



Ref:

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey.



What is the Scottish Health Survey?

It's an important annual study that looks at changes in the health and lifestyles of people all over Scotland. People just like you.



Have your say

This is a unique opportunity to have your say. By contributing to this important study, your answers could help identify priorities for health provision and plan services more effectively for the future. Last year around 6,000 people took part. Many found it to be rewarding and interesting. We hope you'll feel the same.



Interviewer visits

An interviewer from ScotCen Social Research will call at your address and will be able to explain more about the study. The interviewer will show you an identity card with their photograph and interviewer number.



Privacy

Your answers are treated with care and with respect for your privacy (in accordance with the Data Protection Act 1998). Information you provide will be used for statistical and research purposes only.



Thank you

We rely on the goodwill and voluntary co-operation of the people who are selected to take part to make the study a success. We need to speak to as many people as possible and from all walks of life to get an accurate picture of health across Scotland. **To say thank you for your help, each adult that participates will receive a £10 Gift Card that can be used in a number of different shops.**



Further info

We have answered some of the questions you may have on the back of this letter. For more details, please see the enclosed leaflet or visit www.scottishhealthsurvey.org. If you would like to talk to someone about the study, please phone us free on **0800 652 4569**.

Emma Fenn
Project Coordinator,
ScotCen Social Research

How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public.

What will happen to any information I give?

We will treat information you provide in accordance with the Data Protection Act 1998. The results collected are used for statistical and research purposes only and your confidentiality will be protected in the publication of any results. The information that you provide will help researchers understand more about health conditions and behaviours which will in turn help policy-makers to develop policies aimed at improving people's health.

Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research, in collaboration with the Medical Research Council Social and Public Health Sciences Unit (MRC SPHSU) at the University of Glasgow, and academics from the Universities of Aberdeen and Edinburgh, to carry out the survey. ScotCen, the MRC SPHSU and the Universities of Aberdeen and Edinburgh are independent of all government departments and political parties. For more information about ScotCen Social Research visit www.scotcen.org.uk.

What is the interview about?

The interview covers a range of health topics, including general health and lifestyles. If you agree, the interviewer will also take some measurements, such as height, weight and blood pressure.

Where can I find out more?

See the enclosed leaflet, visit www.scottishhealthsurvey.org or phone us free on **0800 652 4569**.

The survey has been reviewed by an independent Research Ethics Committee to protect your safety, rights, wellbeing and dignity.



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ScotCen Social Research, Scotiabank House, 2nd Floor, 6 South Charlotte Street, Edinburgh, EH2 4AW. Tel. 0800 652 4569. A Company Limited by Guarantee, Charity No. SC038454

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Scottish Health Survey
www.scottishhealthsurvey.org



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What is the Scottish Health Survey?

It's an important annual study that looks at changes in the health and lifestyles of people all over Scotland. We are particularly interested in understanding the health of children and young people aged 0-15.



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