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# ONLINE DIETARY QUESTIONNAIRE

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MORE INFORMATION

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## INTERVIEWER TO COMPLETE:

To login please go to: [www.bcs70survey.co.uk/diet](http://www.bcs70survey.co.uk/diet)

And enter this Login ID:

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## Allocated days:

Day 1:

Enter day (Mon-Sun)

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DAY

MONTH

YEAR

Day 2:

Enter day (Mon-Sun)

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DAY

MONTH

YEAR

**BCS70**

1970 British  
Cohort Study

**50**

YEARS OF LIFE  
& SCIENCE

We would like you to complete an online questionnaire about what you eat and drink on two days over the next week. Understanding more about your diet will allow researchers to explore the impact of diet on many other aspects of life including physical and mental health. You may remember this questionnaire from the 2016-18 survey, if you took part in the nurse visit.

### **WHEN SHOULD I COMPLETE THE QUESTIONNAIRE?**

We would like you to complete the questionnaire on the two separate days which are noted on the front of this leaflet. **It is important to fill it in on these particular days if you can.** Please log in to the questionnaire on each of the two days written on the front of this form. When you log on you will be asked to record what you ate and drank on the **previous day**. The previous day covers the 24-hour period from midnight through to midnight. The time period you will be asked about will be very clear when you log in so just follow the instructions.

The two days have been randomly selected. 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.bcs70survey.co.uk/diet](http://www.bcs70survey.co.uk/diet) 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.

The survey can be completed on a computer (laptop or desktop), tablet, or smartphone.

### **HOW LONG WILL THE QUESTIONNAIRE TAKE TO COMPLETE?**

The questionnaire will take around 15 minutes to complete on each day.

### **HOW WILL I REMEMBER TO COMPLETE THE QUESTIONNAIRE ON MY ALLOCATED DAYS?**

You will receive a reminder text message and email on your allocated days, reminding you to login and complete the questionnaire. This will include your Login ID.

### **I'VE MISSED MY ALLOCATED DAY FOR COMPLETING THE QUESTIONNAIRE – WHAT SHOULD I DO?**

Please go online as soon as you can and complete the questionnaire. All of the questions in the questionnaire ask about 'yesterday', so if you miss your allocated day please just answer about the day before the day on which you are completing it. If you miss your first allocated day please try to complete the questionnaire before your second allocated day. **You cannot complete the questionnaire more than once on any one day.**

### **DO I HAVE TO DO IT?**

No, it's up to you whether you want to complete the 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 questionnaire, the more useful the results will be.

### **WHY ARE YOU ASKING ME TO DO THIS AGAIN?**

You may remember being asked to complete this questionnaire last time we visited. Researchers are interested in understanding how our diets change over time as well as how diet can affect our health and other areas of our life. It is important that they get as much information from different time periods as possible so that they can fully understand how these things are linked. If you didn't complete the questionnaire last time, the information you provide about your diet is still really valuable to researchers.

### **IS THE 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 and Centre for Longitudinal Studies research teams. The information collected will be used for research purposes only and treated in strict confidence in accordance with the General Data Protection Regulation 2018.

## WHAT IF I HAVE ANY OTHER QUESTIONS?

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

 [bc570@natcen.ac.uk](mailto:bc570@natcen.ac.uk)

 **0800 526 397**

If you would like to find out more  
about the 1970 British Cohort Study  
you can:

 [www.bcs70.info](http://www.bcs70.info)

or contact the BCS70 team

 [bc570@ucl.ac.uk](mailto:bc570@ucl.ac.uk)

 **0800 035 5761**

# THANK YOU FOR YOUR HELP

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**NatCen**  
Social Research

**KANTAR**