


Online Dietary Questionnaire

Interviewer to complete:

To login please go to: www.natcen-surveys.org/elsa/

And enter the Login ID shown below

Attach Login ID label here:



Suggested days:

DAY 1

Enter day (Mon-Sun):

DATE: ____/____/____

DAY 2

Enter day (Mon-Sun):

DATE: ____/____/____

As part of this round of interviewing on the ELSA – 50+ Health and Life Survey, we would like you to complete an online dietary questionnaire which will ask you about what you eat and drink on two days over the next week.

This leaflet provides you with more information about what the questionnaire involves.

When should I complete the questionnaire?

We would like you to complete the questionnaire on two separate days. Your suggested dates are noted on the front page of this leaflet. On each day, please log in to the questionnaire where you will be asked to record what you ate and drank **the previous day**. The previous day covers the 24-hour period **from midnight through to midnight**.

Why have these dates been suggested?

The two suggested days have been randomly selected to give an even spread of days, including week days and weekend days across all of the ELSA participants that will be completing the questionnaire. Please try to complete the questionnaire on your suggested days. If the day you are completing the questionnaire about was not a typical day for you this does not matter – please fill in the questionnaire about that day anyway.

How do I access the questionnaire?

To get started visit www.natcen-surveys.org/elsa/ and enter your unique ID for logging in – this is noted on the front page of this leaflet. Full instructions on how to complete the questionnaire will be provided on screen once you have logged in.

Please use a computer (laptop or desktop) or tablet where possible, as the questionnaire is not designed to be completed on a smartphone.

How long will the questionnaire take to complete?

The online questionnaire will take about 15-20 minutes to complete for each day.

How will I remember to complete the questionnaire?

We will call you on your first suggested day, reminding you to log in and complete the questionnaire. During the call you can also ask further questions and get help with accessing or completing the questionnaire. If you have given us a mobile phone number or email address, you will also receive a reminder text message and email on each of your suggested days.

I've missed my allocated day for completing the online questionnaire – what should I do?

If you miss your suggested day please go online as soon as you can and complete the questionnaire. All of the questions in the questionnaire ask about 'yesterday', so please just answer about the day before the day on which you are completing it. You should still complete the questionnaire on two separate days.

Do I have to do it?

No, it's up to you whether you want to complete the online dietary questionnaire or not. The success of the study depends on the goodwill and co-operation of those asked to take part. The more people who do complete the online questionnaire, the more useful the results will be.

Is the online questionnaire confidential and secure?

Yes. We take great care to protect the confidentiality of the information we are given, and take careful steps to ensure that the information is secure at all times. The study results will not be presented in a form which can reveal your identity. This will only be known to certain members of the NatCen research team. The information collected will be used for research purposes only and treated in strict confidence in accordance with current data protection legislation.

What if I have any other questions?

If you have any further questions, or need technical help, you can:

- contact the NatCen research team at **elsa@natcen.ac.uk**
- or call NatCen Freephone on **0800 652 4574**.

If you would like to find out more about ELSA – 50+ Health and Life you can, visit **www.natcen.ac.uk/elsa50plus**

THANK YOU FOR YOUR HELP

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