GGD Health Monitor 2022

This document contains general FAQs and answers.

General

What is the GGD Health Monitor 2022?

The GGD Health Monitor 2022 is a national questionnaire about the health, well-being and lifestyle of residents of the Netherlands aged 18 and over. The study will start in September 2022 and over one million people throughout the Netherlands will be invited to complete the questionnaire. Of which more than 29,000 from Central and North Limburg and 36,000 from South Limburg (65,000 Limburgers).

What is the purpose of the monitor?

Municipalities in the Netherlands have a legal obligation to monitor the health of their residents. This statutory task is carried out for the municipalities by the Municipal Public Health Service (GGD). The GGD normally does this once every four years, but it is even more important during disasters and crises to monitor the health situation in the country, and the coronavirus pandemic is one example of such a crisis. The GGD Health Monitor 2022 will be used by the GGDs to provide insight into the physical and mental health of adults during and after the coronavirus pandemic, at the national, regional and municipal levels. The GGDs will also compare the results with the results of previous monitors from prior to the coronavirus pandemic.

The monitor results will form an important basis for the development and implementation of local health policy. For example, the results may show that more help is needed for certain groups, or that extra facilities are required in a municipality or neighbourhood. Through cooperation with the National Institute for Public Health and the Environment (RIVM) and Statistics Netherlands (CBS), the monitor will also provide information about the health of people in the Netherlands as a whole. Because this is a national crisis, the Dutch Ministry of Health, Welfare and Sport (VWS) is also involved as a commissioning party. The Ministry of VWS will also use the results for policy development.

Which organisations are involved in the monitor?

The GGDs, the public health department of the municipality of Utrecht, the National Institute for Public Health and the Environment (RIVM) and Statistics Netherlands (CBS) are together carrying out this monitor. I&O Research will collect the data on behalf of these parties.

CBS receives data from other organisations in addition to the data gathered for this monitor, such as data on income and population composition. CBS collates this data in order to minimise the amount of information that needs to be collected. Please note that no personal details can be identified in the merged datasets sent to the GGDs by CBS.

This extra GGD Health Monitor is part of a broader research programme investigating the impacts of the coronavirus pandemic. The GOR Network (GOR stands for Health Research in Disasters) is also a partner in this

programme. The GOR Network is a joint collaboration between RIVM, GGD GHOR, Nivel and ARQ National Psychotrauma Centre. The research programme is being funded by ZonMw for the Dutch Ministry of Health, Welfare and Sport (VWS).

What is the role of I&O Research?

I&O Research has been asked to carry out the field work for the GGD Health Monitor 2022. This means that I&O Research will send the invitations asking people to complete the questionnaire and will collect the answers. To be able to send the invitations, CBS will provide I&O Research with names and addresses. This data will be erased three months after completion of the monitor, in compliance with the requirements of the General Data Protection Regulations (GDPR).

When and where will the monitor be carried out?

The monitor will be conducted in the whole of the Netherlands and the questionnaire can be filled in between 23 September and 9 December 2022.

Participation in the monitor

How will the monitor participants be selected?

The target population for the monitor is persons aged 18 and over who are residents of the Netherlands. CBS will select people from the Personal Records Database (BRP) for participation in the GGD Health Monitor 2022 at random; this is a random sample. The selected persons together provide an average representation of the Dutch population. Temporary residents who are registered in the BRP can also be invited for the GGD Health Monitor. The people in the random sample will receive an invitation to fill in a questionnaire from the regional GGD, and this can be filled in either online or on paper. People who are not selected will not receive a questionnaire and cannot take part in the monitor.

Why is it important to take part?

To obtain a reliable picture of the health, well-being and lifestyle of residents of the Netherlands aged 18 and over, it is important that as many people as possible complete the questionnaire. If not enough people complete the questionnaire, the results will not form a good representation of the whole of the target population, making the research results less reliable, or even unreliable.

What is in it for me?

By answering questions about your health, you will be forced to think about your own health and well-being. As a result, you may have questions about your health. For this reason, a list of websites providing reliable health information is included at the end of the online questionnaire. These websites can provide answers to questions that you may have after filling in the questionnaire.

By answering the questions, you will also help us and other people in your municipality, as we may use your answers to develop specific policy or to take action to improve the health and well-being of local residents, together with the municipality. For example, the results may show that more help is needed for certain groups, or that extra facilities are required in a municipality or neighbourhood.

Everyone who completes the questionnaire (online or on paper) has a chance to win one of the 1,900 €50 VVV gift cards.

Where can I find more information?

For more information or if you have questions about this health monitor, please contact the I&O Research helpdesk. You can call I&O Research free of charge on 0800 0191 (7 days a week, 09.00 – 21.00), or you can send an email to helpdeskGM@ioresearch.nl.

Why have I received an invitation?

We have sent invitations to over one million Dutch residents aged 18 and over to take part in the GGD Health Monitor 2022. Every Dutch resident is registered with their municipality, and CBS has selected people at random from this register to take part in this monitor. If you have received an invitation, you are one of these people. The selected persons together represent the total group of residents aged 18 and over in the municipality. Your name and address details will be used to send the invitation and any reminders to complete the questionnaire. This data will be erased three months after completion of the monitor.

Do I need to give permission somewhere for you to process my data?

No. By completing the questionnaire (and sending it, if you fill it in on paper), you agree to participate in the GGD Health Monitor 2022. We will remind you of this when you start the questionnaire. Note that you do not have to answer a certain question if you do not want to, and you may stop filling in the questionnaire at any time. Your answers will be processed confidentially, will be stored safely and will not be shared with any party that is not named in the privacy statement (www.ggdzl.nl/gezondheidsmonitor2022).

If you complete the questionnaire online but decide to stop filling it in, any answers that you have already provided will be saved. Should you decide that you do not want your answers to be used in the monitor, we can erase your answers. For this, you can contact I&O Research at helpdeskGM@ioresearch.nl or on 0800 0191 (7 days a week, 09.00 – 21.00). Once you have provided your login details, I&O Research will make sure that your answers are erased.

Do I have to take part in the monitor?

No, participation in the monitor is entirely voluntary, although we would very much appreciate it if you do take part. Your participation is important, because the results of the monitor will be used by the municipality to better align its policy and activities with the needs and requirements of its residents.

What are the consequences if I do not complete the questionnaire?

Participation in the study is completely voluntary. You decide whether or not you want to participate. If you do not return the questionnaire, you will receive 2 more reminders. Not participating has no consequences for you personally. It is important for the research that as many people as possible complete the questionnaire. Only then can we get a good picture of health in your municipality and the whole of the Netherlands.

If I don't want to participate, can I pass this on somewhere?

If you do not wish to participate in the investigation, you can inform the helpdesk employees via the following telephone number: 0800 - 0191 (free of charge) or send an e-mail to helpdeskGM@ioresearch.nl. If you do not complete the questionnaire (and have not actively unsubscribed), you will automatically receive two reminders.

How can I take part?

You can fill in the questionnaire online (in English or Dutch) or on paper (in Dutch), although online is quicker as you automatically skip the questions that do not apply to you. The invitation letter contains your personal login code; fill this in at www.startvragenlijst.nl/ggd to start the questionnaire.

Would you rather fill in the questionnaire on paper? If so, please wait until you receive a paper copy of the questionnaire in Dutch.

How long does it take to fill in the questionnaire?

Some people are quicker than others, but it should take about 30 minutes.

I'm doing fine, so do I still need to fill in the questionnaire?

Yes please! The aim of this monitor is to get a good idea of how everyone aged 18 and over in the municipality is doing, not just people who are not doing so well. If only these people fill in the questionnaire, it will look like there are a lot of problems in a municipality, even though this may not be the case for everyone.

It is not convenient for me to complete and return the questionnaire. Can I also complete and/or return the questionnaire at a later date?

If you do not complete the questionnaire before October 3rd (and have not actively unsubscribed), you will automatically receive a reminder. It is possible to fill in the questionnaire later. If you have not yet completed the questionnaire by the end of October, you will receive a second reminder. Do you prefer to complete the questionnaire in writing? We kindly ask you to return it to us as soon as possible, but no later than the 9th of December. You can complete the digital questionnaire until December 9th at the latest. Unfortunately, we can no longer process all questionnaires that come in after this. Thanks in advance for your understanding.

Why have I received a reminder?

We send a reminder to make sure that as many people as possible complete the questionnaire. We use the login code or the code on the back of the paper questionnaire to work out who has not yet filled in the questionnaire, and these people receive a reminder. You will therefore also receive a reminder if you have started to fill in the questionnaire but have not yet completed it. Note that all address data will be erased three months after completion of the monitor.

I have received a reminder but I have already filled in the questionnaire, why is that?

We probably received or processed your questionnaire after the reminders had already been sent. You do not need to contact I&O Research or the GGD about this, and you can throw the reminder away. You may also have received a reminder if you have started to fill in the questionnaire but have not yet completed it. In this case, please carry on filling in the questionnaire and complete it. If you leave the questionnaire then log in again, you can continue where you left off.

I can't log in, what should I do?

Perhaps the Caps Lock is turned on or you have used capital letters in the login code when you should use small letters. You should type the address www.startvragenlijst.nl/ggd directly into the search window of your internet browser and not into a search engine (such as Google). If you are unable to log in, please contact I&O Research at helpdeskGM@ioresearch.nl or on 0800 0191 (7 days a week, 09.00 – 21.00).

I have lost my login code; can I get a new one?

We cannot send a new login code, but you can wait for the reminder letter, which you will receive about three weeks after the invitation. This reminder contains the login code.

My computer has stopped working, what now?

Do not worry if you are unable to carry on filling in the questionnaire because of a problem with your computer or because the page has timed out. You can simply log in again after ten minutes and carry on where you were (the system needs this time to recognise that you are no longer filling in the questionnaire). The answers that you have filled in so far will be saved automatically, so you don't have to start the questionnaire again.

I stopped halfway, what now?

You can stop filling in the questionnaire at any time. You can then simply log in again and carry on where you were. The answers that you have filled in so far will be saved automatically, so you don't have to start the questionnaire again.

I have lost the return envelope, what now?

You can send the questionnaire without a postage stamp to:
I&O Research, Antwoordnummer 1104, 7500VB Enschede.

Is it possible to withdraw from the study after I have completed the questionnaire?

By completing the questionnaire, you agree to participate in the GGD Health Monitor 2022. Note that you do not have to answer a certain question if you do not want to, and you may stop filling in the questionnaire at any time. If you stop filling in the questionnaire, any answers that you have already provided will be saved. Should you decide that you do not want your answers to be used in the study, we can erase your answers. This is possible until 15 December 2022. To do so, you can contact I&O Research at helpdeskGM@ioresearch.nl or on 0800 0191 (7 days a week, 09.00 – 21.00). Once you have provided your login details, I&O Research will make sure that your answers are erased.

Can someone else complete the questionnaire for me?

No, it is important that the questionnaire is filled in by the person who the invitation was sent to. Please therefore check that it is your name on the invitation letter. If this is not the case, please give the questionnaire to the person it is addressed to. People are selected to take part in the monitor at random, and the selected persons together provide an average representation of people in the whole of the municipality. Are you unable to complete the questionnaire on your own? If so, you can ask a family member or someone else to help, but you must fill in your answers. You can also contact I&O Research at helpdeskGM@ioresearch.nl or on 0800 0191 (7 days a week, 09.00 – 21.00) if you need help filling in the questionnaire.

I am unable to complete the questionnaire myself. Can someone help me with this?

If you are unable to complete the questionnaire yourself (eg difficulty with reading/writing), you can ask someone close to you (e.g. children, neighbours, home care) to help you complete it. It is important that you provide the answers yourself.

Can I get help filling out the questionnaire?

Yes, a helpdesk employee can assist you with filling out the questionnaire. You can get assistance in various languages. You can call the helpdesk (I&O Research) free of charge on 0800 0191 (7 days a week, 09.00 – 21.00).

Privacy

What happens to the data that is collected?

The aim of the Health Monitor 2022 is to monitor the health of adults over a period of time. The monitor will therefore be carried out again in 2024. To enable comparisons to be made with this and previous monitors, we need to save the results. We have taken the required technical and organisational measures to ensure that the data is protected, and the data that we store will not contain any directly identifiable information.

Names and addresses are used by I&O Research to send the invitations and reminders to complete the questionnaire and to inform prize winners that they have won a prize. This data cannot be linked to the answers provided in the questionnaire and will be erased three months after completion of the monitor.

What about privacy?

We will of course process your answers with the utmost care. Your privacy is protected as a participant in this study in accordance with the General Data Protection Regulations (GDPR). This means that the collected data will be handled and processed in strict confidence.

We are not interested in information on individual persons, and the research results will only present data on the total group of residents aged 18 and over or subgroups such as the elderly or young people. We will not present any results on individual persons, and your answers will therefore never be published. Would you like to know more about how we handle the privacy of participants? Read our privacy statement here www.ggdzl.nl/gezondheidsmonitor2022.

How did you obtain my name and address?

Every resident in the Netherlands is registered with their municipality, and municipalities are required by law to provide official government agencies with information from the municipal population register. For the GGD Health Monitor 2022, Statistics Netherlands (CBS) received data from the municipal population register. Using this data, CBS selected people for participation in the GGD Health Monitor 2022 at random, who are therefore representative of the population. This group of residents has been sent an invitation to fill in the questionnaire.

How can you check whether I have filled in the questionnaire?

For the online questionnaire, the login code is registered so that the computer can see whether or not you have completed the questionnaire. For the paper copy of the questionnaire, a bar code is printed on every page, which is read by the computer. These bar codes and login codes are compared with the list of participants, based on which reminders are sent out. Note that all address data will be erased once the monitor has been completed.

Do other people know what I have filled in?

We only use your name and address to send the invitation and the reminders. The data file containing the names and addresses is not coupled to your answers and will be erased on completion of the monitor. The research results only describe the total group of residents aged 18 and over or subgroups such as the elderly or young people, and not individuals. Your individual answers will therefore not be published. Would you like to know more about how we handle the privacy of participants in this study? Read the privacy statement here www.ggdzl.nl/gezondheidsmonitor2022.

How is my privacy guaranteed when data is combined with other data?

The answers provided in this monitor will be combined with information sent to CBS by other organisations, such as data on income and population composition. The GGDs, the public health department of the municipality of Utrecht, RIVM and CBS will use this data to produce statistics on Dutch society as a whole. By combining this data, we are able to work as efficiently as possible while guaranteeing the privacy of participants. Every participant is assigned a unique number, based on which the data is combined. This is an automated process in which no personal information such as name and address is used.

Do GGD researchers know who has or has not participated in the study?

No. The researchers of the GGD do not find out who is or is not participating or who has given which answers. The name and address are always separated from the answers to the questionnaire and this name and address are destroyed after the survey. Only the file with the answers given to the questionnaire is used by the GGD for making statistics.

Topics covered in the questionnaire

Which topics does the questionnaire deal with?

The questionnaire deals with the following topics:

- General information: age, sex, household composition, education, work
- Financial situation
- Health and well-being: mental health, stress, loneliness, resilience, non-specific complaints, chronic disorders, long COVID
- Lifestyle: height and weight, exercise, smoking, alcohol use
- Participation: social support, volunteer work, social contacts
- Care and help: informal care, postponed healthcare, COVID-19 vaccination
- Major life events: traumatic experiences, suicidal thoughts, impact of COVID-19
- Availability of informal care

Why do you want to know my level of education?

Municipalities are interested in the differences in health between different groups of adults. This could show, for example, that more help is needed for certain groups. This is why the questionnaire contains a number of questions about your background, including your level of education.

I would like more information about one or more topics in the questionnaire, is that possible?

Yes, that is possible. If you fill in the questionnaire online, you will see a page at the end of the questionnaire listing websites where you can find more information on the topics in this questionnaire.

Monitor results

What will the monitor results be used for?

Municipalities will use the monitor results to develop health policy. Municipalities and the GGD may also use the results to organise specific activities to improve the health and well-being of local residents. Through cooperation with RIVM and CBS, the monitor will also provide information on the health of people in the Netherlands as a whole.

Where can I find the results of the monitor?

The monitor results will be published in mid-2023 on the CBS Statline, RIVM Statline and VZinfo (RIVM) websites. The results of the South Limburg region can be found via: www.gezondheidsatlaszl.nl. The results of the North and Central Limburg regions can be found via: www.ggdlimburgnoord.nl/kennisplein. You can currently find the results of the 2020 survey there. The results will only present data relating to the whole of the group of participants aged 18 and over or subgroups such as the elderly or young people. We will not present any results relating to individual persons, and your answers will therefore not be published.

Will I also be informed of the monitor results?

No, it is not possible to inform the participants of the results, as the addresses of the participants will be erased on completion of the study. The monitor results will be published in mid-2023 on the CBS Statline, VZinfo (RIVM) and VZinfo (RIVM) websites and on the website of the GGD Zuid Limburg (www.gezondheidsatlaszl.nl) and GGD Limburg-Noord (www.ggdlimburgnoord.nl/kennisplein)..

Withdrawal

I cannot or do not want to participate.

It is possible that you cannot or do not want to fill in the questionnaire. In this case, please send an email to helpdeskGM@ioresearch.nl stating your login code, which you will find in the invitation letter, or your address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00).

I have started but do not want to finish the questionnaire.

You can stop filling in the questionnaire at any time. If you do not wish to receive a reminder, please inform us of this by sending an email to helpdeskGM@ioresearch.nl. Please include your login code, which you will find in the invitation letter, or your address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00).

The person to whom the letter is addressed does not live at this address.

Despite the care taken to ensure that the addresses are correct, you may have received an invitation for someone who no longer lives at your address. To ensure that the GGD does not send you any further reminders, please inform us of this by sending an email to helpdeskGM@ioresearch.nl. Please include the login code, which you will find in the invitation letter, or the address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00).

The person to whom the letter is addressed is unable to fill in the questionnaire.

If the person to whom the letter is addressed is unable to fill in the questionnaire, for example due to illness, you may not want this person to continue to receive reminders. Would you please inform us of this by sending an email to helpdeskGM@ioresearch.nl? Please include the login code, which you will find in the invitation letter, or the address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00).

The person to whom the letter is addressed is not currently at this address.

The questionnaire can be completed until 9 December. If the person to whom the letter is addressed will return before this date, they may still be able to fill in the questionnaire. If they will not return before this date, would you please inform us of this by sending an email to helpdeskGM@ioresearch.nl? Please include the login code, which you will find in the invitation letter, or the address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00).

The person to whom the letter is addressed has died.

Despite the care taken to ensure that the addresses are correct, you may have received an invitation letter for someone who has died. In this case, please accept our sincere apologies. To make sure that the GGD does not send reminders, would you please inform us of this by sending an email to helpdeskGM@ioresearch.nl? Please include the login code, which you will find in the invitation letter, or the address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00).

I do not want to receive any more post from you.

It is possible that you cannot or do not want to fill in the questionnaire of the GGD Health Monitor. Please inform us of this by sending an email to helpdeskGM@ioresearch.nl. Please include your login code, which you will find in the invitation letter, or your address. You may also call 0800 0191 (7 days a week, 09.00 – 21.00). If you do not want the GGD to contact you for other future studies, please inform your municipality of this, as we have obtained your name and address from the personal records database (BRP).

Prize draw

Is there a reward for participation in the monitor?

Everyone who completes the questionnaire (online or on paper) has a chance to win one of the 1,900 €50 VVV gift cards. You may indicate at the end of the questionnaire whether you would like to participate in the prize draw.

Winners will be sent their prize by post, for which the names and addresses on the participant list will be used. I&O Research will organise the prize draw after the study has ended in early December 2022. If you do not hear anything, then you have unfortunately not won a prize.

When will I know whether I have won a VVV gift card?

The VVV gift card prize draw will be organised by I&O Research in early December 2022. If you are one of the winners, the VVV gift card will be sent by post. The names and addresses on the participant list will be used for this. If you do not hear anything, then you have unfortunately not won a prize.

How does the GGD get my address details if I have won a prize?

When filling in the questionnaire via the internet, you will immediately see whether you have won. If you fill in the questionnaire on paper, I&O Research will know whether you have won a prize. Each questionnaire has a unique barcode. At the end of the research, I&O Research looks at which name and address belong to these barcodes. Don't want to be eligible to win a prize? Then pass this on to the Helpdesk of I&O Research by calling the telephone number: 0800 - 0191 (free).

Remaining questions

I have another question

For further questions, please contact I&O Research via the following telephone number 0800 - 0191 (free of charge) or send an e-mail to helpdeskGM@ioresearch.nl.

As a result of this questionnaire I feel the need to talk to someone. Who can I approach?

There are many help lines you can contact. On www.steunpuntcoronazorgen.nl you can find an overview of help lines with regard to COVID-19 and other topics and other concerns. You can also contact your GP.