

## Health Survey for England - HSE

### Key contact details:

To discuss any aspect of the HSE dataset you can contact the NHS Digital team via phone 0300 303 5678 or email [enquiries@nhsdigital.nhs.uk](mailto:enquiries@nhsdigital.nhs.uk)

### HSE data dictionary:

HSE is a cross-sectional survey that monitors trends in the nation's health and care, collecting information on adults (16+) and children (0-15years) living in private households in England. HSE started in 1991 and has been administered every year since (excluding 2020 due to Covid-19 restrictions). The current survey is being carried out by NatCen Social Research on behalf of NHS England, and is funded by NHS England, to shape health policy and improve health services, so that the UK population can stay healthier, for longer.

The annual survey is used to estimate the proportion of people in England who have health conditions, and the prevalence of risk factors and behaviours associated with these. Each survey includes core questions, measurements (such as height/weight/BP), and analysis of blood and saliva samples (if consent is given). The core topics of the survey are on general health and psycho-social measures (questions about feeling depressed, having mental health illness, and types of counselling or therapy for a mental health or emotional problem). Participants are chosen at random, through their postcode, meaning every address in England has an equal chance of being included in the survey, ensuring a truly representative picture of people living in private households in England.

Participants are interviewed at home, and if consent is given, are followed up by a nurse visit to take measurements/samples. Around 8,000 adults and 2,000 children take part in the survey each year.

HSE provides regular information (yearly statistical outputs) that cannot be obtained from other sources, providing vital information to; monitor changes in health and lifestyles, monitor the prevalence of specific health conditions, plan services, and develop, monitor and evaluate policy.

The annual HSE surveys are reviewed yearly by an independent group of people on the REC to protect the safety, rights, wellbeing and dignity of those taking part.

This [HSE content page](#) provides information on content covered each year of the survey, including what data is collected, topics, questions and variables.

### Accessing HSE data:

Annual statistical reports are published and accessible via NHS Digital, where data visualisations of trends can also be found. [Click here for current and past publications of HSE statistical reports.](#)

In addition, an annual anonymised dataset will be made available on the UK Data Service (UKDS) Catalogue.

UKDS hosts the largest trusted digital archive of economic, social and population data in the UK and specialises in data curation, data literacy and actively managing long-term access to high quality data, transforming social science research, teaching and learning.

The HSE datasets are amongst the most used data on the UKDS repository. These datasets are classed as Safeguarded data, a data access level designated by the data provider

based on the detail, confidentiality and sensitivity of the data. How a specific dataset can be accessed will vary according to the access level. Safeguarded datasets can be downloaded by registering with UKDS and accepting the End User Licence. Some Safeguarded data may have additional conditions attached, for example the 2019-HSE file has a location agreement meaning that the data must not be accessed at a location outside of the UK. These conditions will be made clear on the data catalogue when accessing the chosen HSE survey year.

To access HSE datasets you will need to be registered with UKDS. Researchers, students and teachers from any discipline, organisation, or country may register with the UKDS and obtain data.

#### Registering with UKDS:

If you are based at a UK institution of higher or further education, or if your institution is part of the UK Access Management Federation (UKAMF) and is on the Federation Identity Providers Asserting User Accountability list, you can register using your usual institutional credentials via the UKDS login page. The registration process is as follows:

**Step 1:** UKDS login page ([UK Data Service](#))

**Step 2:** Choose your organisation from the list on the login page

**Step 3:** Enter your usual institutional credentials to login

**Step 4:** Complete the registration form

**Step 5:** Agree to the End User Licence which outlines the terms and conditions of use

**Step 6:** Once registration is complete you will be able to download and request access to data

Further information about the [registration and login process](#) can be found here. You will also find guidance on registering if your institution is not a member of UKAMF or you are a personal user.

Once registered you will have access to HSE data. Outlined below are the steps to access, download, and order data from UKDS.

**Step 1:** Using the UKDS data catalogue, locate the HSE dataset you wish to access

**Step 2:** Select 'Add to account'

**Step 3:** If data status is 'Active' the 'Action' button will allow you to download the data

**Step 4:** If the data status is 'Request Access' you will need to complete the actions required to gain access

**Step 5:** When all actions have been completed and the data is available the status will change to 'Active' where you can choose 'Action' to download the data

Further information on [downloading and ordering data from UKDS](#) can be found here.

Datasets in the UKDS main collection are usually made available in the following formats: SPSS, Stata or TAB.

**Cost of access:**

Accessing HSE data from UKDS is free of charge. Data access is not charged if for non-commercial use.

**Additional information:**

Further information from UKDS on HSE data can be found in this [useful quick start guide](#).

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