

# National Diet and Nutrition Survey (NDNS) report for Northern Ireland

Maes o ddiddordeb ymchwil: [National Diet and Nutrition Survey](#)

Statws y prosiect: Wedi'i gwblhau

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## Summary

The National Diet and Nutrition Survey Rolling Programme (NDNS RP) is a continuous cross-sectional survey, designed to assess the diet, nutrient intake and nutritional status of the general population aged 18 months and over living in private households in the UK.??

Fieldwork ran from 2008 to 2023 aside from a suspension during the COVID-19 global pandemic. ?

Boosted samples were gathered in Years 1-4 (2008/09-2011/12), Years 6-9 (2013/14-2016/17) and Years 10 to 15 (2017 to 2023) in order to achieve representative data for Northern Ireland. From 2019, the food diary was replaced with an online dietary data assessment method and participants were asked to self-complete four 24-hour dietary recalls using [Intake24](#). Data tables and appendices can be found through the FSA data catalogue on [data.food.gov.uk](https://data.food.gov.uk).

## Key findings from the more recent 2019 to 2023 data:

- Consumption of fruit and vegetable portions was below the recommendation in all age and sex groups, with only 4% of children aged 11 to 18 years meeting the 5 a day recommendation.
- Children aged 11 to 18 years were the highest mean consumers of sugary, fizzy drinks and squashes at 167mls/day. Similarly, mean consumption of confectionary was also highest in those aged 11 to 18 years, at 14g/day for boys, and 20g/day for girls.
- The highest mean consumption of chips and other fried foods was also among those aged 11 to 18 years (37g/day for boys and 50g/day for girls). Consumption was lowest for adults aged 65 years and over (16g/day for men and 8g/day for women).
- Boys aged 11 to 18 years were the highest mean consumers of meat products (67g/day), with women aged 65 years and over being the lowest mean consumers (17g/day). With the exception of children aged 4 to 10 years, mean daily consumption was higher for males than females.
- Mean daily intakes of total energy in children aged 18 months to 3 years exceeded the Estimated Average Requirement (EAR) and were close to the EAR for children aged 4 to 10 years. Underreporting may partly explain findings relating to energy intake being below recommendations.
- In all age groups, the recommendations for intake of mean saturated fatty acids and free sugars were exceeded. Similarly, the mean intake of fibre was below government

recommendations for all age groups.

- When considering equivalised income, the number of 5 a Day portions of fruits and vegetables increased with increasing income.
- There was an increase in fibre intake seen in men aged 65 years and over with increasing income.
- 88% of children aged 11 to 18 years reported buying food or drink from the out of home sector (for example cafes, pubs, takeaways) in the last 7 days followed by 84% of adults aged 19 to 64 years and 80% of children aged 4 to 10 years.

## Research report

### Northern Ireland

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