

# NatCen

Social Research that works for society

# Major health surveys during the second year of the pandemic

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HSUC 12<sup>th</sup> July 2022



# Contents

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- Health survey updates:
  - Health Survey for England (HSE)
  - Scottish Health Survey (SHeS)
  - Mental Health of Children and Young People (MHCYP)
  - National Diet and Nutrition Survey (NDNS)
  - National Surveys of Sexual Attitudes and Lifestyles (Natsal)

# Health Survey for England (HSE)



1.

# What is the Health Survey for England?

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- Annual snapshot of the nation's health
- Health Examination Survey
- Tracks trends over time
- Cross-sectional
- Nationally representative sample
  - 8,000 adults and 2,000 children each year

Commissioned by:



Carried out by:



# Core content

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<b>Interview</b>	
General health	Smoking
Longstanding illness	Drinking
Hypertension	Physical activity
Diabetes	GHQ-12 / WEWBS / EQ-5D
Social care	Demographic information
Fruit and veg	Height & weight
<b>Nurse</b>	
Prescribed medication	Blood Pressure
Waist & hip	Saliva sample
Blood sample	Urine sample

# Additional content (recent)

Topic	Years
Physical activity & weight management	2020/21
Loneliness	2020/21
Gambling behaviours	2020/21
Dental health	2019
Disordered eating	2019
Carers	2019

# HSE 2020

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- Fieldwork suspended in March 2020. Q1 data will be archived.
- Alternative reporting:
  - Ethnicity and Health, 2011-2019, published June 2022:  
<https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-england-additional-analyses/ethnicity-and-health-2011-2019-experimental-statistics>, data to be deposited with UKDS
  - Self-reported vs. measured height and weight, publication planned 2022

# HSE Feasibility study (2020/21)

- Explored use of self-collection methods using online & paper questionnaires.
- Report published November 2021: <https://digital.nhs.uk/data-and-information/areas-of-interest/public-health/health-survey-for-england--health-social-care-and-lifestyles/feasibility-study-2020---2021>
- Key findings:
  - Lower response rates
  - Sample composition bias
  - Survey estimates indicated 'healthier' respondents
  - Many HSE questions were not suitable for self-completion methods



# HSE 2021

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- January-March fieldwork: Opt-in, telephone interviewing
- April-December fieldwork: Doorstep recruitment, telephone interviewing
- Reduced interview (c.30 mins)
- Nurse visits: re-introduced October 2021
- Fieldwork extended to April 2022 (interview) and June 2022 (nurses)
- Reports to be published in late 2022 / early 2023
- Data available 2023

# HSE 2022

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- Returned to in-home interviewing
  - Telephone option still available for participants who are uncomfortable with face-to-face

# Scottish Health Survey (SHeS)



2.

# What is SHeS?

- A national survey of the health of the Scottish population designed to represent people of **different ages, sexes, geographic areas** and **backgrounds**
- Began in 1995 and conducted annually since 2008
- Scottish Government commission: current contract 2018-2022
- Carried out by ScotCen, ONS & academic collaborators
- Designed to estimate, analyse, compare and monitor health & health related behaviours



# **SHeS: core and rotating topics in 2022**

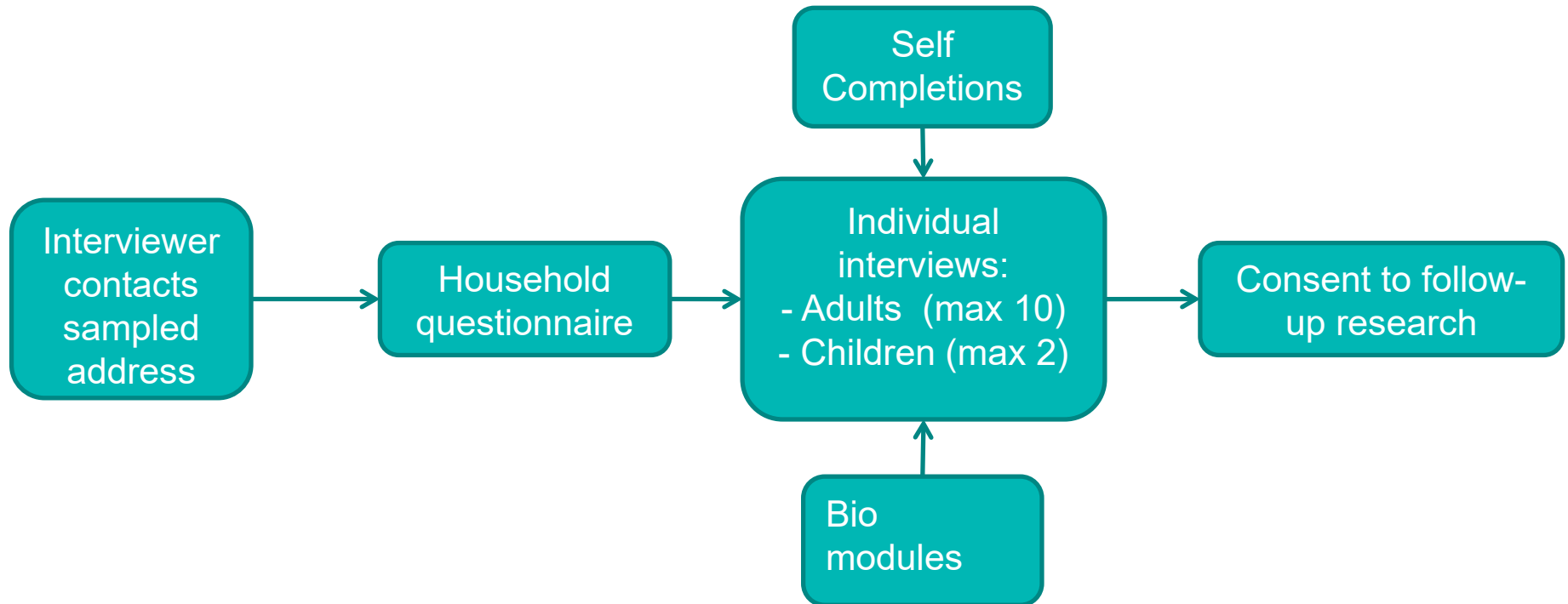
<b>Household questionnaire</b>	<b>Eating habits; Fruit and vegetable consumption (children only)</b>
<b>General health including caring</b>	<b>Smoking</b>
<b>Cardiovascular disease</b>	<b>Drinking</b>
<b>Asthma and respiratory health</b>	<b>Dental health</b>
<b>Chronic Pain</b>	<b>Education and employment</b>
<b>Covid-19</b>	<b>Bio modules</b>
<b>Physical and sedentary activity; time spent</b>	<b>Self-completions</b>

# SHeS: modules / questions rotated out in 2022

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<b>Cardiovascular disease services</b>	<b>Drinking experiences (places &amp; people)</b>
<b>Accidents</b>	<b>Dental health services</b>
<b>Locations where physical activity undertaken</b>	<b>CPR training</b>
<b>Vitamins &amp; supplements</b>	<b>Child physical activity questions streamlined</b>
<b>Discrimination &amp; harassment</b>	<b>Stress at work</b>
<b>Social Capital</b>	<b>Parental health history</b>
<b>Adverse childhood experiences (ACES) – self-completion</b>	

# SHeS: Summary of survey process



# SHeS: 2022 Fieldwork

- Fieldwork began in March
- March to May: Doorstep knock-to-nudge recruitment with telephone interviewing
- May onwards: In-home interviews, with telephone contingency
- Online self-completion option
- Height and weight measurements returned in May 2019, full bio module (incl. waist, blood pressure and saliva) to return from August 2022



# SHeS: Reporting

- SHeS 2019 F2F report published in 2020:  
<https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/>
- SHeS 2020 TEL (experimental statistics) report published in 2021: <https://www.gov.scot/publications/scottish-health-survey-telephone-survey-august-september-2020-main-report/>
- SHeS 2021 TEL/K2N report due to be published in November 2022
- SHeS 2022 K2N/F2F report due October 2023

# Mental Health of Children and Young People



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# Mental Health of Children and Young People

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- A probability sample of children and young people living in England and registered with a GP.
- In 2017, data collected from 2-19 year olds.
- Over 9,000 children & young people
- Data from children, parents and teachers
- Clinical raters
- Commission by NHS Digital
- Conducted by NatCen, Office for National Statistics (ONS), University of Cambridge and University of Exeter

# Mental Health of Children and Young People: Follow-up 2020

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- Follow-up study of previous MHCYP 2017 participants who agreed to re-contact
- Aims:
  1. Measure the mental health and wellbeing of children and young people in England (SDQ)
  2. Understand how they have been affected by the Covid-19 pandemic

# MHCYP follow-up 2020

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- 20-minute web survey
- Telephone nudge for non-responders to encourage participation
- Report published September 2020

**One headline finding: rates of probable mental disorders increased from one in nine (10.8%) in 2017 to one in six (16.0%) in 2020.**

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up>

# MHCYP follow-up 2021

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- Follow-up of previous MHCYP 2017 / 2020 participants who agreed to re-contact
- 20-minute web or telephone survey
- Aims:
  1. Measure the mental health and wellbeing of children and young people in England (SDQ)
  2. Understand how the COVID-19 pandemic continues to affect children and young people in England
- **One headline finding: Rates of probable mental disorders in children and young people remained similar between 2020 and 2021.**
- Report published September 2021

# MHCYP follow-up 2022

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- Follow-up of previous MHCYP 2017 / 2020/ 2021 participants who agreed to re-contact.
- Sample now aged between 7 and 24.
- 20-minute web or telephone survey
- Aims:
  1. Measure the mental health and wellbeing of children and young people in England (SDQ)
  2. Understand the continued effect of the COVID-19 pandemic on children and young people in England
  3. Understand other mental health and wellbeing issues affecting children and young people, such as loneliness and eating.
- Report will be published November 2022

# MHCYP 2022 content

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## Parents and Young People Content:

- Employment status
- Strengths and Difficulties questionnaire
- Self-harm
- Psychosis (for young people only)
- General Health questionnaire (GHQ-12)
- Family functioning
- Service contact
- Physical health
- Education or work
- Household circumstances and changes
- Eating, sleeping & activities

## Child Content:

- Strengths and Difficulties questionnaire
- Family functioning, neighbourhood, and loneliness
- Education and support at school
- Social impacts of COVID-19 on family life
- Eating questions
- Activities, sleep and social media



# **National Diet and Nutrition Survey (NDNS)**



**4.**

# Key facts about 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



# Key facts about NDNS

## Funders

(core sample)



Office for Health  
Improvement  
& Disparities



Food  
Standards  
Agency  
food.gov.uk

## Consortium

**NatCen**  
Social Research



**NISRA**  
Northern Ireland Statistics  
and Research Agency

# Content of datasets

## Household data

Demographics for all individuals in participating households

## Individual data

Interview modules

Self completion questionnaires

Physical measurements

Biological samples (blood, urine)

## Dietary data

Person level

Food level

Day level

## UK Nutrient Databank

Nutrient information per 100g

# NDNS update

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- Latest report published December 2020 and included time trend analyses from the first 11 years of the programme (2008/09 -2018/19): <https://www.gov.uk/government/statistics/ndns-results-from-years-9-to-11-2016-to-2017-and-2018-to-2019>
- Year 12 (Oct 2019-June 2020) fieldwork paused March 2020 and did not resume.
- Year 13 (July 2020-March 2021) also paused but interviewer fieldwork resumed October 2020.
- Year 14 (April 2021-March 2022) launched as planned but extended til October 2022.
- Diet, Nutrition and Activity during Covid-19 study: published Sept 2021: <https://www.gov.uk/government/statistics/ndns-diet-and-physical-activity-a-follow-up-study-during-covid-19>

# NDNS year 13 and 14 fieldwork

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- Telephone interviewing
- Doorstep recruitment
- First dietary recall completed independently by participant and interviewer phones back to check complete or provide support if necessary. Participants who aren't able to complete their recall can have assistance by which the recall is completed over the telephone.
- Other fieldwork changes; self-reported height and weight measurements, no spot urine samples currently collected and doorstep protocol for DLW & PAM sub-study.
- In-home interviewing may commence in Summer 2021 and Nurse fieldwork (collecting blood samples) in Autumn 2021.

# More info?

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If you want further information or would like to contact us

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**Visit us online:** <https://www.gov.uk/government/collections/national-diet-and-nutrition-survey>

# **National Surveys of Sexual Attitudes and Lifestyles (Natsal)**

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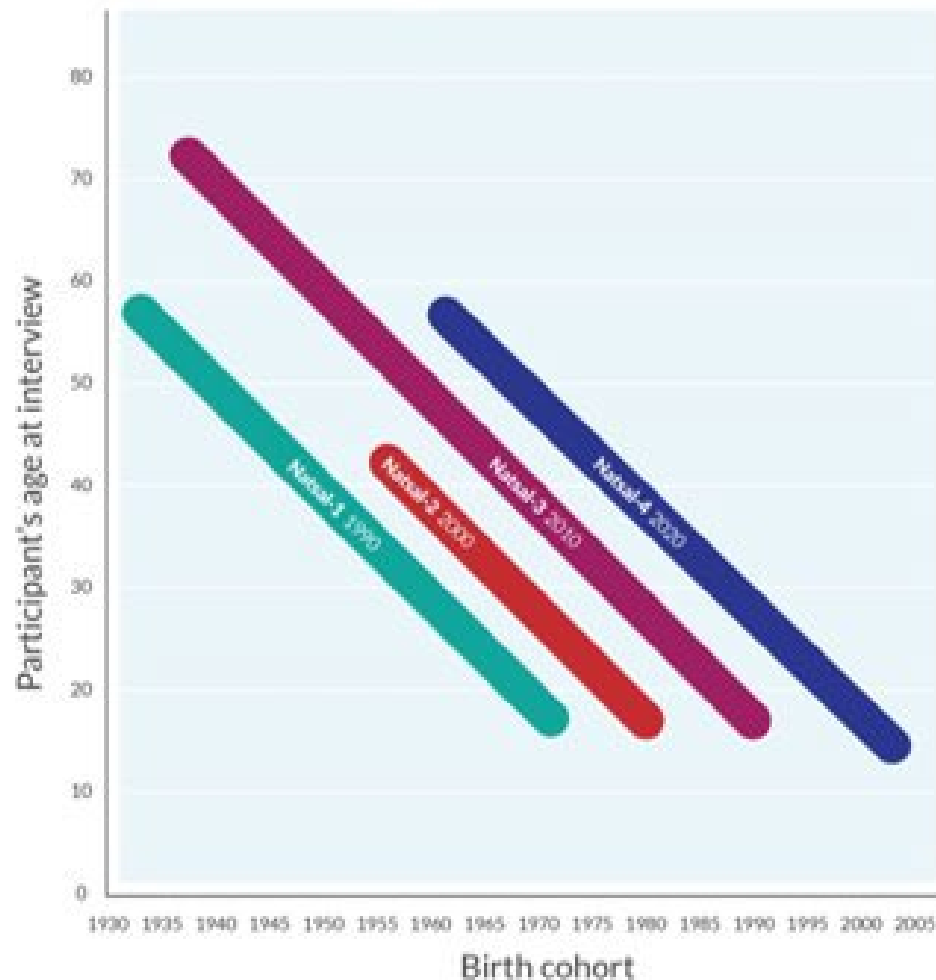
**4.**



# Background to Natsal



Natsal captures age, period and birth cohort effects



# Natsal's broadening focus

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HIV/AIDS



Natsal-1  
1990-  
'91

# Natsal's broadening focus

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HIV/AIDS



STIs



Natsal-2  
1999-  
2001

# Natsal's broadening focus



HIV/AIDS



STIs



Pregnancy



Violence



Pleasure



Natsal-3  
2010-'12

# Natsal's broadening focus



HIV/AIDS



STIs



Pregnancy



Violence

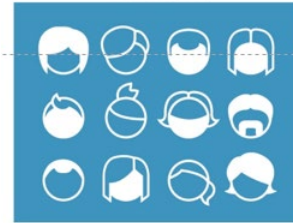


Pleasure

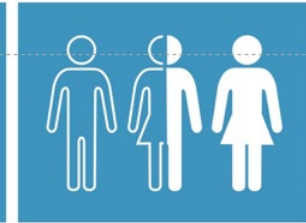


## Major societal shifts

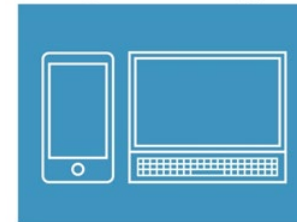
Diversity



Gender fluidity



Digital technology



Online services



Natsal-4  
2022-'23

# Natsal-4

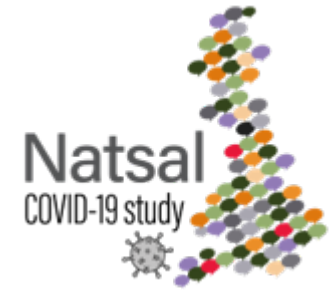
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- Development work: 2019-20
  - Pilot 1 postponed in early 2020
- Adapted methodology, enabling remote data collection
  - Pilot 1 in June-Aug 2021
  - Pilot 2 in Jan-Feb 2022
- Main stage data collection due to commence in September 2022
- Natsal-COVID study
  - Rapid, quota sample, web panel surveys designed to understand the impact of COVID-19 on the nation's sexual and reproduction health
  - Wave 1: Summer 2020, Wave 2: Spring 2021

# Natsal-COVID content

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- Sexual behaviours since lockdown
- Sexual function
- Pregnancy
- Chlamydia testing / HIV testing
- Access to sexual and reproductive health (SRH) services
- Contraception use and access
- Changes in sexual relationships since lockdown
- Intimate relationships and difficulties
- Intimate Partner Violence
- General health and disability
- 38 ■ Demographics (including sexual identity)

# More info?

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**Health Survey for England:** [Chloe.Robinson@natcen.ac.uk](mailto:Chloe.Robinson@natcen.ac.uk)

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