



Introducing the re-designed National Diet and Nutrition Survey

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What is the National Diet and Nutrition Survey (NDNS)?

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

Designed to be representative of the general UK population

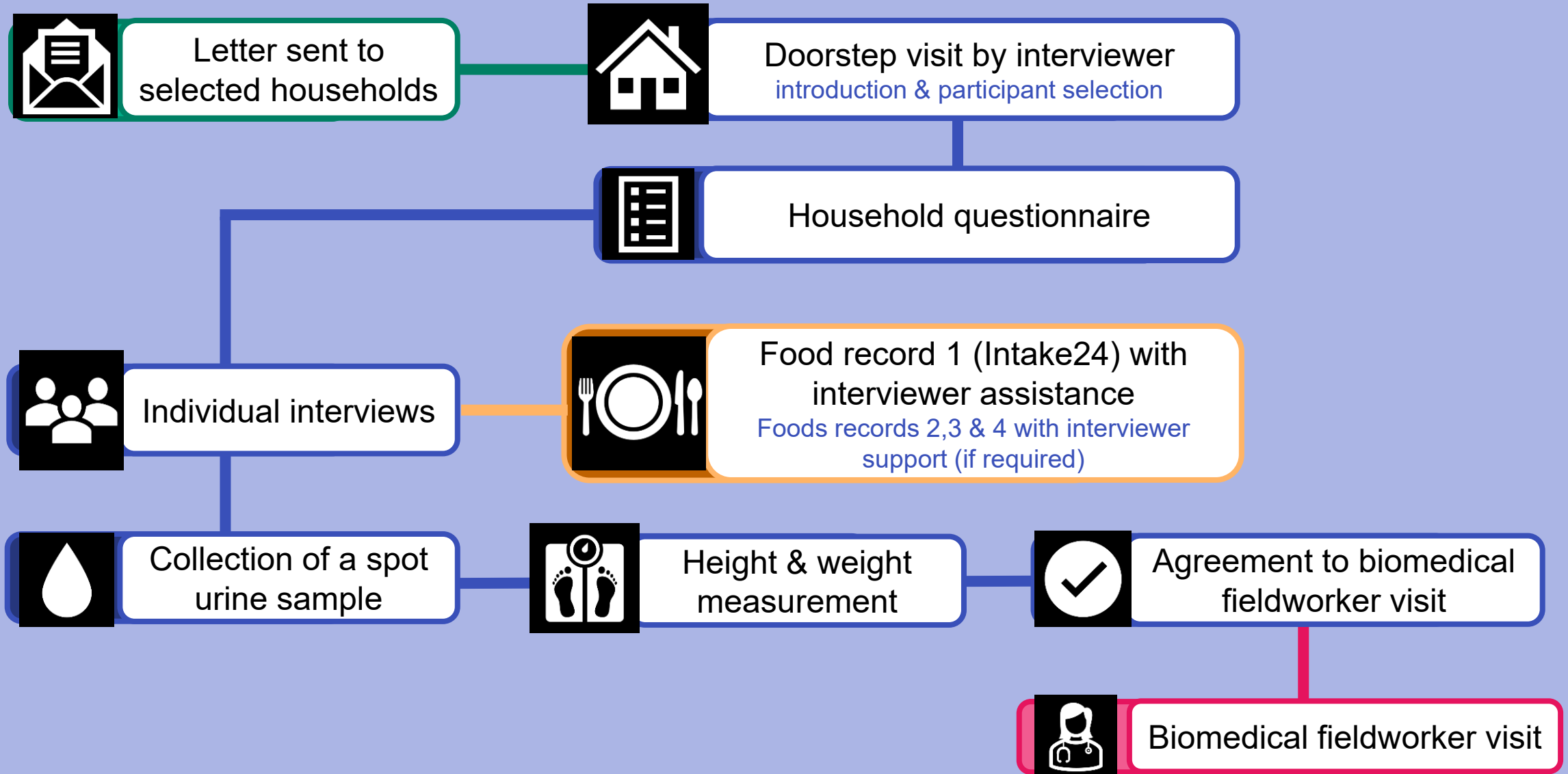
Provides the information needed to develop and monitor public health and protect food safety



Funded by:

Consortium:

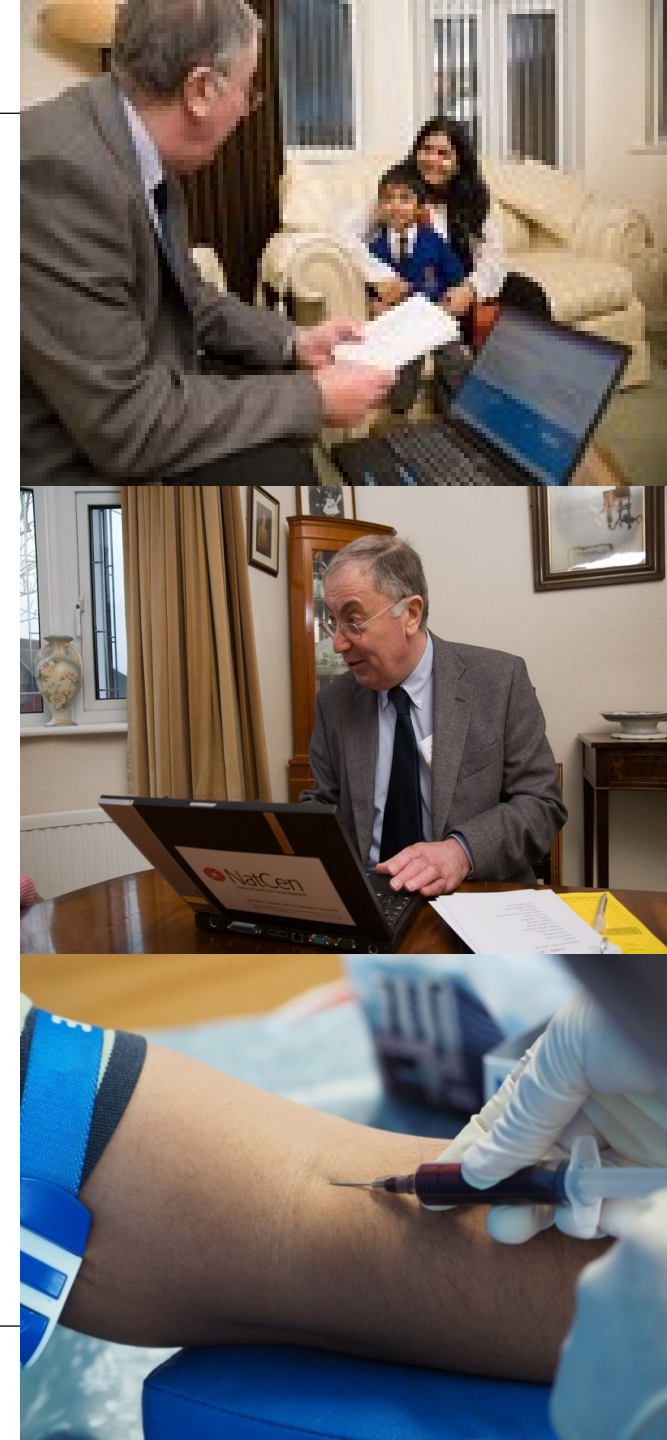
NDNS Year 15 (2022/23) fieldwork model



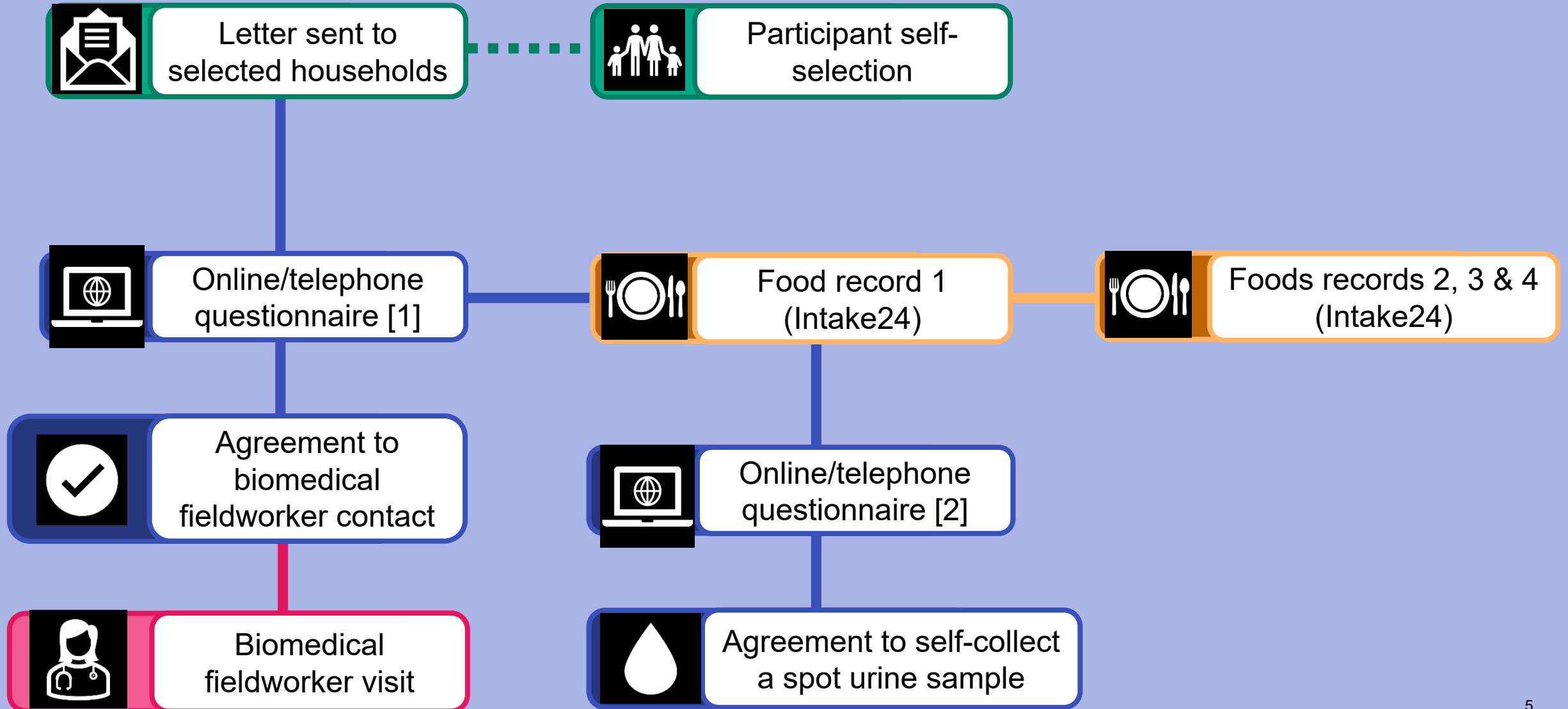
Re-designing NDNS

Challenges of face-to-face fieldwork:

- Delivery challenges driven by
 - falling participation rates
 - survey fatigue
 - shortage of skilled interviewers



NDNS Year 16 (2024/25) fieldwork model



Re-designing NDNS

Future proofing a national survey:

- More cost effective than face-to-face data collection
 - Scale up and incorporate sub-studies
 - Timely reports
 - Scope and flexibility for expanded reporting on sub-groups, key nutrients or policy areas
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Stage 1: individual questionnaire content

Questionnaire part 1	Questionnaire part 2
Welcome & Consents (All)	General Health (All)
About you and your household (All)	Oral Health (16+)
Eating out & other provision (All)	Smoking (11+)
Food avoidance (All)	Drinking (11+)
Salt and sugars (All)	Self-reported height (2+) and weight (All)
Takeaways and food delivery (All)	Spot urine (4+)
Pregnancy & breastfeeding (women 16-49)	Data Linkage (16+)
School provision (4 and under)	Recontact to future research & thank you (All)
Healthy start (not Scotland)	
Dietary supplements (16+)	
Food security and income (All)	
Biomedical visit (All)	

What is Intake24?

- External dietary assessment platform

What participants do:

- Record food and drink intake over a 24-hour period (previous day)
- Complete 3 additional food records

What do they receive:

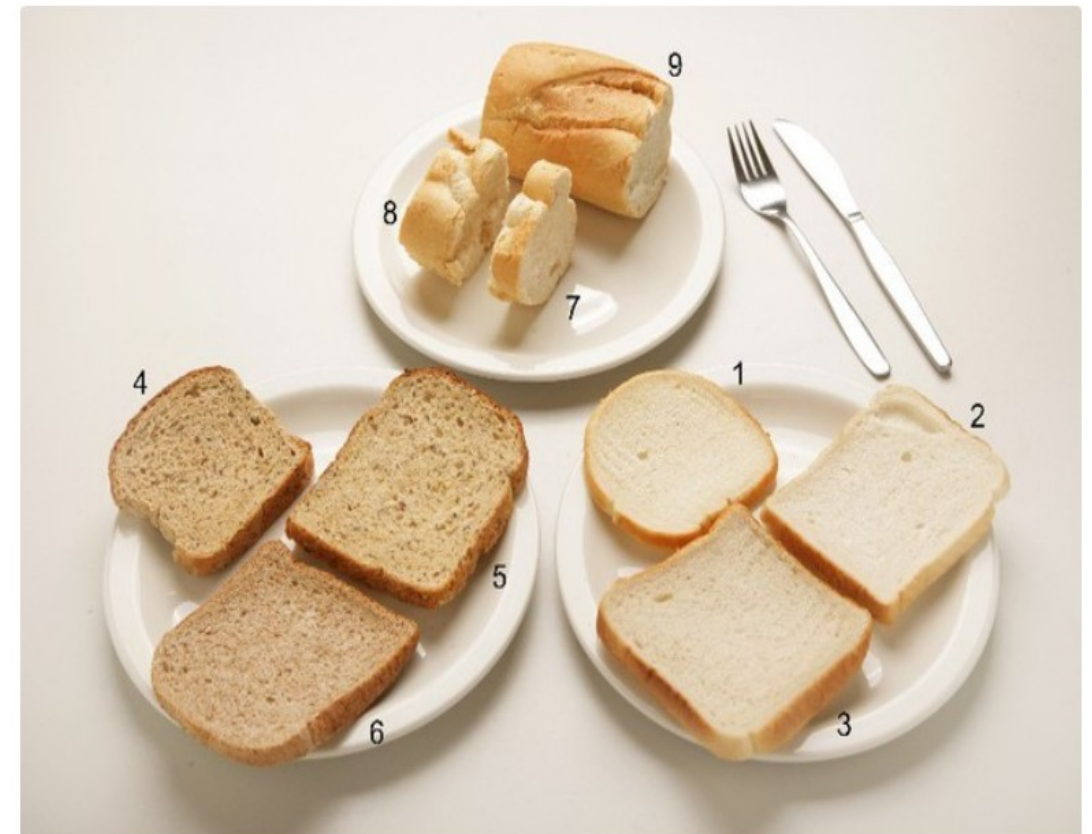
- Receive personalised dietary feedback
- £20 incentive for completing all 4 food records

Breakfast (08:00) ▶ Toast, wholemeal (brown) bread ▶ Guide image

HELP

How do you want to estimate your portion? ✓ ▼

Select the image that is the closest match to the size of **Toast, wholemeal (brown) bread** you had. ! ▼



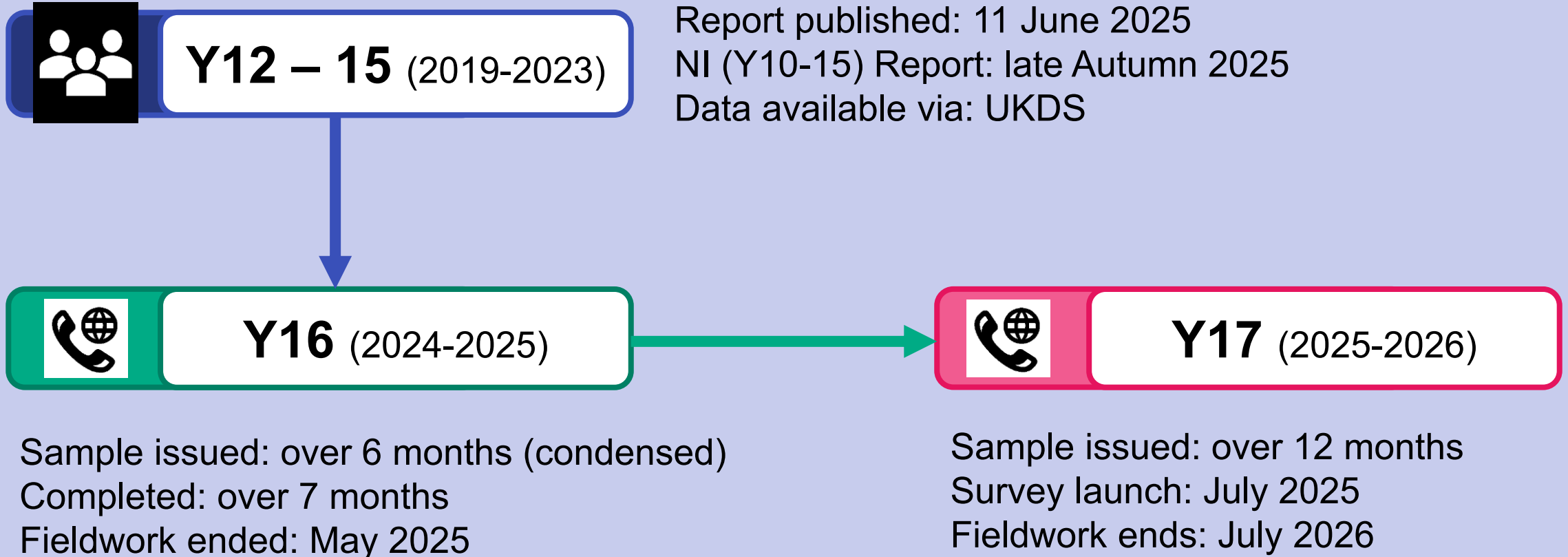
Choose how many of Toast, wholemeal (brown) bread you had. ! ▼

Stage 2: biomedical visit content

Prescribed medications	All
Infant length measurement	12 to 23 months
Wast and hip circumference	11+
Fasting blood sample	11+
Non-fasting blood sample	1-10 (pregnant women, diabetics, and anyone unwilling/unable to fast)

NDNS data collection timeline

(Years 12-17: 2019 – 2026)



NDNS Bioresource

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

- NDNS Rolling Programme (2008 onwards)
- Diet and Nutrition Survey of Infants and Young Children (DNSIYC, 2011)
- Urinary sodium surveys (2001-2015 England, Scotland and Northern Ireland)

For more information: <https://www.mrc-epid.cam.ac.uk/research/measurement-platform/ndns-bioresource/>



Thank you

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