

**NatCen**

Social Research that works for society

# National Diet & Nutrition Survey (NDNS)

Health Studies User Conference

July 2017



# Contents

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What is NDNS RP?

Key facts about NDNS

What data is available?

Fieldwork

Content

NDNS Bioresource

How can this data be used?

Findings

**What is NDNS RP?**



# Key facts about NDNS

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Cross-sectional, continuous survey of diet and nutrition for individuals

Designed to be representative of the general UK population

Provides the information needed to develop and monitor public health and protect food safety

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# Key facts about NDNS (2)

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Funders (core sample)

Consortium

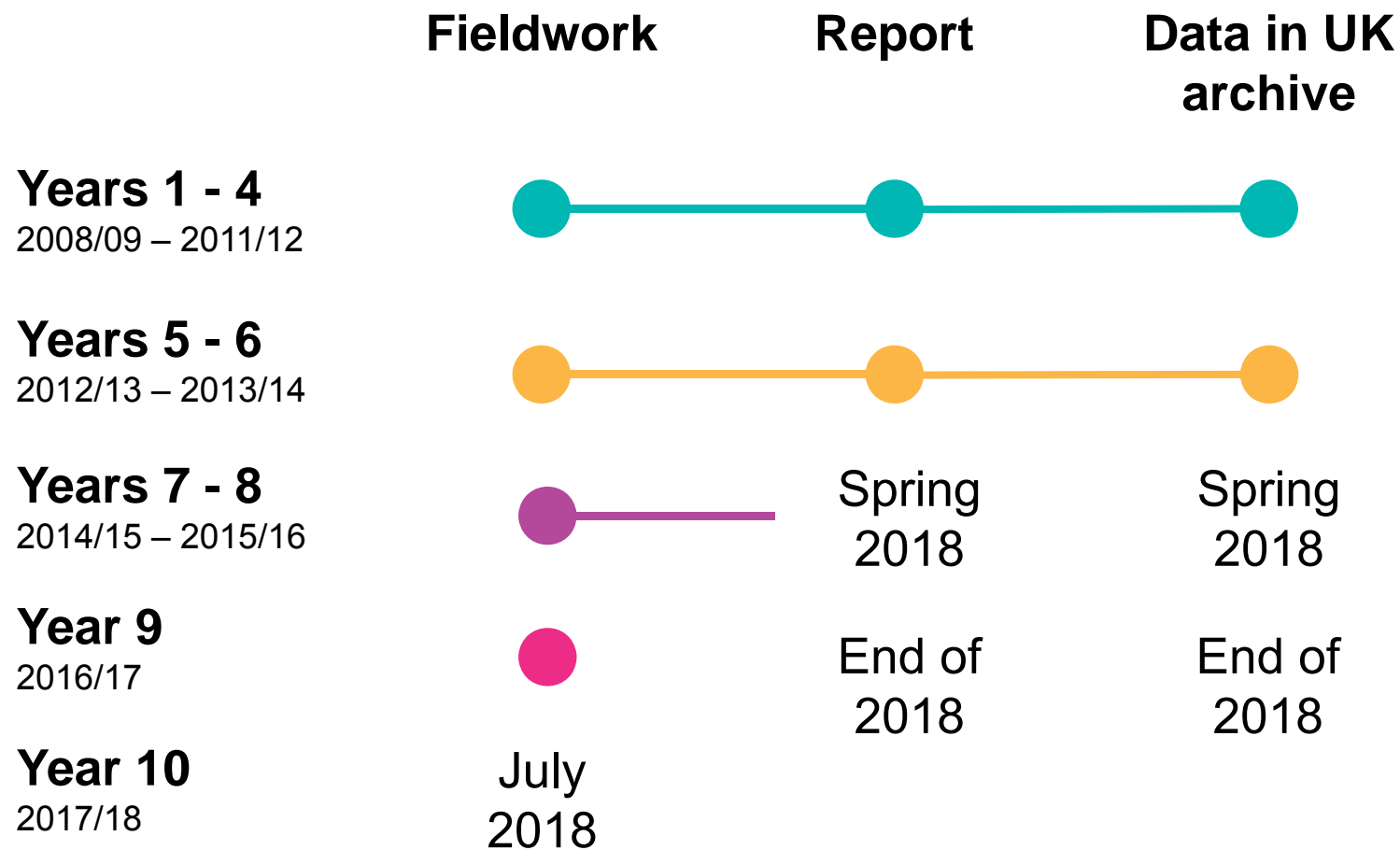


**What data is available?**



# Where we are at present

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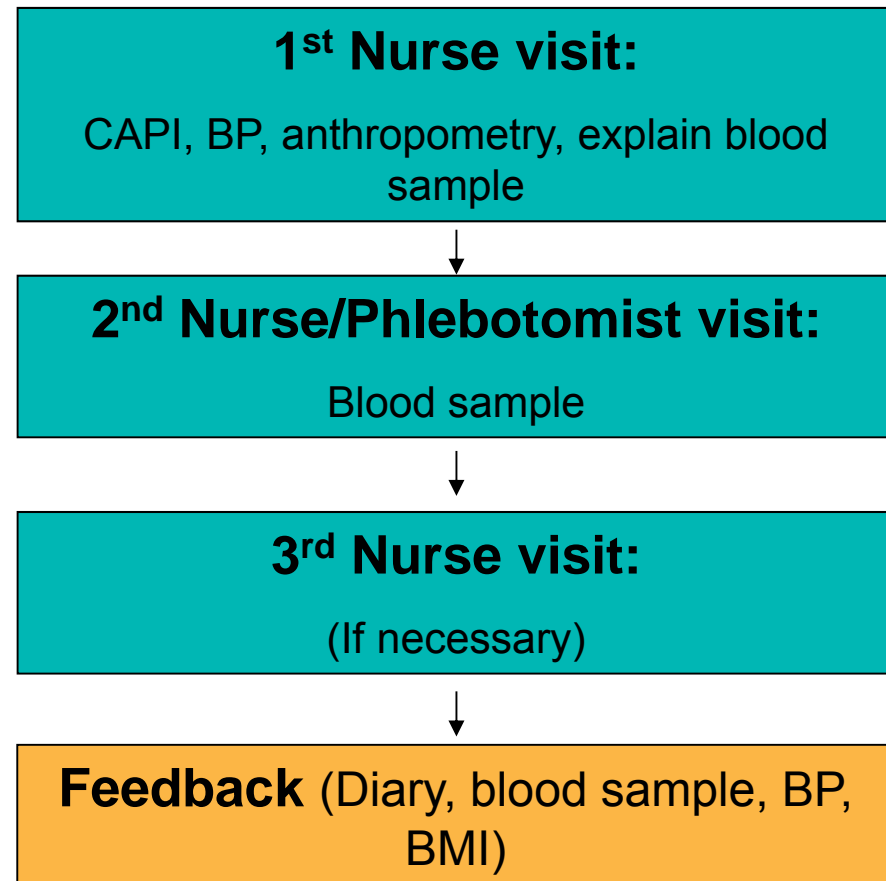


# Fieldwork structure

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**6 - 12 weeks later**





# Content of datasets

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|                             |   |                       |              |
|-----------------------------|---|-----------------------|--------------|
| <b>Individual Data</b>      | All data for fully productive individuals                   |                       |              |
|                             | CAPI modules  | Physical measurements |              |
|                             | Self completions  | Nurse visit           |              |
| <b>Household Data</b>       | Demographics for all individuals in co-operating households |                       |              |
| <b>Dietary Data</b>         | All data collected from the food diaries                    |                       |              |
|                             | Food level  | Day level             | Person level |
| <b>UK Nutrient Databank</b> | Provides nutrient information per 100g                      |                       |              |

# NDNS Bioresource

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Archive of biological samples collected and stored for future research from:

- NDNS RP (2008 onwards)
- Diet and Nutrition Survey of Infants and Young Children (DNSIYC, 2011)
- Urinary sodium surveys 2001-2015 England, Scotland and Northern Ireland
- Previous NDNS Surveys (1990s-2000)

For more information: <http://www.mrc-ewl.cam.ac.uk/research/ndns-bioresource/>

**How can this data be used?**



# Results are used to

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Monitor diet and nutritional status of the UK population

Tool for monitoring progress towards public health objectives

Provides evidence base to support development of public nutrition policy

Food consumption data used by FSA for food safety risk assessments

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# UK diet compared with recommendations

| Nutrient (% food energy)  | Target       | 1.5-3 yrs   | 4-10 yrs    | 11-18 yrs   | 19-64 yrs   | 65+ yrs     |
|---------------------------|--------------|-------------|-------------|-------------|-------------|-------------|
| <b>Total fat</b>          | ≤35%         | 33.9        | 33.4        | 33.6        | 34.2        | 34.7        |
| Saturated fat             | ≤11%         | 14.6        | 13.3        | 12.6        | 12.7        | 13.4        |
| Trans fat                 | ≤2%          | 0.5         | 0.5         | 0.5         | 0.5         | 0.6         |
| <b>Total carbohydrate</b> | ≥50%         | 50.6        | 52.1        | 50.6        | 45.7        | 45.8        |
| Sugars (free sugars)      | ≤5%          | 12.2 (NMES) | 13.4 (NMES) | 15.2 (NMES) | 12.3 (NMES) | 11.1 (NMES) |
| <b>Salt (g/day)</b>       | ≤3-5g<br>≤6g | -           | 4.6         | 6.6         | 8           | 7.6         |

≥ = more than or equal to; ≤ = less than or equal to

Non milk extrinsic sugars including added sugars and sugars released from cell structures eg. fruit juice

Sources: National Diet and Nutrition Survey (NDNS) years 5 & 6 (2012/13-2013/14)

Salt intakes: adults: NDNS: salt intakes in adults 19-64 years in England 2014; children, 65+: NDNS: years 1-4 (2008/09-2011/12)

# UK diet compared with recommendations

| Food                                      | Target                      | 4-10 yrs | 11-18 yrs | 19-64 yrs | 65+ yrs |
|---|-----------------------------|----------|-----------|-----------|---------|
| <b>Fruit &amp; veg (portions per day)</b> | At least 5                  | 205g/d** | 2.8       | 4         | 4.3     |
| <b>Oily fish (grams/week)</b>             | 140g (one portion adults)   | 13       | 29        | 54        | 87      |
| <b>Red and processed meat (grams/day)</b> | No more than 70g/day<br>*** | 42       | 59        | 65        | 69      |

\*\* Portions not presented for children under 11 years as 80g portion not appropriate for this age group

\*\*\* High consumers (>90g/day) should reduce intake to 70g/day

Source: National Diet and Nutrition Survey years 5 & 6 (2012/13 - 2013/14)

# Thank you

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If you want further information or would like to contact us

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