain some of the leading causes of death in Scotland. The survey includes Intake24, a quick and easy way to capture information about your diet. There are also some questions about Covid-19 and the vaccination programme.

The survey asks you to provide your height and weight measurements, but only if you are happy to do so. Some personal details such as age, sex and employment are also included to help us interpret this information.

## What happens to the information I provide?

Your answers are treated with care and with full respect for your privacy. The Scottish Government and ScotGen guarantee that the survey results will not be published in a form that can reveal your identity and that they will make no attempt to identify you from your answers. The information collected is used for statistical and research purposes only and will be dealt with in accordance with data protection legislation. The information collected in the survey (but no information that would allow you to be identified) is made available via the UK Data Service for use by researchers and academics.

If you take part in the survey, and agree, some information will be linked to your survey answers from your NHS health records on the following:

- Visits to hospital and length of stay.
- COVID-19 positive test results (subject to Public Benefit and Privacy Panel approval).
- Information about diagnosis, treatments and hospital stays for cancer, heart disease, stroke, diabetes and psychiatric episodes.
- Details about registration with a general practitioner and, if you pass away, the date and cause of death.

This is done in such a way that no data which can identify you or any other individual is released, and really increases the value of the information you provide. If you wish your survey results not to be linked to your health records, please tell the interviewer when you take part.

If you participate in the online Intake24 part of the survey, your answers will be added to your other Scottish Health Survey answers using an anonymous unique identifier. No information that can identify you will be asked in the Intake24 online diary.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here: [www.gov.scot/publications/scottish-health-survey-interviewee-faqs](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs)

## Who will we want to speak to?

We would like to interview every adult (aged 16 and over) who lives at your household.

If there are any children aged 0-15 we would like to interview two of them – your interviewer will tell you which two children have been selected. Parents or guardians will answer questions on behalf of children aged under 13. We have included information for children at the back of this leaflet which we would like you to share with them in advance of them taking part.

## Why has my household been chosen?

To include every household in Scotland is expensive and time consuming. Instead we select a sample of addresses in such a way that all addresses in the country have a chance of being chosen. Yours is one of those chosen for the 2021 survey. Your address was chosen at random from the Postcode Address File, a list of every address in the UK, held by the Post Office and available to the public.

## What happens if I agree to be contacted about further research?

If you give your permission, your name, contact details and relevant survey answers may be passed on to the Scottish Government or research agencies for the purpose of further research among particular groups of people to improve health or health services.

This information will only be released for statistical and research purposes carried out by reputable research organisations and you will not be identifiable in any published results. Any information passed to any other organisation will be treated in accordance with data protection legislation and will not be used for any purposes other than further research about health or health services.

## Is the survey compulsory?

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

## How will taking part in the survey benefit me?

Benefits from the survey will be indirect and in due course will come from any improvements in health and in health services in Scotland which result from the survey. Everyone in your household will receive a **£20 voucher** for taking part, as a thank you, with a further £10 voucher for adults who complete the Intake24 online food diary.

## Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. This study has been given a favourable opinion by Wales REC 3 on behalf of the NHS. The Public Benefit and Privacy Panel will be reviewing the process for linkage of the survey data with information from the NHS health records.

## What if I have any other questions?

We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. If you have any other questions about the survey, please do not hesitate to call **0800 652 2704** or visit **[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)**

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Information about common health conditions is available here: **[www.nhsinform.scot](http://www.nhsinform.scot)**

## How does it work?

The survey will be by phone with an online or paper self-complete section. **Taking part involves 3 simple steps:**

### STEP 1 An interviewer will call at your door

An interviewer from ScotCen Social Research will call at your door and show their photo ID. They will follow our covid protocols to ensure safety.

They will tell you a bit more about the survey and answer any questions you may have. They will check you are happy to take part in the survey, and if so, collect a few details about you and your household, including your name and telephone number. They will then arrange a convenient time for you and other members of your household to take part by telephone.

### STEP 2 Get a Call from an experienced interviewer

The interviewer, or one of their colleagues, will call you to complete the questionnaire with you (about 40-45 minutes). Others in your household can take part on the same call or separately. Your interviewer will explain about the self-complete questions.

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### **What are my rights**

You have the right to be informed about how the information about you will be used (see 'If I have any other questions?').

# Some findings from the 2019 survey

## Mean portions of fruit and vegetables per day



women **3.3**  
portions per  
day (mean)



men **3.2**  
portions per  
day (mean)

## Around one in seven children aged 2–15 met the five-a-day recommendation for consumption of fruit and vegetables



**14%**

## Consumption of 5 or more fruit and veg portions a day



**23%**  
women



**21%**  
men

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# Some findings from the 2019 survey

Girls were significantly more likely to meet the fruit and vegetable consumption recommendations than boys.



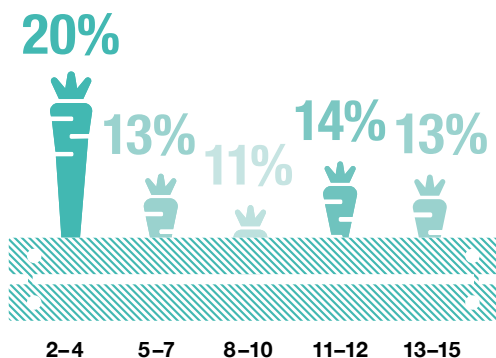
Girls have consumed higher levels of fruit and vegetables per day than boys in most years since 2008.

Mean portions of fruit and vegetables per day



\* Data based on consumption the day before the interview.

In 2019, children aged 2-4 years were more likely to consume five or more portions of fruit and vegetables on a typical day than older children.



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### What is it about?

There will be questions about your child(ren)'s general health and wellbeing, physical activity and eating habits.

The survey asks you to provide your child(ren)'s height and weight measurements, but only if you and they are happy to do so. Some personal details about your household such as the age and sex of each household member, as well as employment details for those aged 16 and over are also included to help us interpret this information.

## What happens to the information I /my child(ren) provide?

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This is done in such a way that no data which can identify your child(ren) or any other individual is released, and really increases the value of the information you and they provide. If you/they wish for your survey results not to be linked to your/their health records, please tell the interviewer when taking part.

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## Who will we want to speak to?

If there are any children aged 0-15 living in your household, we would like to interview two of them – if there are more than two, your interviewer will select two to take part. Parents or guardians will answer questions on behalf of children aged under 13. We have included information for children at the back of this leaflet which we would like you to share with them in advance of them taking part. After conducting the initial part of the interview with you, the interviewer can then speak directly to any children aged 13-15. The interviewer will ask for your consent to speak to them and we would like you to be in earshot of them.

## Why has my household been chosen?

To include every household in Scotland is expensive and time consuming. Instead we select a sample of addresses in such a way that all addresses in the country have a chance of being chosen. Yours is one of those chosen for the 2021 child survey. Your address was chosen at random from the Postcode Address File, a list of every address in the UK, held by the Post Office and available to the public.

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## How will taking part in the survey benefit me?

Benefits from the survey will be indirect and in due course will come from any improvements in health and in health services in Scotland which result from the survey. All children in your household will receive a **£10 voucher** for taking part, as a thank you.

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## How does it work?

If there is a child living in your household we would like you to follow these **4 simple steps**:

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Contact us one of these ways:

-  [survey.natcen.ac.uk/shes](http://survey.natcen.ac.uk/shes)
-  [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)
-  0800 652 2704

You will need:

- the 8-digit number in the top right-hand corner of your letter
- your contact details

We will call you back within 10 days to arrange an interview appointment.

### STEP 2 Receive your pack

We'll send you additional information and a set of response cards.

### STEP 3 Get a Call from an experienced interviewer

A ScotCen interviewer will call you to complete the questionnaire with you and your child (about 30 minutes). Others in your household can take part on the same call or separately. Your interviewer will explain about the self-complete questions.

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Girls were significantly more likely to meet the fruit and vegetable consumption recommendations than boys



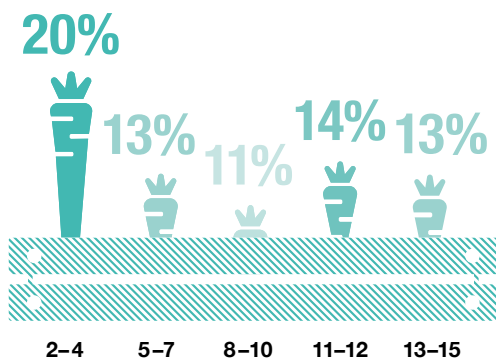
Girls have consumed higher levels of fruit and vegetables per day\* than boys in most years since 2008.

Mean portions of fruit and vegetables per day



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In 2019, children aged 2-4 years were more likely to consume five or more portions of fruit and vegetables on a typical day than older children.



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These can be used at over 20,000 shops (including online), restaurants and attractions ([www.love2shop.co.uk/where-to-spend](http://www.love2shop.co.uk/where-to-spend)).

## Information for children

This page answers some of the questions your child(ren) might have.

### Who asks the questions?

An interviewer from ScotCen will tell you about the survey and ask some questions.

### What are the questions about?

The questions are about your general health and illness. The interviewer will also ask about things that can affect your health like the kinds of food you eat and what kinds of sports and activities you do. The interviewer will also ask if it's ok to ask for your height and weight measurements.

### Do I have to answer the questions?

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

### Will the answers I give be of help?

Yes, the information you provide could help to make health services better.

### What will happen to the answers I give?

The answers you give will be put together with those from other people and will be reported in a way that no one will know that you have taken part.

Your answers will also be joined up to some information from your health records, that means information about any visits you have to hospital, illnesses and medicines your doctor gives and who your doctor is. This, along with your answers to the survey, will help to provide valuable information on the health of children in Scotland. If you do not want your answers to be joined up in this way please tell the interviewer.

Also, if you and the person that looks after you agree, then your name, where you live and your answers could be given to the Scottish Government or other researchers to contact you about other research about your health.

### Why are you phoning my home?

To phone every household in Scotland would take too long and cost too much money. Instead we select a small number of addresses and ask the people living there to take part.

### What are my rights

You have the right to be informed about how the information about you will be used (see 'If I have any other questions?').

# Some findings from the 2019 survey

## Mean portions of fruit and vegetables per day



## Around one in seven children aged 2–15 met the five-a-day recommendation for consumption of fruit and vegetables



## Consumption of 5 or more fruit and veg portions a day



You can see all of the previous Scottish Health Survey reports here:  
[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)

## The 2021 Scottish Health Survey

The Scottish Health Survey is an annual survey of around 7,000 people in Scotland. It is carried out for the Scottish Government by ScotCen Social Research, the MRC Social and Public Health Sciences Unit at the University of Glasgow and academics from the Universities of Aberdeen and Edinburgh.

### Why take part?

The information you provide will help to develop ways of improving people's health in your area and across Scotland. It will also help improve the services people need at times of ill health.

By taking part, you are helping to provide a better understanding of the health and lifestyles of people in Scotland during these challenging times. The information you provide will also help with planning and improving health services beyond the Covid-19 pandemic.

### What is it about?

There will be questions about your general health and wellbeing, physical activity, smoking and drinking. There are some questions about diseases of the heart, lungs and chest, as this remains one of the leading causes of death in Scotland. The survey includes Intake24, a quick and easy way capture information about your diet. There are also some questions about Covid-19 and the vaccination programme.

The survey asks you to provide your height and weight measurements, but only if you are happy to do so. Some personal details such as age, sex and employment are also included to help us interpret this information.

## What happens to the information I provide?

Your answers are treated with care and with full respect for your privacy. The Scottish Government and ScotGen guarantee that the survey results will not be published in a form that can reveal your identity and that they will make no attempt to identify you from your answers. The information collected is used for statistical and research purposes only and will be dealt with in accordance with data protection legislation. The information collected in the survey (but no information that would allow you to be identified) is made available via the UK Data Service for use by researchers and academics.

If you take part in the survey, and agree, some information will be linked to your survey answers from your NHS health records on the following:

- Visits to hospital and length of stay.
- COVID-19 positive test results (subject to Public Benefit and Privacy Panel approval).
- Information about diagnosis, treatments and hospital stays for cancer, heart disease, stroke, diabetes and psychiatric episodes.
- Details about registration with a general practitioner and, if you pass away, the date and cause of death.

This is done in such a way that no data which can identify you or any other individual is released, and really increases the value of the information you provide. If you wish your survey results not to be linked to your health records, please tell the interviewer when you take part.

If you participate in the online Intake24 part of the survey, your answers will be added to your other Scottish Health Survey answers using an anonymous unique identifier. No information that can identify you will be asked in the Intake24 online diary.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here: [www.gov.scot/publications/scottish-health-survey-interviewee-faqs](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs)

## Who will we want to speak to?

We would like to interview every adult (aged 16 and over) who lives at your household.

If there are any children aged 0-15 we would like to interview two of them – your interviewer will tell you which two children have been selected. Parents or guardians will answer questions on behalf of children aged under 13. We have included information for children at the back of this leaflet which we would like you to share with them in advance of them taking part.

## Why has my household been chosen?

To include every household in Scotland is expensive and time consuming. Instead we select a sample of addresses in such a way that all addresses in the country have a chance of being chosen. Yours is one of those chosen for the 2021 survey. Your address was chosen at random from the Postcode Address File, a list of every address in the UK, held by the Post Office and available to the public.

## What happens if I agree to be contacted about further research?

If you give your permission, your name, contact details and relevant survey answers may be passed on to the Scottish Government or research agencies for the purpose of further research among particular groups of people to improve health or health services.

This information will only be released for statistical and research purposes carried out by reputable research organisations and you will not be identifiable in any published results. Any information passed to any other organisation will be treated in accordance with data protection legislation and will not be used for any purposes other than further research about health or health services.

## Is the survey compulsory?

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

## How will taking part in the survey benefit me?

Benefits from the survey will be indirect and in due course will come from any improvements in health and in health services in Scotland which result from the survey. Everyone in your household will receive a **£10 voucher** for taking part, as a thank you, with a further £10 voucher for adults who complete the Intake24 online food diary.

## Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. This study has been given a favourable opinion by Wales REC 3 on behalf of the NHS. The Public Benefit and Privacy Panel will be reviewing the process for linkage of the survey data with information from the NHS health records.

## What if I have any other questions?

We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. If you have any other questions about the survey, please do not hesitate to call **0800 652 2704** or visit **[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)**

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Your co-operation is very much appreciated. Thank you very much for your help with this survey.

For further information and advice on healthy living please see the Healthier Scotland website: **[www.takelifeon.co.uk](http://www.takelifeon.co.uk)**




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## How does it work?

The survey will be by phone with an online or paper self-complete section. **Taking part involves 4 simple steps:**

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Contact us one of these ways:

-  [survey.natcen.ac.uk/shes](http://survey.natcen.ac.uk/shes)
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You will need:

- the 8-digit number in the top right-hand corner of your letter
- your contact details

We will call you back within 10 days to arrange an interview appointment.

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We'll send you additional information and a set of response cards.

### STEP 3 Get a Call from an experienced interviewer

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### What are my rights

You have the right to be informed about how the information about you will be used (see 'If I have any other questions?').

The Resident

Code:

# Thank you for taking part in the Scottish Health Survey

Dear Household,

Thank you for your participation so far in the Scottish Health Survey. You have helped to provide a better understanding of the health and lifestyles of people in Scotland during this challenging time.

As mentioned during your interview, we would also like everyone to complete and return their self-completion booklet(s). Everyone that agreed to complete a booklet during the interview has been provided with their own booklet with their name on it.

How long it will take to complete will vary depending on which version of the booklet you have received - the booklets for those aged 16+ take between 15 and 25 minutes on average to complete.

If you are a parent of a 4-12 year old, we would like the parent or guardian named on the booklet to complete this.

The instructions in the booklet will help you to complete the questionnaire and you won't need to answer every question. The self-completion booklets are an important part of the Scottish Health Survey and add to the answers already given during the interview.

## What is in this envelope?

- Self-completion booklet(s) – there should be enough booklets contained in the pack for everyone who agreed to complete one during the telephone interview
- Blank envelopes have been provided – if there is more than one person in the household completing a booklet we would encourage you to use one of these per questionnaire to help you keep your answers private
- One pre-paid plastic envelope with a NatGen address label on the front for you to send back the self-completion booklet(s)
- One useful contacts leaflet

## What do I do next?

1. Fill in the self-completion booklet that has your name on it.
2. Once completed, we would encourage you to place your self-completion booklet in its own blank envelope (if others in your household are also completing booklets)
3. Then place all the envelopes together in the plastic envelope with the NatGen address on the front.
4. Finally, you need to securely close and post the pre-paid envelope back to us. You can post this at a post box or drop it off at your local Post Office. Please do so as soon as possible after receiving this letter.

For more information please visit **Scottish Health Survey - gov.scot ([www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey))** or phone us free on **0800 652 2704**. Hear more about the real difference the study makes at **[www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)**

Thank you,

**Interviewer:**

**Phone number:**

# Scottish Health Survey

## British Sign Language

Your household has been selected to take part in the Scottish Health Survey. This important study collects information on behalf of the Scottish Government and the National Health Service about the health and lifestyles of people who live in Scotland. If you would you like us to arrange for a BSL interpreter to help conduct the interview, or to explain more about what is involved, please give the person who has called at your address your telephone number so we can arrange this.

## Gaelic / Gàidhlig

Chaidh an dachaigh agaibhse a thaghadh airson pàirt a ghabhail ann an Suirbhidh Slàinte na h-Alba. Tha an sgrùdadh cudromach seo a' cruinneachadh fiosrachadh airson Riaghaltas na h-Alba agus Seirbheis Nàiseanta na Slàinte mu dheidhinn slàinte agus caitheamh-beatha muinntir na h-Alba. Ma tha sibh ag iarraidh eadar-theangair a chuidicheas leis an agallamh, no a mhìnicheas dè bhios na lùib, comharraich an cànan a tha sibh a' bruidhinn agus thoiribh an àireamh fòn agaibh don neach a thàinig don taigh gus am faigh sinn air sin a chur air dòigh dhuibh.

## Bengali / বাংলা

স্কটিশ হেলথ সার্ভে (Scottish Health Survey) -তে অংশগ্রহণ করার জন্য আপনার পরিবার নির্বাচিত হয়েছে। এই গুরুত্বপূর্ণ অধ্যয়নটি স্কটিশ গভর্নর (Scottish Government) এবং ন্যাশানাল হেলথ সার্ভিস (National Health Service)-এর পক্ষ স্কটল্যান্ড-এ বসবাসকারী ব্যক্তিদের স্বাস্থ্য এবং জীবনধারা সংক্রান্ত বিষয়ে তথ্য সংগ্রহ করে। আপনি যদি চান যে সাক্ষাৎকারে সহায়তার করতে, অথবা কী কী বিষয় অন্তর্ভুক্ত আছে সে সম্পর্কে আরো ব্যাখ্যা করতে আমরা আপনার জন্য একজন দোভাষীর বন্দোবস্ত করি, তাহলে অনুগ্রহ করে আপনি যে ভাষায় কথা বলেন সেটি নির্দেশ করুন এবং যিনি আপনার ঠিকানায় ফোন করবেন সেই ব্যক্তিকে আপনার ফোন নম্বরটি দিন যাতে করে আমরা এটির বন্দোবস্ত করতে পারি।

## Chinese (Cantonese) /中文 (廣東話)

府上已獲選參與《蘇格蘭健康問卷調查》(Scottish Health Survey)。這是一項代表蘇格蘭政府及國民保健服務 (National Health Service) 收集有關居住在蘇格蘭的人士的健康及生活形式的資料的重要研究。如你希望我們為你安排口譯員以協助進行訪問，或更詳細地解釋當中所涉及的過程，請向到訪府上的問卷調查員指出你所說的語言，並提供你的電話號碼，以便我們作出此安排。

## French / Français

Votre foyer a été sélectionné pour participer à l'étude sur la santé en Écosse. Cette importante étude réunit des informations au nom du Gouvernement écossais et du ministère national de la Santé à propos de la santé et du style de vie des habitants de l'Écosse. Si vous aimeriez que nous organisions la présence d'un interprète pour faciliter la conduite de cet entretien ou vous expliquer plus en détail ce qui est impliqué, veuillez indiquer la langue que vous parlez et donner votre numéro de téléphone à la personne qui s'est présentée chez vous pour que nous puissions l'organiser.

## Hindi / हिन्दी

आपके परिवार को स्कॉटिश स्वास्थ्य सर्वेक्षण में हिस्सा लेने के लिए चुना गया है। इस महत्वपूर्ण अध्ययन में स्कॉटलैंड सरकार और राष्ट्रीय स्वास्थ्य सेवा की ओर से स्कॉटलैंड में रहने वाले लोगों के स्वास्थ्य और जीवनशैलियों के संबंध में जानकारी एकत्र की जाती है। साक्षात्कार के आयोजन अथवा इसमें शामिल किसी अन्य जानकारी को स्पष्ट करने के लिए यदि आप दुभाषिण (इंटरप्रेटर) की व्यवस्था चाहते हैं तो आप जो भाषा बोलते हैं उस पर निशान लगाएं तथा आपसे सम्पर्क करने वाले व्यक्ति को अपना टेलीफोन नम्बर दे दें ताकि हम इसका प्रबन्ध कर सकें।

## Polish / Polski

Uprzejmie informujemy, że Pana/i gospodarstwo domowe wybrano do wzięcia udziału w ankiecie na temat zdrowia (Scottish Health Survey). Celem tego ważnego badania jest zebranie informacji na temat zdrowia i trybu życia mieszkańców Szkocji. Sondaż przeprowadzamy w imieniu szkockiego rządu i państwowej służby zdrowia (National Health Service). Jeżeli chciał(a)by Pan/i wziąć udział w ankiecie korzystając z pomocy tłumacza bądź uzyskać bliższe informacje na temat badania, proszę wskazać na karcie swój język ojczysty i podać urzędnikowi numer swojego telefonu, by można było umówić spotkanie, podczas którego obecny będzie tłumacz.

## Punjabi / ਪੰਜਾਬੀ

ਤੁਹਾਡੇ ਘਰਬਾਰ ਨੂੰ ਸਕੌਟਲੈਂਡ ਦੇ ਸੇਹਤ ਸਰਵੇ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਚੁਣਿਆ ਗਿਆ ਹੈ। ਇਹ ਮਹੱਤਵਪੂਰਨ ਅਧਿਐਨ ਸਕੌਟਲੈਂਡ ਦੀ ਸਰਕਾਰ ਅਤੇ ਨੈਸ਼ਨਲ ਹੈਲਥ ਸਰਵਿਸ ਦੀ ਤਰਫੋਂ ਸਕੌਟਲੈਂਡ ਵਿੱਚ ਰਹਿ ਰਹੇ ਲੋਕਾਂ ਦੀ ਸੇਹਤ ਅਤੇ ਰਹਿਣੀ ਬਹਿਣੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਇਕੱਤਰ ਕਰਦੀ ਹੈ। ਇੰਟਰਵਿਓ ਕਰਨ ਵਿੱਚ ਸਹਾਇਤਾ ਲਈ, ਜਾਂ ਜੇ ਕੁੱਝ ਇਸ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋ ਬਾਰੇ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਦੇਣ ਲਈ, ਜੇ ਤੁਸੀਂ ਚਾਹੁੰਦੇ ਹੋ ਕਿ ਅਸੀਂ ਚੋਭਾਸ਼ੀਏ ਦਾ ਪ੍ਰਬੰਧ ਕਰੀਏ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਜਿਹੜੀ ਭਾਸ਼ਾ ਤੁਸੀਂ ਬੋਲਦੇ ਹੋ ਉਸ ਵੱਲ ਇਸ਼ਾਰਾ ਕਰੋ ਅਤੇ ਜਿਹੜਾ ਵਿਅਕਤੀ ਤੁਹਾਡੇ ਘਰ ਆਇਆ ਹੈ ਉਸ ਨੂੰ ਆਪਣਾ ਟੈਲੀਫੋਨ ਨੰਬਰ ਦਿਓ ਤਾਂ ਕਿ ਅਸੀਂ ਇਸ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕੀਏ।

## Turkish / Türkçe

Aileniz İskoç Sağlık Anketi'ne katılmak üzere seçilmiştir. Bu önemli çalışmada, İskoçya Hükümeti ve Ulusal Sağlık Hizmetleri adına, İskoçya'da yaşayan kişilerin sağlık durumları ve yaşam tarzları ile ilgili önemli bilgiler toplanmaktadır. Görüşmelerin yapılabilmesine yardımcı olması veya bu sürece dahil olan diğer noktaları açıklaması için bir tercüman ayarlamamızı istiyorsanız, lütfen konuştuğunuz dili belirtin ve sizi ziyaret eden kişiye telefon numaranızı verin; sizin için gerekli ayarlamaları yapacağız.

## Arabic / العربية

لقد وقع الاختيار عليك وعلى عائلتك للمشاركة في استبيان الصحة الاسكتلندي، وتقوم هذه الدراسة الهامة بجمع المعلومات لصالح الحكومة الاسكتلندية وهيئة الصحة الوطنية (NHS) وتتعلق بصحة ونمط وأسلوب حياة القاطنين في اسكتلندا. إذا كنت ترغب منا أن نرتب حضور مترجم لمساعدتك خلال هذه المقابلة أو لتوضيح المزيد عن أهداف ومغزى الاستبيان فالرجاء الإشارة إلى اللغة التي تتكلمها إلى الشخص الذي جاء لمنزلك لإجراء المقابلة و اكتب له رقم هاتفك لترتيب إجراء هذه المقابلة بحضور مترجم.

## Farsi / فارسی

خانواده شما برای شرکت در نظرسنجی سلامتی و بهداشت اسکاٹلند انتخاب شده است. در این تحقیق بسیار مهم از طرف دولت اسکاٹلند و سرویس ملی بهداشت، اطلاعاتی درباره سلامتی و شیوه های زندگی مردم ساکن اسکاٹلند جمع آوری می شود. اگر مایل هستید برای تان یک مترجم بیاوریم تا در انجام مصاحبه کمک کند، یا اطلاعات بیشتری درباره تحقیق به شما بدهد، لطفاً به نام زبانی که به آن صحبت می کنید اشاره کرده و شماره تلفن خود را به فردی که به آدرس شما مراجعه کرده است بدهید تا ترتیب این کار بدهیم.

## Urdu / اردو

سکاٹش ہیلتھ سروے میں حصہ لینے کے لئے آپ کے گھرانے کا انتخاب کیا گیا ہے۔ یہ ضروری تحقیق سکاٹش گورنمنٹ اور نیشنل ہیلتھ سروے کی جانب سے سکاٹ لینڈ میں رہائش پذیر لوگوں کی صحت اور طرز زندگی کے متعلق معلومات جمع کرتی ہے۔ اگر آپ چاہتے ہیں کہ ہم انٹرویو لینے یا اس میں شامل امور کی مزید وضاحت کرنے میں مدد کے لئے ایک انٹریویٹر (ترجمان) کا انتظام کریں تو براہ مہربانی جو زبان آپ بولتے ہیں اس کی طرف اشارہ کریں اور جو شخص آپ کے گھر تشریف لایا ہے اسے اپنا پتہ اور ٹیلیفون نمبر دے دیں تاکہ ہم اس کا انتظام کرسکیں۔

# **SCOTTISH HEALTH SURVEY 2021**

# **SHOWCARDS**

## CARD A1

### MARITAL STATUS

- 1 Never married and never registered a same-sex civil partnership
- 2 Married
- 3 In a registered same-sex civil partnership
- 4 Separated, but still legally married
- 5 Separated, but still legally in a same-sex civil partnership
- 6 Divorced
- 7 Formerly in a same-sex civil partnership which is now legally dissolved
- 8 Widowed
- 9 Surviving partner from a same-sex civil partnership



## CARD A2

### RELATIONSHIP

- 1 Husband / Wife / Spouse
- 2 Legally recognised civil partner
- 3 Partner / Cohabitee
  
- 4 Natural child
- 5 Adopted child
- 6 Foster child
- 7 Step-child
- 8 Child's spouse / civil partner (in law)
- 9 Natural parent
- 10 Adoptive parent
- 11 Foster parent
- 12 Step-parent / Parent's partner
- 13 Parent-in-law
  
- 14 Natural sibling (i.e. both natural parents the same)
- 15 Half-sibling (i.e. one natural parent the same)
- 16 Step-sibling (i.e. no natural parents the same)
- 17 Adopted sibling
- 18 Foster sibling
- 19 Sibling-in-law
  
- 20 Grandchild
- 21 Grandparent
  
- 22 Other relative
- 23 Other non-relative

## CARD A3

- 1 Buying with mortgage / loan
- 2 Own it outright
- 3 Part rent / part mortgage
- 4 Rent (including rents paid by housing benefit)
- 5 Living here rent free

## CARD A4

- 1 People can smoke anywhere inside this house / flat
- 2 People can only smoke in certain areas or rooms inside this house / flat (include smoking out of the window and at an open back door)
- 3 People can only smoke in outdoor areas (e.g. gardens / balconies of this house / flat)
- 4 People cannot smoke indoors or in outdoor areas of this house / flat

## CARD A5

- 1 Very satisfied
- 2 Fairly satisfied
- 3 Neither satisfied nor dissatisfied
- 4 Fairly dissatisfied
- 5 Very dissatisfied
- 6 No opinion

## CARD A6

- 1 Earnings from employment or self-employment (including overtime, tips, bonuses)
- 2 State retirement pension
- 3 Pension from former employer
- 4 Personal pensions
- 5 Pension Credit
- 6 Child Benefit
- 7 Universal Credit
- 8 Job-Seekers Allowance
- 9 Income Support
- 10 Working Tax Credit, Child Tax Credit or any other Tax Credit
- 11 Housing Benefit
- 12 Employment and Support Allowance
- 13 Personal Independence Payments
- 14 Disability Living Allowance
- 15 Attendance Allowance
- 16 Carer's Allowance
- 17 Other state benefits
- 18 Student grants and bursaries (but not loans)
- 19 Interest from savings and investments (eg. stocks and shares)
- 20 Rent from property (after expenses)
- 21 Other kinds of regular income (eg. maintenance or grants)
- 22 No source of income

## CARD A7

### GROSS INCOME FROM ALL SOURCES

(before any deductions for taxes, National Insurance contributions, health insurance payments, superannuation payments etc.)

WEEKLY	or	MONTHLY	or	ANNUAL
Less than £10 ..... 1		Less than £40 ..... 1		Less than £520 ..... 1
£10 less than £30 ..... 2		£40 less than £130 ..... 2		£520 less than £1,600 ..... 2
£30 less than £50 ..... 3		£130 less than £220 ..... 3		£1,600 less £2,600 ..... 3
£50 less than £70 ..... 4		£220 less than £300 ..... 4		£2,600 less than £3,600 ..... 4
£70 less than £100 ..... 5		£300 less than £430 ..... 5		£3,600 less than £5,200 ..... 5
£100 less than £150 ..... 6		£430 less than £650 ..... 6		£5,200 less than £7,800 ..... 6
£150 less than £200 ..... 7		£650 less than £870 ..... 7		£7,800 less than £10,400 ..... 7
£200 less than £250 ..... 8		£870 less than £1,100 ..... 8		£10,400 less than £13,000 ..... 8
£250 less than £300 ..... 9		£1,100 less than £1,300 ..... 9		£13,000 less than £15,600 ..... 9
£300 less than £350 ..... 10		£1,300 less than £1,500 ..... 10		£15,600 less than £18,200 ..... 10
£350 less than £400 ..... 11		£1,500 less than £1,700 ..... 11		£18,200 less than £20,800 ..... 11
£400 less than £450 ..... 12		£1,700 less than £2,000 ..... 12		£20,800 less than £23,400 ..... 12
£450 less than £500 ..... 13		£2,000 less than £2,200 ..... 13		£23,400 less than £26,000 ..... 13
£500 less than £550 ..... 14		£2,200 less than £2,400 ..... 14		£26,000 less than £28,600 ..... 14
£550 less than £600 ..... 15		£2,400 less than £2,600 ..... 15		£28,600 less than £31,200 ..... 15
£600 less than £650 ..... 16		£2,600 less than £2,800 ..... 16		£31,200 less than £33,800 ..... 16
£650 less than £700 ..... 17		£2,800 less than £3,000 ..... 17		£33,800 less than £36,400 ..... 17
£700 less than £800 ..... 18		£3,000 less than £3,500 ..... 18		£36,400 less than £41,600 ..... 18
£800 less than £900 ..... 19		£3,500 less than £3,900 ..... 19		£41,600 less than £46,800 ..... 19
£900 less than £1,000 ..... 20		£3,900 less than £4,300 ..... 20		£46,800 less than £52,000 ..... 20
£1,000 less than £1,150 ..... 21		£4,300 less than £5,000 ..... 21		£52,000 less than £60,000 ..... 21
£1,150 less than £1,350 ..... 22		£5,000 less than £5,800 ..... 22		£60,000 less than £70,000 ..... 22
£1,350 less than £1,500 ..... 23		£5,800 less than £6,500 ..... 23		£70,000 less than £78,000 ..... 23
£1,500 less than £1,750 ..... 24		£6,500 less than £7,500 ..... 24		£78,000 less than £90,000 ..... 24
£1,750 less than £1,900 ..... 25		£7,500 less than £8,300 ..... 25		£90,000 less than £100,000 ..... 25
£1,900 less than £2,100 ..... 26		£8,300 less than £9,200 ..... 26		£100,000 less than £110,000 ..... 26
£2,100 less than £2,300 ..... 27		£9,200 less than £10,000 ..... 27		£110,000 less than £120,000 ..... 27
£2,300 less than £2,500 ..... 28		£10,000 less than £10,800 ..... 28		£120,000 less than £130,000 ..... 28
£2,500 less than £2,700 ..... 29		£10,800 less than £11,700 ..... 29		£130,000 less than £140,000 ..... 29
£2,700 less than £2,900 ..... 30		£11,700 less than £12,500 ..... 30		£140,000 less than £150,000 ..... 30
£2,900 or more ..... 31		£12,500 or more ..... 31		£150,000 or more ..... 31

## **CARD A8**

- 1 Working as an employee (or temporarily away)
- 2 On a Government sponsored training scheme (or temporarily away)
- 3 Self employed or freelance (or temporarily away)
- 4 Working unpaid for your own family's business (or temporarily away)
- 5 Doing any other kind of paid work
- 6 None of the above

## CARD A9

### HOURS SPENT PROVIDING CARE

- 1 Up to 4 hours a week
- 2 5 - 19 hours a week
- 3 20 - 34 hours a week
- 4 35 - 49 hours a week
- 5 50 or more hours a week



## CARD A10

- 1 Less than one year
- 2 One year but less than 5 years
- 3 5 years but less than 10 years
- 4 10 years but less than 20 years
- 5 20 years or more

## CARD A11

- 1 Been unable to take up employment
- 2 Worked fewer hours
- 3 Reduced responsibility at work
- 4 Flexible employment agreed
- 5 Changed to work at home
- 6 Reduced opportunities for promotion
- 7 Took new job
- 8 Left employment altogether
- 9 Took early retirement
- 10 Other (Please say what)
- 11 Employment not affected/never had a job

## CARD A12

- 1 Short breaks or respite e.g. day time breaks, overnight breaks or emergency respite
- 2 Advice and information
- 3 Practical support (e.g. transport, equipment/adaptations)
- 4 Counselling or emotional support
- 5 Training and learning
- 6 Advocacy services
- 7 Personal assistant/ support worker/ community nurse/ home help
- 8 Help from family, friends or neighbours
- 9 Carer's allowance
- 10 Other (Please say what)
- 11 Receive no help or support

## CARD A13

- 1 Short breaks or respite e.g. day time breaks, overnight breaks or emergency respite
- 2 Advice and information
- 3 Practical things, e.g. putting hand rails in the bathroom, transport to a day centre
- 4 Talking to someone for support, e.g. family member, friend, counsellor
- 5 Having a befriender or a peer mentor
- 6 Advocacy services
- 7 Personal assistant/ support worker/ community nurse/ home help
- 8 Help from family, friends or neighbours
- 9 Help from teachers at school, e.g. talking or extra help with homework
- 10 Social activities and support, e.g. young carers' groups or day trips
- 11 Other (Please say what)
- 12 Receive no help or support

# CARD A14

**Extremely  
dissatisfied**

**Extremely  
satisfied**

**0**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

## CARD B2

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

## **CARD C1**

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

## CARD C2

- 1 Fever
- 2 Weakness/tiredness
- 3 Diarrhoea
- 4 Loss of smell
- 5 Shortness of breath
- 6 Vertigo/dizziness
- 7 Trouble sleeping
- 8 Headache
- 9 Nausea/vomiting
- 10 Loss of appetite
- 11 Sore throat
- 12 Chest pain
- 13 Worry/anxiety
- 14 Memory loss or confusion
- 15 Muscle ache
- 16 Abdominal pain
- 17 Loss of taste
- 18 Cough
- 19 Palpitations
- 20 Low mood/not enjoying anything
- 21 Difficulty concentrating
- 22 None of these



## CARD C3

- 1 Very likely
- 2 Fairly likely
- 3 Neither likely nor unlikely
- 4 Fairly unlikely
- 5 Very unlikely

## CARD C4

- 1 I need more information about the safety of the vaccines
- 2 These are new vaccines so I don't want to be among the first
- 3 I have heard that some people don't feel well after being vaccinated
- 4 I don't think COVID-19 would be a serious illness for me
- 5 I don't think I'm at risk of catching Coronavirus
- 6 I'm concerned about how quickly the vaccines have been developed
- 7 I'm concerned about how quickly the vaccines have been approved
- 8 I have a medical history of allergic reactions and am concerned about my reaction to being vaccinated
- 9 I am concerned about having an allergic reaction, even though I do not have a medical history of allergies
- 10 I would worry about the risk of catching coronavirus at the place where the vaccines are given
- 11 I worry about how I will travel to the place where the vaccines are being given
- 12 I usually choose not to get any vaccines
- 13 I'm unlikely to have time to get vaccinated
- 14 I don't trust vaccines
- 15 Other (Please say what)

## CARD D1

- 1 On a pavement or a pedestrian area
- 2 On a road
- 3 In a home or garden (either your own or someone else's)
- 4 In a place used for sports, play or recreation (including sports facility at a school or college)
- 5 In some other part of a school or college
- 6 In an office, factory, shop, pub, restaurant or other public building
- 7 Somewhere else (Please say where)
- 8 Outdoor place of recreation or work otherwise not specified

## CARD D2

1. Broken bone
2. Dislocated joints
3. Losing consciousness
4. Straining or twisting a part of the body
5. Cutting, piercing or grazing a part of the body
6. Bruising, pinching or crushing a part of the body
7. Swelling or tenderness in some part of the body
8. Getting something stuck in the eye, throat, ear or other part of the body
9. Burning or scalding
10. Poisoning
11. Other injury to internal parts of the body
12. Animal or insect bite or sting
13. Other (Please say what)

### CARD D3

1. Hospital
2. GP/Family Doctor
3. Nurse at GP surgery
4. Nurse at place of work, school or college
5. Doctor at place of work, school or college
6. Other doctor or nurse
7. Ambulance staff
8. Volunteer first aider
9. Chemist or pharmacist
10. Family, friends, colleagues, passers-by
11. Looked after self
12. Other person/s

## CARD E1

### HOUSEWORK

Done during the last 4 weeks -

Hoovering

Dusting

Ironing

General tidying

Washing floors and paintwork

## CARD E2

### HEAVY HOUSEWORK

Done during the last 4 weeks -

Moving heavy furniture

Spring cleaning

Walking with heavy shopping  
(for more than 5 minutes)

Cleaning windows

Scrubbing floors with a scrubbing brush

## **CARD E3**

### **GARDENING, DIY AND BUILDING WORK**

Done during the last 4 weeks -

Hoeing, weeding, pruning

Mowing with a power mower

Planting flowers/seeds

Decorating

Minor household repairs

Car washing and polishing

Car repairs and maintenance



## CARD E4

### HEAVY MANUAL WORK

Done during the last 4 weeks -

Digging, clearing rough ground

Building in stone/bricklaying

Mowing large areas with a hand mower

Felling trees, chopping wood

Mixing/laying concrete

Moving heavy loads

Refitting a kitchen or bathroom

## CARD E5

Done during the last 4 weeks -

- 1 Swimming
- 2 Cycling
- 3 Workout at a gym / Exercise bike / Weight training
- 4 Aerobics / Keep fit / Gymnastics / Dance for Fitness
- 5 Any other type of dancing
- 6 Running / Jogging
- 7 Football / Rugby
- 8 Badminton / Tennis
- 9 Squash
- 10 Exercises (e.g. press-ups, sit-ups)

Please also include teaching, coaching and training/practice sessions

## CARD E6

- 1 Bowls
- 2 Fishing / angling
- 3 Golf
- 4 Hillwalking / rambling
- 5 Snooker / billiards / pool
- 6 Aqua-robics / aquafit / exercise class in water
- 7 Yoga / pilates
- 8 Athletics
- 9 Basketball
- 10 Canoeing / Kayaking
- 11 Climbing
- 12 Cricket
- 13 Curling
- 14 Hockey
- 15 Horse riding
- 16 Ice skating
- 17 Martial arts including Tai Chi
- 18 Netball
- 19 Powerboating / jet skiing
- 20 Rowing
- 21 Sailing / windsurfing
- 22 Shinty
- 23 Skateboarding / inline skating
- 24 Skiing/ snowboarding
- 25 Subaqua
- 26 Surfing / body boarding
- 27 Table tennis
- 28 Tenpin bowling
- 29 Volleyball
- 30 Waterskiing

**0 No – none of these**

## CARD F1

- 1 Less than 5 minutes
- 2 5 minutes, less than 15 minutes
- 3 15 minutes, less than 30 minutes
- 4 30 minutes, less than 1 hour
  
- 5 1 hour, less than 1 ½ hours
- 6 1 ½ hours, less than 2 hours
- 7 2 hours, less than 2 ½ hours
- 8 2 ½ hours, less than 3 hours
- 9 3 hours, less than 3 ½ hours
- 10 3 ½ hours, less than 4 hours
- 11 4 hours or more (please say how long)

## CARD F2

### SPORTS AND EXERCISE ACTIVITIES

INCLUDE any sports and exercise activities like:

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

Playing tennis, squash or badminton

*include playing in:  
a practice session  
a match  
a club  
out-of-school lesson*

Going swimming or swimming lessons

Gymnastics (include Toddler Gym, Tumble Tots etc)

Dance lessons, ballet lessons, ice skating

Horse riding

Disco dancing

Any other organised sports, team sports or exercise activities

## CARD F3

Other active things like:

Ride a bike

Kick a ball around

Run about (outdoors or indoors)

Play active games

Jump around

Any other things like these

## CARD G1

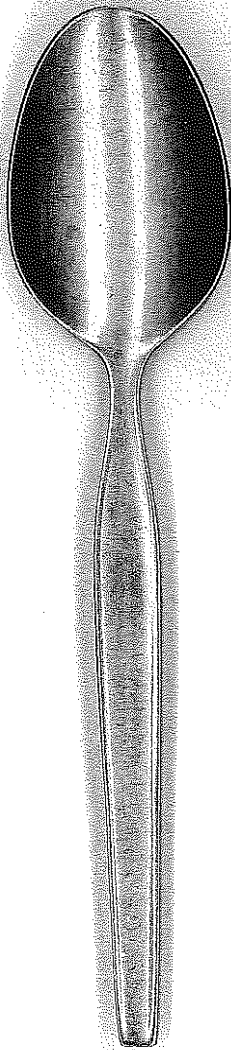
- 1 6 a day or more
- 2 4 or 5 a day
- 3 2 or 3 a day
- 4 One a day
- 5 Less than one a day

## CARD G2

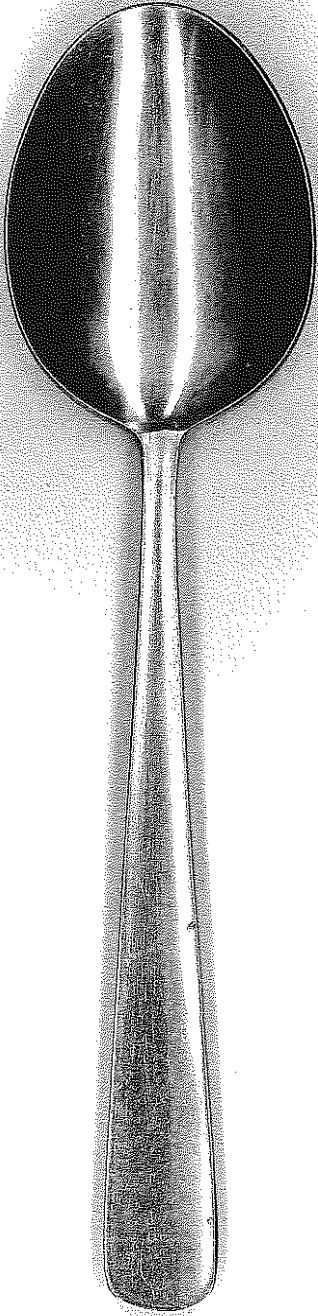
- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 or 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times a month
- 9 Less often or never



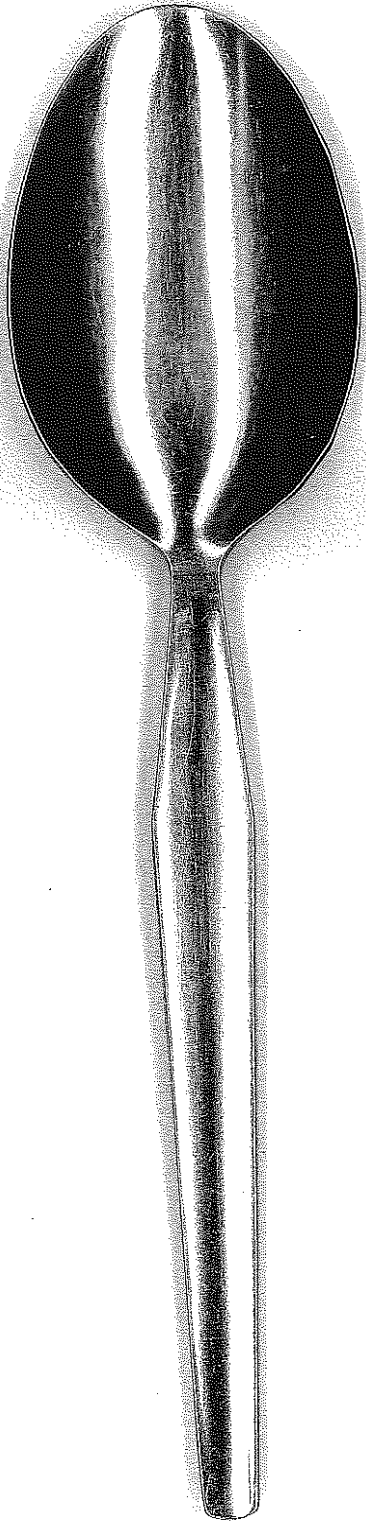
**CARD G3**



**Teaspoon**



**Dessertspoon**



**Tablespoon**

## CARD H1

- 1 Less than a week
- 2 At least a week but less than a month
- 3 1 - 3 months
- 4 4 - 6 months
- 5 Over 6 months

## CARD H2

- 1 Every day
- 2 4 - 6 days a week
- 3 2 – 3 days a week
- 4 Once a week
- 5 2 – 3 times in the last 4 weeks
- 6 Once in the last 4 weeks
- 7 Not at all in last 4 weeks

## CARD H3

- 1 Every day
- 2 4 - 6 days a week
- 3 2 – 3 days a week
- 4 Once a week
- 5 2 – 3 times in a 4 week period
- 6 Once in a 4 week period
- 7 Less than once in a 4 week period

## CARD H4

- 1 Nicotine gum
- 2 Nicotine patches that you stick on your skin
- 3 Nasal spray/nicotine inhaler
- 4 Lozenge / microtab
- 5 Champix / Varenicline
- 6 Zyban / Bupropion
- 7 Electronic cigarette / vaping device
- 8 Other (Please say what)
- 9 No products used

## CARD H5

- 1 At own home
- 2 At work
- 3 In other people's homes
- 4 In cars, vans etc
- 5 Outside of buildings (e.g. pubs, shops, hospitals)
- 6 In other public places
- 7 No, none of these

## CARD J1

- 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



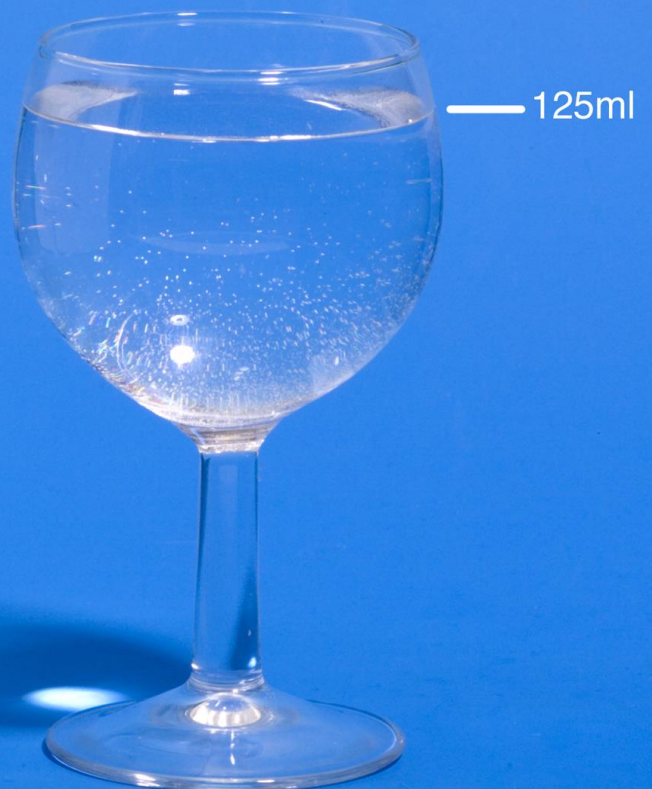
— 250 ml

250ml wine glass





175ml wine glass



125ml wine glass

## CARD J2

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

## CARD J3

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

## CARD J4

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

## CARD K1

- 1 No natural teeth
- 2 Fewer than 10 natural teeth
- 3 Between 10 and 19 natural teeth
- 4 20 or more natural teeth

## CARD K2

- 1 Eating food
- 2 Speaking clearly
- 3 Smiling, laughing and showing teeth without embarrassment
- 4 Emotional stability, for example, becoming more easily upset than usual
- 5 Enjoying the company of other people such as family, friends, or neighbours
- 6 None of these

## CARD K3

- 1 Yes, often
- 2 Yes, occasionally
- 3 No, never

## CARD K4

- 1 Full upper denture
- 2 Full lower denture
- 3 Partial upper denture
- 4 Partial lower denture



## CARD K5

- 1 Less than a year ago
- 2 More than 1 year, up to 2 years ago
- 3 More than 2 years, up to 5 years ago
- 4 More than 5 years ago
- 5 Never been to the dentist

## CARD K7

- 1 Difficulty in getting time off work
- 2 Difficulty in getting an appointment that suits me
- 3 Dental treatment too expensive
- 4 Long way to go to the dentist
- 5 I have not found a dentist I like
- 6 I cannot get dental treatment under the NHS
- 7 I have difficulty getting access, e.g. steps, wheelchair access
- 8 Other (Please say what)

## CARD K8

- 1 Brush my teeth with a fluoride toothpaste
- 2 Use dental floss
- 3 Use a mouth rinse
- 4 Restrict my intake of sugary foods and drinks
- 5 Clean my dentures (including soaking with a sterilising tablet)
- 6 Leave my dentures out at night

## **CARD L1**

- 1 Within the last 12 months
- 2 One year ago but less than two years ago
- 3 Two years ago but less than four years ago
- 4 Four years ago or more

## **CARD L2**

- 1 Within the last 12 months
- 2 One year ago but less than two years ago
- 3 Two years ago but less than four years ago
- 4 Four years ago or more
- 5 No refresher training

### CARD L3

- 1 I taught myself from a book, through the internet (e.g. YouTube, other website) or another self-learning tool
- 2 Training I took primarily because I am a parent or carer
- 3 Training which was compulsory for me to take as part of my work
- 4 Training which I opted to take as part of my work
- 5 Training which was compulsory for me to take as part of my voluntary work or hobby
- 6 Training which I opted to take as part of my voluntary work or hobby
- 7 Training I took whilst I was a student as part of my school/college/university work
- 8 Other form of CPR training (Please say what)

## CARD N1

- D Your accent
- K Your ethnicity
- W Your age
- T Your language
- G Your colour
- L Your nationality
- B Your mental ill-health
- H Any other health problems or disability
- A Your sex
- I Sectarian reasons
- C Other religions belief or faith reason
- P Your sexual orientation
- E Where you live
- O Other reason
- N I have not experienced this

## **CARD P1**

- 1 Working as an employee (or temporarily away)
- 2 On a Government sponsored training scheme (or temporarily away)
- 3 Self employed or freelance (or temporarily away)
- 4 Working unpaid for your own family's business (or temporarily away)
- 5 Doing any other kind of paid work
- 6 None of the above



## CARD P2

- 1 Not at all stressful
- 2 Mildly stressful
- 3 Moderately stressful
- 4 Very stressful
- 5 Extremely stressful

## CARD P3

0	Extremely dissatisfied
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	Extremely satisfied

## CARD P4

- 1 Always
- 2 Often
- 3 Sometimes
- 4 Seldom
- 5 Never

## CARD P5

- 1 Strongly agree
- 2 Tend to agree
- 3 Neutral
- 4 Tend to disagree
- 5 Strongly disagree

## CARD Q1

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

## CARD Q2

Choose **ONE** section from A to F, then choose **ONE** option which best describes your ethnic group or background.

### **A White**

Scottish

Other British

Irish

Gypsy/Traveller

Polish

Other white ethnic group (please say what)

### **B Mixed or multiple ethnic group**

Any mixed or multiple ethnic groups (please say what)

### **C Asian, Asian Scottish or Asian British**

Pakistani, Pakistani Scottish or Pakistani British

Indian, Indian Scottish or Indian British

Bangladeshi, Bangladeshi Scottish or Bangladeshi British

Chinese, Chinese Scottish or Chinese British

Other (please say what)

### **D African**

African, African Scottish or African British

Other (please say what)

### **E Caribbean or Black**

Caribbean, Caribbean Scottish or Caribbean British

Black, Black Scottish or Black British

Other (please say what)

### **F Other ethnic group**

Arab, Arab Scottish or Arab British

Other, (please say what)

### CARD Q3

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

## CARD Q4

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



## Useful Contacts Sheet

This sheet contains some contact details for organisations that you may find useful. A Useful Contacts Sheet has been sent to every household contacted as part of the Scottish Health Survey.

Organisation	Phone number	Website address
NHS 24	111	<a href="http://www.nhs24.scot">www.nhs24.scot</a>
NHS Inform (dedicated to Covid-19 at time of issue)	0800 22 44 88	<a href="http://www.nhsinform.scot">www.nhsinform.scot</a>
NHS Inform (stop smoking)		<a href="http://www.nhsinform.scot/healthy-living/stopping-smoking">www.nhsinform.scot/healthy-living/stopping-smoking</a>
Take Life On		<a href="http://www.takelifeon.co.uk">www.takelifeon.co.uk</a>
Every Mind Matters		<a href="http://nhs.uk/oneyou/every-mind-matters">nhs.uk/oneyou/every-mind-matters</a>
Alzheimer Scotland	0808 808 3000	<a href="http://www.alzscot.org">www.alzscot.org</a>
Alcoholics Anonymous	0800 9177 650	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Narcotics Anonymous	0300 999 1212	<a href="http://www.ukna.org">www.ukna.org</a>
Know the Score	0333 230 9468	<a href="http://www.knowthescore.info">www.knowthescore.info</a>
Scottish Families Affected by Alcohol and Drugs	08080 10 10 11	<a href="https://www.sfad.org.uk/">https://www.sfad.org.uk/</a>
Gamblers Anonymous Scotland	0370 050 8881	<a href="https://gascotland.org">https://gascotland.org</a>
Victim Support line	0800 160 1985	<a href="http://www.victimsupportsco.org.uk">www.victimsupportsco.org.uk</a>
Scotland Domestic Abuse and Forced Marriage Helpline	0800 027 1234	<a href="http://www.sdafmh.org.uk">www.sdafmh.org.uk</a>
Refuge (domestic abuse helpline)	0808 2000 247	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>
LGBT Helpline Scotland	0300 123 2523	<a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a>
The Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
Breathing Space Scotland	0800 83 85 87	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
NHS Living Life	0800 328 9655	<a href="http://www.nhs24.scot/our-services/living-life">www.nhs24.scot/our-services/living-life</a>
SANE		<a href="http://www.sane.org.uk">www.sane.org.uk</a>
Supportline	01708 765 200	<a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
Childline	0800 1111	<a href="http://www.childline.org.uk/">www.childline.org.uk/</a>
NSPCC	0808 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Beat (eating disorders)	0808 801 0677	<a href="http://beateatingdisorders.org.uk">beateatingdisorders.org.uk</a>
Future Pathways	0808 164 2005	<a href="http://www.future-pathways.co.uk">www.future-pathways.co.uk</a>
Relationships Scotland	0345 119 2020	<a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a>
Cruse Bereavement Care Scotland	0808 802 6161	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>
Parentline Scotland: Children 1 <sup>st</sup>	08000 28 22 33	<a href="http://www.children1st.org.uk">www.children1st.org.uk</a>
Citizens Advice Scotland	0800 028 1456	<a href="http://www.cas.org.uk">www.cas.org.uk</a>
Carers Scotland	0808 808 7777	<a href="http://www.carersuk.org/scotland">www.carersuk.org/scotland</a>

Everyone who takes part in the Scottish Health Survey is asked to take part in Intake24.

This leaflet explains Intake24 and answers some of the questions you might have.

## What if I get stuck or have any questions?

If you need any help completing the diary, or have any questions about Intake24, please call free on 0800 652 2704 or email [Intake24@scotcen.org.uk](mailto:Intake24@scotcen.org.uk)



Person One name:

Username:

Password:

2nd diary day:

Person Two name:

Username:

Password:

2nd diary day:

Person Three name:

Username:

Password:

2nd diary day:

If you do not receive an email or text, please go to: [intake24.org/surveys/SHS](https://intake24.org/surveys/SHS) Then enter your username and password. Please only use your own username and password.

# INTAKE24

## A short introduction



Please retain this leaflet for later use

## What is INTAKE24?

It's an online diary that you fill out on a computer, smartphone or tablet. The diary asks you to enter everything you had to eat and drink the day before. It's designed to be quick and easy to use and helps you remember all the foods and drinks you had.



The information will help Food Standards Scotland and the Scottish Government develop better ways of improving the health of people in Scotland.

## How do I take part?

We'd like you to do Intake24 on two days over a 8 day period. Your interviewer will let you know when to complete your diary days.

If you have an email address or a smartphone we can send you a link that takes you straight to the diary – no need to type in a password. We'll also be able to send you reminders.

## Who will see my answers?

Your answers are treated with care and with full respect for your privacy.

The information collected in Intake24 is used for research only and will be dealt with in accordance with data protection legislation. The results from the project will not be published in a form that can reveal your identity.

Full details about data confidentiality are provided in your Scottish Health Survey information leaflet.

## Do I have to take part?

No, not if you don't want to. If you start filling out the diary and want to stop then that's fine too. And if you decide that you no longer want the information you've entered into Intake24 to be used in the survey then we can delete it for you. You just need to let us know before March 2022.

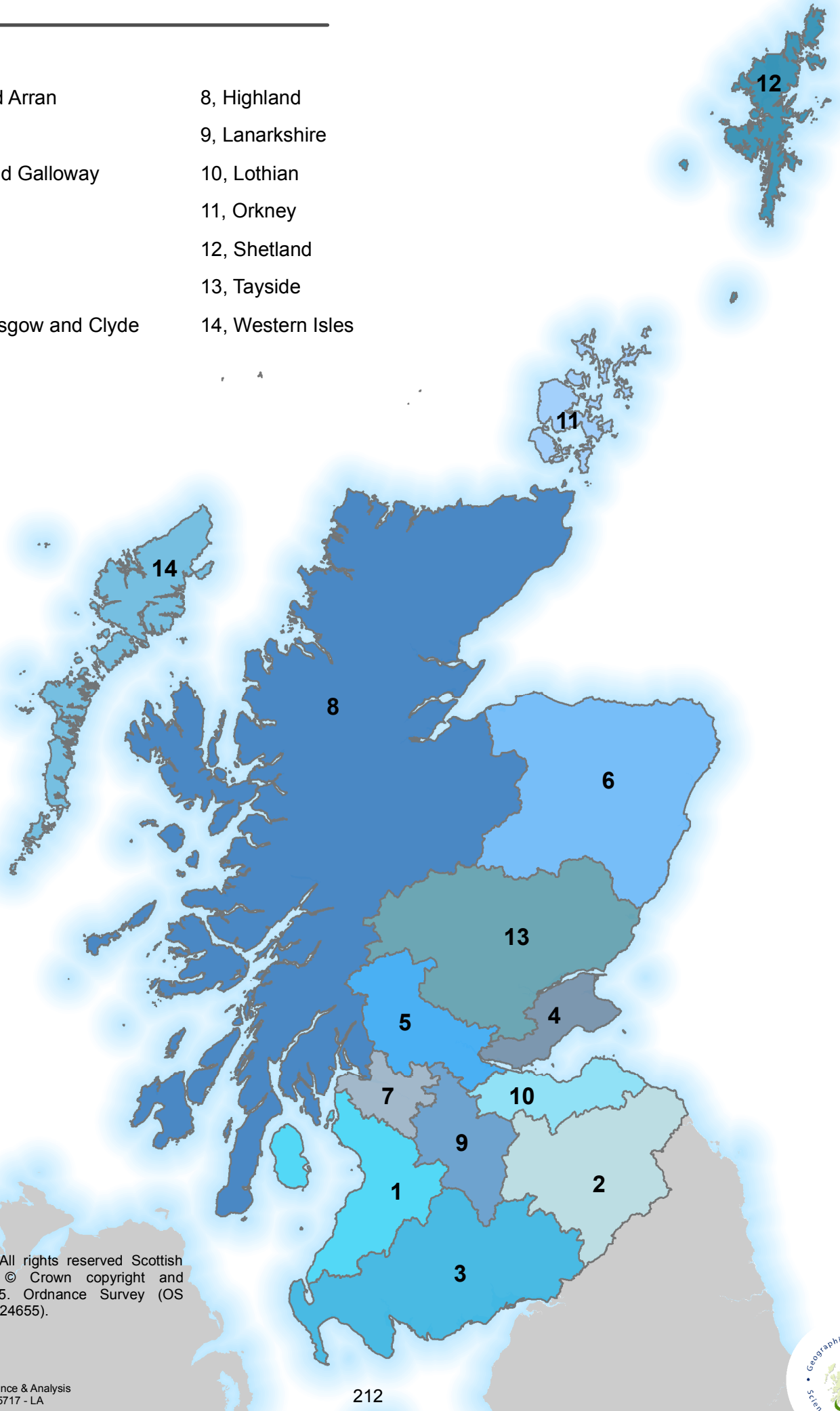
We think you'll enjoy taking part and your information will help develop new ways of improving the health of people in Scotland!

## Thank you!

If you complete Intake24 on both days we'll send you a **£10 shopping voucher**. You will also be able to see some feedback on your diet if you like.

# NHS Health Board Areas

- |                              |                   |
|------------------------------|-------------------|
| 1, Ayrshire and Arran        | 8, Highland       |
| 2, Borders                   | 9, Lanarkshire    |
| 3, Dumfries and Galloway     | 10, Lothian       |
| 4, Fife                      | 11, Orkney        |
| 5, Forth Valley              | 12, Shetland      |
| 6, Grampian                  | 13, Tayside       |
| 7, Greater Glasgow and Clyde | 14, Western Isles |



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Scale: 1:2,600,000

Scottish Government GI Science & Analysis Team, November 2015, Job 5717 - LA