

# NatCen

Social Research that works for society

# Update on health surveys at NatCen

Chloe Robinson



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HSUG conference 30<sup>th</sup> June 2020

# Contents

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- Health survey methodology overview
- Health survey updates:
  - Health Survey for England (HSE)
  - Scottish Health Survey (SHeS)
  - Adult Psychiatric Morbidity Study (APMS)
  - Mental Health of Children and Young People (MHCYP)
  - National Diet and Nutrition Survey (NDNS)
  - English Longitudinal Study of Ageing (ELSA)

# Survey methodology: sample design

- Probability sampling
- Representative of a population, e.g.
  - people living in private households
  - children and young people in private households
- Multi-stage sampling, e.g.
  - Addresses → Households → Individual(s)
- Stratified, e.g.
  - Region, Strategic Health Authority, school type

# Methodology: face-to-face data collection

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Advance mailing

Interviewer calls

Interview

Clinical stage

Thank you letter / feedback

# Alternative methodology

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- Telephone surveys (CATI)
  - Similar question format to face-to-face
  - Interviewer available for probing, checking and coding
- Web surveys (CAWI)
  - Sensitive questions
  - Complex or long answer lists
  - Compatible for mobile devices
  - Questionnaire checks and edits
- Postal surveys (PAPI)
  - Doesn't rely on internet access

# Alternative methodology

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- Lower response
- Shorter interview
- No physical measurements or biological samples

# 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

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

# Additional content (recent)

Topic	Years
Dental health	2019
CVD	2017
Chronic pain	2017
End of life care	2017
Adult physical activity & weight management	2016
Liver disease & Kidney disease	2016
Cider consumption	2016
Gambling behaviour	2012/15/16/18
Child physical activity	2015

# HSE update

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- 2018 report published December 2019, data archived
- 2019 report published December 2020
- 2020 fieldwork paused March 2020
- 2021 fieldwork planned for January 2021

# HSE 2018 publication

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- Summary of key findings
- Individual reports:
  - Adult health related behaviours, Child health related behaviours, Adult health, Adult Social Care, Adult and child overweight and obesity, Asthma and respiratory health, Longstanding conditions
- True standard errors, confidence intervals and design effects for key survey measures
- Population numbers estimates
- Methods and documentation
- <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2018>

# 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://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england>

# Scottish Health Survey (SHeS)

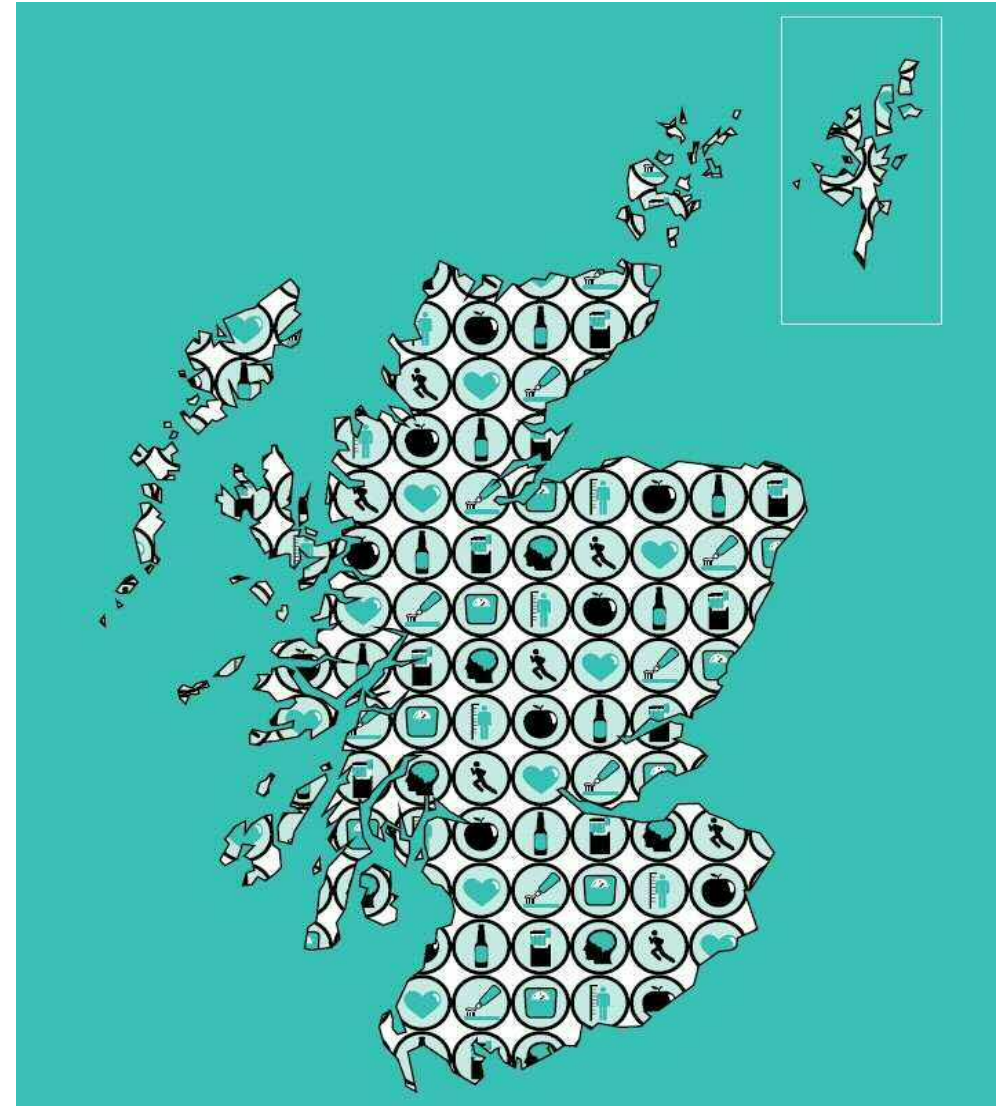


2.

# What is SHeS?

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- A national, representative, survey of the health of the Scottish population
- Health conditions and risk factors
- Began in 1995 and carried out annually since 2008
- Representative nationally every year and for every health board and now every local authority



# What does it cover?

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## Topics include:

- General health and conditions
- Cardiovascular disease
- Mental wellbeing
- Respiratory conditions
- Diet including fruit and veg
- Smoking
- Drinking including problem drinking
- Family health history

## Objective measures include:

- Height
- Weight
- Waist circumference
- Blood pressure
- Saliva sample
- Urine sample (not in 2018)



# Public health policy data

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- First Scottish population data on food insecurity
  - 9% experienced food insecurity in 2018
  - Single parents and young adults living on their own
  - Association between food insecurity and low mental well being
  
- Adverse childhood experiences
  - Reporting in 2020
  - Stressful or traumatic experiences or events
  - Impact on health and wellbeing

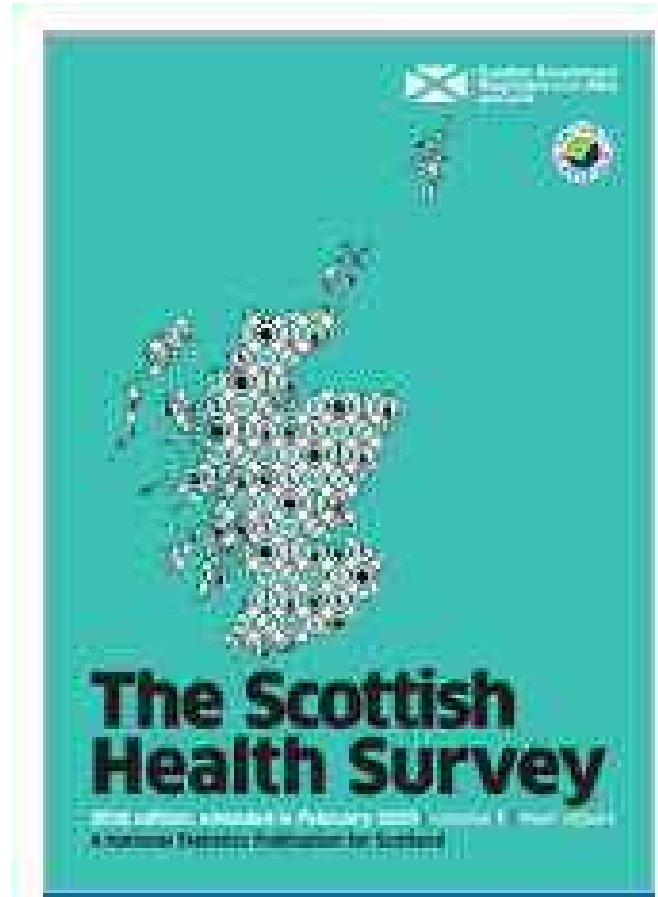
# SHeS update

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- 2018 report published February 2020, data archived
- 2019 report published end September 2020
- 2020 fieldwork paused March 2020
- 2021 fieldwork planned for January 2021

# SHeS 2018 publication

- Mental health and wellbeing, General health, CVD and caring, Alcohol, Smoking, Diet, Physical Activity, Obesity, Respiratory,
- <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/>



# SHeS alternative data collection 2020

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- Telephone data collection
- Aim to collect SHeS data during 2020
- Content: General health, mental wellbeing and health, alcohol, smoking, CVD, diabetes, dental health, diet, social capital and loneliness, self-reported height and weight, demographics
- New Covid-19 questions: diagnosis, symptoms, current status

# SHeS alternative data collection methods

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- CATI – using field interviewers
- Reduced questionnaire (35 mins)
- Adult only sample (up to 6 per household)
- £10 incentive per adult
- Fieldwork – starts 1<sup>st</sup> August – 8 weeks
- Target 1000 interviews
- Report December 2020

# More info?

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If you want further information or would like to contact us

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Visit us online: [www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org)

# Adult Psychiatric Morbidity Survey



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# Adult Psychiatric Morbidity Survey

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- Probability sample of private households
- Cross-sectional
- Britain (1993, 2000); England (2007, 2014)
- 7,500 adults 16+ (1993 to 64; 2000 to 74)
- Two-phase design
- DH funded
- NHS Digital commissioned
- NatCen Social Research, University of Leicester
- Academic advisory/writing group





# Aims

## Extent of mental illness

- Change over time
- Inequalities in illness
- Risk/protective factors

## Proportion of people get treatment

- Change over time
- Inequalities in treatment



**Mental  
disorders**

### **Since 1993**

- Common mental disorders: CIS-R
- Psychotic disorder: PSQ, **SCAN**

### **Since 2000**

- Suicidal thoughts, suicide attempts, self-harm
- Alcohol dependence: AUDIT, SAD
- Drug dependence: DSM criteria
- Personality disorder: SCID-II, SAPAS

### **Since 2007**

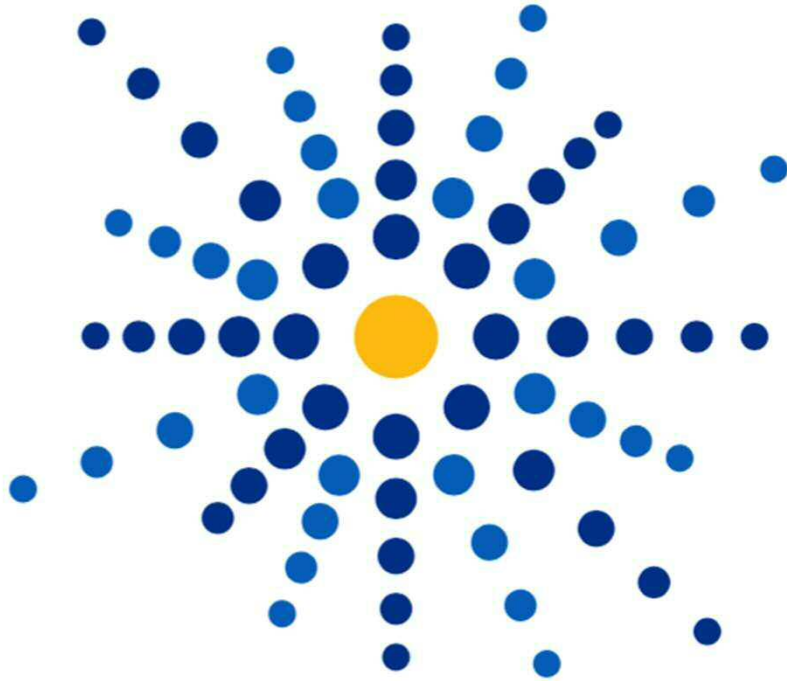
- Autism: AQ, **ADOS**
- Attention-deficit/hyperactivity disorder: ASRS
- Posttraumatic stress disorder: TSQ/PCL-C

### **Since 2014**

- Bipolar disorder: MDQ



**NHS**  
Digital



## Mental Health and Wellbeing in England

Adult Psychiatric Morbidity Survey 2014

A survey carried out for NHS Digital by NatCen Social Research and  
the Department of Health Sciences, University of Leicester

Report, full questionnaire (Appendix  
D):

[http://content.digital.nhs.uk/catalogue/  
PUB21748](http://content.digital.nhs.uk/catalogue/PUB21748)

# More info?

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If you want further information or would like to contact us

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# Mental Health of Children and Young People



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# Mental Health of Children and Young People

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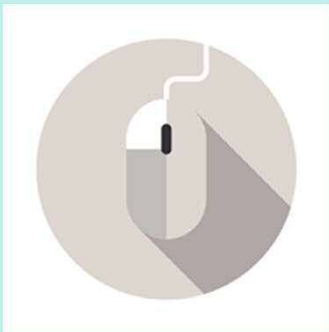
- A probability sample of children and young people living in England and registered with a GP.
- In 2017, data collected from 2-19 year olds.
- Over 9,000 children & young people
- Data from children, parents and teachers
- NHS Digital commissioned
- NatCen Social Research & ONS
- Clinical raters

# 2017 Survey - Overview

- The 2017 survey focussed on **2-19** year olds:



- Face-to-face interview with parents of 2-19 year olds
- Face-to-face interview with children and young people aged 11-19



- Self-completions via CASI
- Online/paper self-completion questionnaires with teachers of children aged 5-16

# MHCYP Covid-19 follow up study 2020

- Follow-up study of previous MHCYP participants who agreed to re-contact
- Now aged 5 to 22 years old
- Aims: measure the mental health and wellbeing of children and young people in England - understand how they have been affected by the Covid-19 pandemic, including the impact of school closures



# MHCYP follow-up fieldwork design

- Updated addresses or flagged for removal from MIDAS
- 20 minute CAWI (web) survey
- Telephone nudge for non-responders to encourage participation
- Fieldwork – throughout July 2020
- Rapid report published September 2020

# More info?

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If you want further information or would like to contact us

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**Report:** <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

# National Diet and Nutrition Survey (NDNS)



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# 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

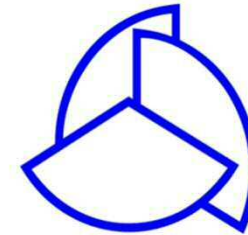


# Key facts about NDNS

Funders (core sample)



Consortium



Northern Ireland  
Statistics &  
Research  
Agency



**NatCen**  
Social Research

# Content of datasets

## Household data

Demographics for all individuals in participating households

## Individual data

Interview modules

Self completion questionnaires

Physical measurements

Nurse visit interview

## Dietary data

Person level

Food level

Day level

## UK Nutrient Databank

Nutrient information per 100g

# NDNS update

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- Latest report published January 2019 and included time trend and income analyses from the first nine years of the programme (2008/09 -2016/17).

<https://www.gov.uk/government/statistics/ndns-time-trend-and-income-analyses-for-years-1-to-9>

- The next publication is due at the end of 2020 and will cover years 9-11
- Year 12 (Oct 2019-June 2020) fieldwork paused March 2020
- Year 13 (July 2020-March 2021) also paused, hope to resume fieldwork when able to do so

# More info?

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



# English Longitudinal Study of Ageing (ELSA)



6.

# Key facts about ELSA

- A study of people aged 50+ and their partners
- Multi-disciplinary – health, economic and social circumstances
- Began in 2002 – conducted every 2 years
- International comparisons – USA (HRS), 20 European countries (SHARE), other studies in Brazil, China, India and elsewhere
- Collaborative:



# Research Questions

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How does people's health and level of disability change over time?

Do people have enough savings to provide for their older age?

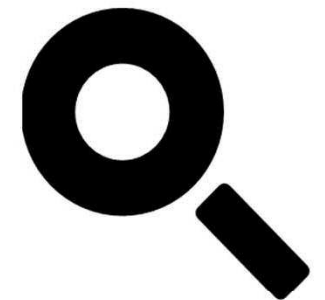
What explains who has good health in later life and who does not?

What is the relationship between these different factors?


How do people's activities, relationships and quality of life change over time?

How do changes in memory and concentration affect well being?

When do people retire and how do they plan for their retirement?



# Wave 9 core interview content



Household demographics	Expectations
Individual demographics	Effort and reward
Health (including social care)	Psychosocial health
Social participation	Consents
Work and pensions	Timed walk (60+)
Income and assets	Weight measurement (50+)
Housing and consumption	Core self completion
Cognitive function (assessment)	Online dietary questionnaire consent <b>New</b>
	Nurse visit agreement

# Nurse visit content

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Household demographics

Prescribed medications

Drug coding

Blood pressure

Cognitive assessment –  
Fluid intelligence

Grip strength

Blood sample (fasting)



# ELSA update

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- Wave 9 – fieldwork summer 2018-summer 2019. Data available through UKDS. Wave 9 report published October 2020.
- Wave 10 – due to launch summer 2020, has been postponed.
- ELSA Covid-19 web-CATI survey

# ELSA Covid-19 web-CATI survey

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- Additional study of ELSA participants
- ELSA 50+ Health and Life – Impacts of the Coronavirus Outbreak
- Aim: Experiences and impacts of coronavirus for the older population
- Content: Experiences of Covid-19, changes in financial circumstances, work and caregiving, mental and physical health, social contact and loneliness, health and social care, stress and worries

# Covid-19 survey fieldwork design

- Push-to-web – encourage online participation
- CATI for non-responders/ limited internet access
- Invitation e-mails and letters
- Fieldwork – 3<sup>rd</sup> June – 26<sup>th</sup> July 2020
- Second wave – Autumn 2020



# More info?

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# Contact

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