

# Frequently asked questions and answers GGD Health Monitor 2024 Noord-Holland-Noord

## General

### What is the GGD Health Monitor 2024?

The GGD Health Monitor 2024 is a national questionnaire about the health, well-being, lifestyle and living environment of residents of the Netherlands aged 18 and over. Also in the region Noord-Holland-Noord this study will take place. The study will start in September 2024. About 1.5 million people throughout the Netherlands will be invited to complete the questionnaire. In your GGD region almost 44,000 residents have received an invitation.

### 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 does this at least once every four years. The GGD Health Monitor 2024 will be used by the GGDs to provide insight into the physical and mental health of adults at the national, regional and municipal levels. The GGDs will also compare the results with the results of previous monitors. Results of the monitors of 2012, 2016 and 2020 can be found at the Gezondheidsatlas (Health Atlas) of GGD Hollands Noorden ([www.gezondhnhn.nl](http://www.gezondhnhn.nl)). In 2022, an extra Health Monitor was carried out to investigate the impact of Covid-19 on the health of adults. The results of this extra monitor can also be found at the Gezondheidsatlas.

The monitor results will form an important basis for the development and implementation of local health policy for municipalities. 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.

### 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. Ipsos I&O will collect the data on behalf of these parties.

CBS receives data from other organisations – such as data on income and population composition – in addition to the data gathered for this monitor. CBS combines this data. This is useful for the GGD because it means fewer questions need to be added to the GGD Health Monitor. Please note that no personal details can be identified in the merged datasets sent to the GGDs by CBS.

### What is the role of Ipsos I&O?

Ipsos I&O has been asked to carry out the field work for the GGD Health Monitor 2024. This means that Ipsos I&O 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 Ipsos I&O with names and addresses. This data cannot be linked

to the answers provided in the questionnaire and will be erased at 1 April 2025. This is 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 26 September until at least 8 December 2024.

### **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 2024 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. For the region Noord-Holland-Noord CBS has selected almost 44,000 people aged 18 years and over. The people in the random sample will receive an invitation from GGD Hollands Noorden to fill in a questionnaire. The questionnaire 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 participate?**

The questionnaire gives the GGD and the municipalities insight in how you are doing. Are you healthy, do you feel happy, and are you satisfied with your local neighbourhood? To obtain an accurate picture of the health, well-being and lifestyle of residents aged 18 and over living in Noord-Holland-Noord, it is important that as many people as possible complete the questionnaire. If not enough people complete the questionnaire, the results will not be a good representation of the whole of the target population, making the research results less accurate, or even inaccurate.

If the GGD and municipality know how you and other residents are doing, the municipality can draw up targeted policies and take action to improve the health and well-being of residents. 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.

### **What is in it for me?**

By answering questions about your health, you are more likely to think about your own health and well-being. As a result, you may have questions about your health. For this reason, sources of information providing reliable health information are included at the end of the questionnaire. These websites can provide answers to questions that you may have after filling in the questionnaire. The results of the Health Monitor provides an important basis for the development and implementation of local health policy for municipalities. It may help municipalities and GGD to work towards a good health for all residents. For example, by paying attention to informal care givers, or by paying attention to stress or loneliness. The results of 2024 will be compared with results of previous monitors (2012, 2016, 2020 and 2022); are there any differences? The GGD examines whether there are problems in the region Noord-Holland-Noord that are different from other regions in the Netherlands. The results may also show which (group of) people are at risk for certain health problems. Through cooperation with RIVM and CBS, the monitor will also provide information about the

health of people in the Netherlands as a whole. Finally, by completing the questionnaire you have chance to win one of the 500 bol.com gift cards worth 25 euros each.

### **Where can I find more information?**

For more information or if you have questions about this Health Monitor, please contact the Ipsos I&O helpdesk. You can call Ipsos I&O free of charge on 0800 0191 (7 days a week, 09.00 – 21.00), or you can send an email to [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com). Information about this study can be found at [www.ggdhn.nl/GM2024](http://www.ggdhn.nl/GM2024). For other questions about this study please send an email to [epi@ggdhn.nl](mailto:epi@ggdhn.nl).

## **Participation in the monitor**

### **Why have I received an invitation?**

We have sent invitations to approximately 1.5 million residents of the Netherlands, aged 18 and over to take part in the GGD Health Monitor 2024. In the region Noord-Holland-Noord almost 44,000 adult residents are invited. Every resident in the Netherlands is registered with their municipality. 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 by Ipsos I&O to send the invitation and up to two reminders to complete the questionnaire. On April 1st 2025, the name and address data will be deleted by Ipsos I&O.

### **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 2024. 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, you may adjust your answers, 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 (see [www.ggdhn.nl/GM2024](http://www.ggdhn.nl/GM2024)).

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, you have to go back in the questionnaire and erase the answers. At the home page of the Health Monitor, you can read how to do this. You can also ask Ipsos I&O to erase your answers. Contact them at [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com) or on 0800 0191 (7 days a week, 09.00 – 21.00). Once you have provided your login details, Ipsos I&O will make sure that your answers are erased.

### **Do I have to participate in the monitor?**

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

### **How can I participate?**

You can fill in the questionnaire online or on paper, although online is quicker as you automatically skip the questions that do not apply to you. Moreover, the online questionnaire is available in English, the paper questionnaire is not. The invitation letter contains your personal login code; fill this in at [www.startvragenlijst.nl/ggd](http://www.startvragenlijst.nl/ggd) to start the questionnaire. You can also scan the QR-code on the invitation letter to start the questionnaire. Do you prefer to fill in the questionnaire on paper? Then wait to participate until you receive a paper questionnaire from us (around the second half of October). Once you fill in the paper questionnaire, you can return it in the enclosed return envelope without a stamp.

### **How long does it take to fill in the questionnaire?**

Some people are quicker than others, but it should take about 20 to 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 living in the municipalities of Noord-Holland-Noord, 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.

### **Why have I received a reminder?**

We send a reminder to make sure that as many people as possible complete the questionnaire. Ipsos I&O uses the login code or the code on the back of the paper questionnaire to work out who has not yet filled in the questionnaire. These people receive up to two reminders. You will therefore also receive a reminder if you have started to fill in the questionnaire but have not yet completed it. On April 1st 2025, the name and address data will be deleted by Ipsos I&O.

### **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 Ipsos I&O 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](http://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 Ipsos I&O at [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com) 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. You could 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, now what?**

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, now what?**

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, now what?**

You can send back the questionnaire in a normal envelope without a postage stamp to:

Ipsos I&O

Antwoordnummer 1104

7500 VB 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 2024. Note that you do not have to answer a certain question if you do not want to, you may adjust your answers, 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. If you want to stop halfway through and do not want the answers you have entered so far to be saved, you will have to go back through the questionnaire to delete your answers. An explanation of how to do this can be found at the start of the questionnaire. You can also contact Ipsos I&O to have your data deleted. This is possible until 8 December 2024. To do so, you can contact Ipsos I&O at [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com) or on 0800 0191 (7 days a week, 09.00 – 21.00). Once you have provided your login details, Ipsos I&O will ensure 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 to whom the invitation was sent. 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 Ipsos I&O at [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com) or on 0800 0191 (7 days a week, 09.00 – 21.00) if you need help filling in the questionnaire.

### **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 (Ipsos I&O) free of charge on 0800 0191 (7 days a week, 09.00 – 21.00). This is the helpdesk of Ipsos I&O, the organization that will send the invitation letters and will collect the answers on behalf of the GGD.

### **Why will the paper questionnaire be returned to Enschede?**

GGD Hollands Noorden commissioned Ipsos I&O to send the invitation letters and to process the questionnaires. Ipsos I&O is a company in Enschede that is specialized in automatic processing of questionnaires. That is why their address is written on the letter and the return envelope.

### **Would you like to register for the GGD Health Panel?**

If you completed the Dutch version of the questionnaire, at the end you can indicate whether you would like to participate in the GGD Health Panel. This is without obligation. As a member of the GGD Health Panel, you will receive short online questionnaires on topics in the field of health several times a year. These online questionnaires are only available in Dutch. If you want to be a member, you can fill in your email address. When you do that, you give the GGD permission to use your email address for sending invitations of our GGD Health Panel and to send you the results of these online surveys. Your email address cannot be linked to the answers provided in the questionnaire of the GGD Health Monitor. You can always unsubscribe by sending an email to [gezondheidpanel@ggdhn.nl](mailto:gezondheidpanel@ggdhn.nl). More information about the Health Panel can be found at [www.ggdhn.nl/gezondheidspanel](http://www.ggdhn.nl/gezondheidspanel).

## **Privacy**

### **What happens to the data that is collected?**

The aim of the Health Monitor 2024 is to monitor the health of adults over a period of time. This involves monitoring trends in groups rather than following individual persons. 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 Ipsos I&O to send the invitations and up to two reminders to complete the questionnaire and inform prize winners. This data cannot be linked to the answers provided in the questionnaire. On April 1st 2025, the name and address data will be deleted by Ipsos I&O.

### **What about privacy?**

We will 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. The research results will only present data on the total group of residents aged 18 and over or subgroups such as people aged 18–64 years and elderly (65 years and over). 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? Our privacy statement can be found at [www.ggdhn.nl/GM2024](http://www.ggdhn.nl/GM2024).

### **How did you obtain my name and address?**

Every resident in the Netherlands is registered with their municipality. Municipalities are required by law to provide official government agencies with information from the municipal population register. For the GGD Health Monitor 2024, Statistics Netherlands (CBS) received data from the municipal population register. Using this data, CBS selected people for participation in the GGD Health Monitor 2024 at random by the computer.

These people form a representative of the population in the municipality. 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 that, up to two reminders are sent out. Note that on April 1th 2025, the name and address data will be deleted by Ipsos I&O.

### **Do other people know what I have filled in?**

Ipsos I&O only uses your name and address to send the invitation and the reminders. Ipsos I&O also uses these data to send the bol.com gift cards to the winners. The data file containing the names and addresses is not linked to your answers and will be deleted on April 1th 2025 by Ipsos I&O. The research results only describe the total group of residents aged 18 and over or subgroups such as people aged 18–64 years and elderly (65 years and over). 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? Our privacy statement can be found at [www.ggdhn.nl/GM2024](http://www.ggdhn.nl/GM2024).

### **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. As a result, the GGD can reduce the number of questions in the questionnaire. No persons can be identified in the aggregated information that GGDs receive from CBS. With the combined data, CBS can also weigh the results of the GGD Health Monitor. Weighing is necessary to ensure that the participants are a good reflection of the population. Population groups that participated relatively little are then counted more heavily in the results. Groups that have participated relatively often are counted less heavily. 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.

### **Why do I have to provide my email address if I want to participate in the GGD Health Panel?**

Have you completed the questionnaire online? Then you can enter your email address to become a member of the GGD Health Panel. Note that this is a Dutch panel. If you become a member of the GGD Health Panel, you give us permission to use your email address to send the invitations and results of the panel surveys. Your email address will only be used for this purpose, it will be stored separately and will not be linked to your answers provided in the questionnaire of the GGD Health Monitor 2024. All email addresses will be deleted on 1 April 2025, by Ipsos I&O.

## **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

- (Physical) Health: perceived health, chronic disorders, long covid / post-covid, not receiving care, sleeping, physical limitations (only for 65 years and over), falling accidents (only for 65 years and over), care and support (only for 65 years and over), receiving informal care
- Well-being: mental health, stress, resilience, control of one's life, meaning of life
- Social contacts: loneliness, social support, LGBTQA+ attitude (only for 18–64 years), discrimination
- Lifestyle: height and weight, exercise, nutrition, fluid intake
- Substance use: smoking, vaping, alcohol, drugs (only for 18–64 years)
- Participation: informal care, volunteer work, babysitting (grand)children, membership sports club or society
- Negative thoughts and unpleasant incidents: suicidal thoughts, domestic violence/elderly abuse
- Living environment: noise pollution, sleep disturbance, odour pollution, satisfaction with living environment, access to cooler areas during hot spells, contacts and safety in the neighbourhood, satisfaction at home and facilities at home (only for 65 years and over), concerns about infectious diseases (only 18–64 years)
- Work and financial situation: work, difficulties to make ends meet, online gambling.

### **Why do you want to know my level of education?**

Municipalities are interested in health differences 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 to have more information about one or more topics in the questionnaire, is that possible?**

Yes, that is possible. At the end of the questionnaire, you will see a page 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. For example, attention to the dangers of alcohol, support for informal caregivers and dealing with stress and loneliness. It examines whether there are changes compared to previous monitors (from 2022, 2020, 2016 and 2012), whether there are problems in the region Noord-Holland-Noord that are greater than elsewhere in the country and examines which groups of people are at greater risk of health problems. 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-2025 on [CBS Statline](#), [RIVM Statline](#) en [VZinfo \(RIVM\)](#), and on the Gezondheidsatlas of GGD Hollands Noorden ([www.gezondnhn.nl](http://www.gezondnhn.nl)). Results of previous Health Monitors can also be found at the Gezondheidsatlas. The results will only present data relating to the whole group of participants aged 18 and over or subgroups, such as people aged 18–64 years and elderly (65 years and



over). 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 deleted on 1 April 2025, by Ipsos I&O. The results of the GGD Health Monitor 2024 will be published in mid-2025 on various websites (see the previous question).

## **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 [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com) 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 do not have to answer a certain question if you do not want to, you may adjust your answers, 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. If you want to stop halfway through and do not want the answers you have entered so far to be saved, you will have to go back through the questionnaire to delete your answers. An explanation of how to do this can be found at the start of the questionnaire. You can also contact Ipsos I&O to have your data deleted. This is possible until 8 December 2024. To do so, you can contact Ipsos I&O at [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com) or on 0800 0191 (7 days a week, 09.00 – 21.00). Once you have provided your login details, Ipsos I&O will make sure that your answers are erased.

### **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 one or two reminders, please inform us of this by sending an email to [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com). 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 one or two reminders. Would you please inform us of this by sending an email to [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com)? 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 8 December 2024. 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 [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com)? 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 two reminders, would you please inform us of this by sending an email to [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com)? 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 [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com). 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**

### **Do I have a chance to win a reward by participating?**

Anyone who participates and has completed the questionnaire (via the internet or on paper) has a chance to win one of the 500 bol. gift cards. The winners will be randomly selected from the participants. At the end of the questionnaire, you can indicate whether you want to participate in the prize draw. If you have won a bol. gift card, Ipsos I&O will send it to you by post. They use your name and address details from the random sample for this purpose. Ipsos I&O will draw the prize winners of the bol.com gift cards in January 2025. If you don't hear from us, you are not one of the winners. Read also the 'Terms and Conditions for the prize draw GGD Hollands Noorden' at [www.ggdhn.nl/GM2024](http://www.ggdhn.nl/GM2024).

### **When will I know if I have won a bol.com gift card?**

Ipsos I&O will draw prize winners in January 2025. If you are one of the winners, the bol.com gift card will be sent to you by post after the prize draw. Ipsos I&O uses your name and address details from the sample for this purpose. If you don't hear from us, you are not one of the winners.

## **Remaining questions**

### **As a result of this questionnaire I would like some more information. Where can I go?**

This questionnaire about your health, lifestyle, well-being and living conditions may have raised some questions. We would like to help you find reliable information:

- You can find reliable information on health, lifestyle and illnesses at [www.thuisarts.nl](http://www.thuisarts.nl).
- Complete the test on [mijnpositievegezondheid.nl](http://mijnpositievegezondheid.nl) to find out what you can do to improve your physical and mental health.
- You can find an overview of reliable apps and websites that you can use right away at [www.ggdappstore.nl](http://www.ggdappstore.nl).

- On the website of GGD Hollands Noorden ([www.ggdhn.nl](http://www.ggdhn.nl)), you can find information about healthy living, infectious diseases, mental health and the living environment.
- For support and facilities in your local area, please go to the municipality website.
- If you are concerned about your health, please contact your GP.

**Who can I approach with a complaint or comment?**

When you have a complaint or comment about the GGD Health Monitor, you can contact [privacy@ggdhn.nl](mailto:privacy@ggdhn.nl).

For any further questions about the study, please contact [epi@ggdhn.nl](mailto:epi@ggdhn.nl).