

# GGD Health Monitor 2024

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# GGD Health Monitor 2024

## 25 SEPTEMBER: Launch of national and regional study into the health status of adults and elderly.

How are residents of Gooi and Vechtstreek doing? Help us find out by participating in the GGD Health Monitor. Your answers will help the GGD (Regional Public Health Service) and the local municipalities improve the health of residents. In the questionnaire, we ask questions about your health, well-being, living environment and lifestyle.

More than 30,000 randomly selected people in Gooi and Vechtstreek aged 18 and older will be asked to participate in this questionnaire survey. They will receive an invitation for the survey from 25 September. Across the Netherlands, nearly 1.4 million people will be invited. The questionnaire includes various topics, such as (mental) health, well-being, lifestyle, participation and living environment. The survey will end early December.

### **Purpose of the survey**

By completing the questionnaire, you help yourself and other residents of your municipality. The more people fill in the questionnaire, the better we can offer help. Together with municipalities, the GGD looks at how to improve the health of residents. For instance, by organizing extra (social) activities in municipalities where many people are lonely. Or by organizing (sports) activities where people can get acquainted with different sports, to stimulate exercise.

### **Participation**

The Central Bureau of Statistics (CBS) selects individuals to be invited for the GGD Health Monitor 2024. These individuals are a good representation of the population. They receive an invitation to complete the questionnaire. This can only be done online. Persons who are not selected cannot participate in this survey. Participation is voluntary. GGD Gooi and Vechtstreek appreciates your participation. Participants' data will be treated and processed with strict confidence. More information on how we handle participant privacy can be found in our [privacy statement](#).

### **Background**

Municipalities are required by law to map the health status of their residents. The GGD is commissioned by the municipalities to carry out this statutory task. The GGD Health Monitor is conducted once every four years. Using the results, we look per municipality at what is needed to improve the health of inhabitants. The municipality uses the results of the survey to develop and implement local health policy.

### **Collaboration**

The GGDs, CBS, GGD GHOR Nederland and the National Institute for Public Health and the Environment (RIVM) are conducting the survey together. Ipsos I&O collects the data on behalf of these parties. In addition, CBS collects data for a relatively small number of people through their own Health Survey. The questionnaire of the GGD Health Monitor is in tune with the Health Survey. This allows the data from the Health Monitor and the Health Survey to be merged for some of the subjects.

### **More information**

Would you like more information or do you have questions about the GGD Health Monitor 2024? If so, please contact Ms M.B. (Manita) van Acker, epidemiologist, [m.vanacker@ggdgv.nl](mailto:m.vanacker@ggdgv.nl) or Ms P. (Paulien) Hagedoorn, public health researcher, [p.hagedoorn@ggdgv.nl](mailto:p.hagedoorn@ggdgv.nl) or check the [frequently asked questions](#).

# Frequently asked questions

## General

### **What is the GGD Health Monitor 2024?**

The GGD Health Monitor 2024 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 2024. About 1.5 million people throughout the Netherlands will be invited to complete the questionnaire. In the GGD region Gooi & Vechtstreek more than 30.000 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 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.

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. 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 carrying out this monitor together. 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 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 25 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.

The people in the random sample will receive an invitation to fill in a questionnaire from the regional GGD. 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 us insight in how you are doing. Are you healthy, do you feel happy and are you satisfied with your local neighbourhood? By participating in this study and providing answers you are giving insight to the municipality and GGD in regards to the overall health and wellbeing of the residents.

To obtain an accurate 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 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.

### **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 online questionnaire. These websites can provide answers to questions that you may have after filling in the questionnaire. Finally, by completing the questionnaire you have a chance to win one of the 100 VVV Gift Cards worth 50 euros.

### **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).

## **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. 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 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 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](#).

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 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.

### **Do I have to participate 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 policies and activities with the needs and requirements of its residents.

### **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.

Do you prefer to fill in the questionnaire on paper? Then wait to participate until you receive a paper questionnaire from us. 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 25 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.

### **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. 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 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, 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, 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. Ipsos I&O, Antwoordnummer 90275, 3009 VB Rotterdam.

### **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 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).

## **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. 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 reminders to complete the questionnaire and inform prize winners. This data cannot be linked to the answers provided in the questionnaire. Names and addresses 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. 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](#).

### **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, 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 for sending the invitation, for reminders and for sending the VVV voucher (if you have won one). The data file containing the names and addresses is not linked 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](#).

### **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.

## **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
- Health: perceived health, chronic disorders, long covid / post-covid
- Well-being: mental health, stress, resilience, control of one's life, relaxation and leisure
- Social contacts: loneliness, social support
- Lifestyle: height and weight, exercise and plans to improve health
- Substance use: smoking, vaping, alcohol
- Participation: informal care, volunteer work
- Negative thoughts: suicidal thoughts
- Living environment: noise pollution, sleep disturbance, odour pollution, satisfaction with living environment, access to cooler areas during hot spells
- Work and financial situation: work, difficulties to make ends meet
- Neighbourhood feeling
- Sense of purpose
- Received (informal) care

Are you 18- to 64-year-old (adults)? Then the following topics are included in the questionnaire:

- Relaxation and leisure
- Drug use

Are you 65 years or older? Then the following topics are included in the questionnaire:

- Limitations
- Falls

#### **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 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-2025 on the [CBS Statline](#), [RIVM Statline](#), [VZinfo \(RIVM\)](#) and on [www.ggdgv.nl/GMVO2024](http://www.ggdgv.nl/GMVO2024). The results will only present data relating to the whole 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 3 months after completion of the study. The monitor results will be published in mid-2025 on [CBS Statline](#), [RIVM Statline](#), [VZinfo \(RIVM\)](#) and on [www.ggdgv.nl/GMVO2024](http://www.ggdgv.nl/GMVO2024).

## **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. 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 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 any further 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 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 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 100 VVV Gift Cards worth 50 euros. 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 VVV Gift Card, we will send it to you by post. We use your name and address details from the sample for this purpose. Ipsos I&O will draw the prize winners of the VVV Gift Cards at the beginning of December 2024. If you don't hear from us, you are not one of the winners.

**When will I know if I have won a VVV Gift Card?**

Ipsos I&O will draw prize winners at the beginning of December 2024. If you are one of the winners, the VVV Gift Card will be sent to you by post after the prize draw. We use 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

### Who can I approach with a complaint?

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

### 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)
- Information about health can be found on the website of GGD Gooi en Vechtstreek: [www.ggdgv.nl](http://www.ggdgv.nl)
- 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.

# Regional privacy statement

At least once every four years, GGD Gooi en Vechtstreek is commissioned by the municipalities to monitor the health, well-being and lifestyle of adults and the elderly. This is the GGD Health Monitor. The GGD Health Monitor 2024 will be carried out between September and December 2024 among adults (18–64) and the elderly (65+). The obligation to carry out this monitor is set out in the Dutch Public Health Act (*Wet publieke gezondheid*, Wpg).

The GGD Health Monitor 2024 is a collaboration between the 25 GGDs (Regional Public Health Services), the public health department of the municipality of Utrecht, the National Institute for Public Health and the Environment (RIVM) and Statistics Netherlands (CBS). The GGD Health Monitor 2024 will be carried out in the same manner and at the same time by every GGD in the Netherlands. The Dutch Ministry of Health, Welfare and Sport (VWS) commissioned RIVM and GGD GHOR Nederland (the national association of GGDs and GHOR-offices) to support the GGDs and the municipality of Utrecht in setting up and implementing the study as well as in processing the data. CBS provides support for the GGD Health Monitor, for example by creating the random sample population for the monitor.

The parties involved in the GGD Health Monitor 2024 will process sensitive and non-sensitive personal data. In this privacy statement, GGD Gooi en Vechtstreek describes how it will handle the sensitive and non-sensitive personal data provided in the GGD Health Monitor 2024 questionnaires, the resulting research results, and the measures that it will take to ensure that these are properly protected.

## **Aims of the GGD Health Monitor 2024:**

- To obtain insight into the health situation of the population adults aged 18 to 64 and elderly people aged 65 and over.
- Monitoring this health situation over time.
- To develop local and national policy to promote health, wellbeing and lifestyle for the adults aged 18 to 64 and elderly people aged 65 and over.

## **The implementation of the GGD Health Monitor 2024 consists of the following components:**

- Approach adults and elderly people to participate in the study by sending invitation letters.
- Collecting data from digital and paper questionnaires.
- Analyzing the answers from the questionnaires so that national, regional and local insights can be provided at group level.

## **Will GGD Gooi en Vechtstreek, RIVM and CBS process my personal data and, if so, which?**

To carry out the study and achieve the goals, GGD Gooi en Vechtstreek, RIVM and CBS use questionnaires to collect data about you. Not every resident aged 18 and over will be invited to take part in the monitor. CBS will draw a random sample for the GGD Health Monitor 2024 for the GGDs and municipality of Utrecht. This means that adults (18–64) and the elderly (65+) who live in a municipality (or particular neighbourhood) will be selected at random. GGD Gooi en Vechtstreek has commissioned Ipsos I&O to send the invitations to participate in the study. For this purpose, CBS will send the names and addresses to Ipsos I&O. If you decide to participate and complete the questionnaire, your personal data will be collected and processed. Ipsos I&O collects all completed questionnaires.

## **The questionnaire**

GGD Gooi en Vechtstreek uses a questionnaire for the GGD Health Monitor 2024. Participants in the monitor may fill in the questionnaire online or on paper. The English language version is only available online. The questionnaire is used to collect data on the health, lifestyle and well-being of residents. The questionnaire covers the following topics:

- Personal data: year of birth, gender, household composition, level of education, work situation, financial situation, volunteer work;

- Sensitive personal data: general state of health, chronic disorders, long covid / post-covid, limitations (only 65 years and older), fall accidents (65 years and over), mental health, stress, resilience, control of one's life, loneliness, social support, suicidal thoughts, height and weight, smoking habits, alcohol use, exercise, provision of informal care, noise pollution, sleep disturbance, odour pollution, satisfaction with living environment, access to cooler areas during hot spells, plans to improve own health, relaxation and leisure, drugs (18-64 years only), sense of purpose of life, care received and the need for more care, neighbourhood feeling.

Both of the questionnaires of GGD Gooi en Vechtstreek for the GGD Health Monitor are available on [www.ggdgv.nl/GMVO2024](http://www.ggdgv.nl/GMVO2024).

As thanks for completing the questionnaire, 100 €50 VVV vouchers will be raffled off among the participants. From all respondents who completed the questionnaire in full (in writing or online) and who indicated that they wanted to participate in the raffle, winners will be chosen at random. The winners will receive the gift voucher at the address mentioned in the sample file. Three months after the closure of the project, all name and address details will be deleted.

#### **Legal grounds for the GGD Health Monitor 2024**

GGD Gooi en Vechtstreek and RIVM are conducting this study as a task carried out in the public interest, which is the monitoring of public health on the grounds of the Dutch Public Health Act (Article 2, paragraph 2a and b and article 5a of the 'Wet publieke Gezondheid', Wpg) and on the basis of the RIVM act (Article 3, paragraph 1b of the RIVM act).

When carrying out the GGD Health Monitor 2024, GGD Gooi en Vechtstreek and RIVM only use the data that is necessary for the performance of the statutory tasks.

The legal grounds for GGD Gooi en Vechtstreek and RIVM to process sensitive personal data can be found in Article 9(2)(i) of the DPR, which states that the processing of data is necessary for the task of public interest. This task is described in the Wpg and the RIVM Act, as stated above.

[Here](#) you can find more information about how CBS handles your personal data.

#### **Is it mandatory to participate?**

No, participation in the GGD Health Monitor 2024 is entirely voluntary. By completing the questionnaire (and sending it, if you fill it out on paper), you agree to participate in the GGD Health Monitor 2024. You can stop filling in the (online) questionnaire at any time. You can also skip questions if you don't want to fill them in. As soon as you start filling in the digital questionnaire, your data will be stored. If you want to stop halfway through and do not want the answers filled in up to that point to be kept, you must return through the questionnaire and delete the answers. Before you start filling in the questionnaire, you can read how you can do this. You can also contact Ipsos I&O. At the end of this privacy statement you can find more information about contacting Ipsos I&O.

To make clear that the questionnaire asks about your health, it is explained before the start of the questionnaire that the questionnaire asks questions about health, lifestyle and well-being.

Prior to processing, you will receive information that it concerns a questionnaire with health data that will be processed at group level by the RIVM, CBS and the regional GGD. In this way, the data subject knows that special personal data may be processed, but the controller does not invoke the exception ground for consent in Articles 6 and 9 of the GDPR.

Your answers will be processed confidentially, will be stored safely and will not be shared with any party that is not named in this privacy statement.

#### **Who will have access to the data collected for the GGD Health Monitor 2024?**

- Only employees of GGD Gooi en Vechtstreek who are responsible for processing the study data will have access to the data. The answers will be handled and processed in strict confidence.

- GGD Gooi en Vechtstreek has commissioned the research agency Ipsos I&O to distribute and collect the questionnaires and to provide temporary data storage. This external party is also bound by strict conditions regarding security measures and confidentiality. A processor agreement has been concluded with Ipsos I&O in which these conditions are described.
- GGD GHOR Nederland will process the personal data for the GGD's. GGD GHOR Nederland is responsible for cleaning of the datasets. They do this on behalf of the GGDs. This has been set out in agreements drawn up between the cooperating parties.
- RIVM and CBS receive the results of the completed questionnaires, excluding the specific local questions asked by GGD Gooi en Vechtstreek, so that they can support the GGDs and the municipality of Utrecht. This is laid down in a covenant which contains the agreements made by the cooperating parties.
- GGD GHOR Nederland receives only a dataset without identifiable data. GGD GHOR Nederland, the association of the GGDs, can thus support the GGDs in carrying out analyses at a national level.
- Third parties (Trimbos-instituut, RIVM, Nivel, TNO, CPB, Universities and academic hospitals) may carry out research using the national data files produced for the GGD Health Monitor 2024, but to do so they must first submit an application to <https://www.monitorgezondheid.nl/data-aanvraag>. The application will then be assessed by the Registratiecommissie Gezondheidsmonitors (Health Monitor Registration Committee), who will check that the application meets the required criteria. Third parties who obtain authorisation to access the database and wish to carry out analyses using this data may only access the data through the CBS Remote Access (RA) environment, for which CBS-institutional authorisation is required.

### **How do the GGD Gooi en Vechtstreek, RIVM and CBS use the data from the completed questionnaires?**

On the basis of its public task, GGD Gooi en Vechtstreek produces reports for municipalities based on the data collected. These are regional reports, reports on sub-regions and reports for municipalities. Measures have been taken to ensure that data in these reports cannot be traced back to individuals, by only reporting on groups. These reports are used to make policies on health.

RIVM and CBS can also use the results of the GGD Health Monitor 2024 for research and publication. Again, these studies only report on groups, which means that people cannot be directly traced.

### **How do we protect your data?**

GGD Gooi en Vechtstreek, RIVM, CBS and GGD GHOR Nederland consider privacy to be very important. In the exceptional case that the answers to the questionnaire can lead to a person, measures will be taken to prevent traceability. All organisations involved are also taking various measures to ensure that the completed questionnaires are properly secured. For example, secure programs with two-step verification are used to send data files. As mentioned, only employees involved in the GGD Health Monitor 2024 have access to the completed questionnaires. Moreover, the researchers have signed a duty of confidentiality and are not allowed to do anything that could connect the answers to a person.

### **Does GGD Gooi en Vechtstreek, RIVM or CBS know who I am?**

For the GGD Health Monitor 2024, it is not an end in itself to process (special) personal data, but to get a picture of health. For GGD Gooi en Vechtstreek and the RIVM, it is not possible to directly trace who gave which answers. Based on the combination of the answers given, in very exceptional cases, it may still be possible to trace the back to a person. CBS is also a collaborator in this study. CBS does have the ability to directly tracing data back to you as a person. With a unique serial number from the sample, CBS can link the data from the questionnaire to other data at CBS. One of the reasons CBS does this is to weigh the results. 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. In addition to the data collected from the GGD Health Monitor, CBS also receives many files from other institutions. This contains, for example, data on income and population. CBS merges this information with the GGD Health Monitor. As a result, the GGD has to request less information in the questionnaire. No persons can be identified in the aggregated information that GGDs receive from CBS.

### **How long will the data collected for the GGD Health Monitor 2024 be stored for?**

GGD Gooi en Vechtstreek stores the data files for 14 years, because the GGD Health Monitor 2024 aims to monitor the health situation of adults and the elderly over time (monitoring). This means that the GGD Gooi en Vechtstreek, the RIVM and the CBS must continue to have access to the completed questionnaires so that it can achieve the aforementioned goals and continue to carry out the tasks correctly. The law does not stipulate a specific period for the retention of non-directly traceable data.

The raw data that is not used for reporting will be kept until the analyses have been performed and the results have been published (mid-2025). In this way, any errors in the processing of the data can still be corrected. Name and address details will be deleted by Ipsos I&O three months after the survey has been conducted.

RIVM and CBS also store the completed questionnaires, so that they can support the 25 GGDs and the municipality of Utrecht and carry out research at a national level. This is laid down in the agreements made by the cooperating organisations. RIVM stores the raw data for 10 years, which complies with the Public Records Act 1995 and the Open Government Act (Woo). After 10 years, RIVM destroys the data.

### **What are my rights?**

As a participant in the study, you have a number of rights regarding the processing of your data, as detailed below. For further information on these rights, please visit the Dutch Data Protection Authority website. As explained below, these rights can no longer be exercised after 8 December 2024, because all traceable data will have been deleted by then, making it impossible to trace individual data without additional information from CBS.

#### *Right to refuse*

Participation in the GGD Health Monitor 2024 is voluntary. Participation can be waived at any time, without giving any reason. You can read more information about completing the questionnaire on the home page of the study. After that, you can decide whether or not to participate. You can also skip questions or stop filling out the questionnaire.

#### *Right to information*

You are entitled to clear information on what an organisation does with your personal data and why. This online privacy statement has been drawn up to comply with this. Do you have any further questions? The last part of this statement explains how you can ask these questions with contact details. You can also request a written version of this privacy statement.

#### *Right of access and copies*

You are entitled to access your data. Note however that a request to access your data is only possible in the data collection stage (field work) until 8 December 2024. After this first phase, all directly identifiable data is deleted, which makes it impossible to retrieve individual data without first obtaining additional data from CBS.

#### *Right of rectification*

You have the right to have data that is incorrect, or that is no longer correct, rectified. Note however that a request for rectification is only possible in the data collection stage (field work) until 8 December 2024. After this first phase, all directly identifiable data is deleted, which makes it impossible to retrieve individual data without first obtaining additional data from CBS.

#### *Right of erasure*

You may request that your personal data is erased. Note however that a request to erase your data is only possible in the data collection stage (field work) until 8 December 2024. After this first phase, all directly identifiable data is deleted, which makes it impossible to retrieve individual data without first obtaining additional data from CBS.

#### *Right to restrict processing*

In certain cases (as stipulated in the GDPR), you may request that the processing of your data is restricted. This is only possible if the data is suspected to be incorrect. A request to restrict processing is only possible in the data collection stage (field work) until 8 December 2024. After this first phase, all directly identifiable data is deleted, which makes it impossible to retrieve individual data without first obtaining additional data from CBS.

#### *Right of data portability*

You have the right to receive your personal data in a digital (machine readable) format. A request for data portability is only possible in the data collection stage (fieldwork) until 8 December 2024. After this first phase, all directly identifiable data will be deleted, making it impossible to trace individual data without additional information from CBS.

#### *Freedom of participation and right of objection*

Participation in the GGD Health Monitor 2024 is entirely voluntary, and you may refuse to participate at any time, without being required to provide a reason. You also have a formal right to objection, which you may make use of if it is justified by the individual circumstances.

#### **Who can I contact with questions?**

- Under Frequently Asked Questions you will find answers to frequently asked questions.
- If you have any questions about your rights and how to exercise them in this study, you can contact Ipsos I&O until 8 December 2024 at:
  - Whatsapp: 06-86826208
  - E-mail: [NLhelpdeskGM@Ipsos.com](mailto:NLhelpdeskGM@Ipsos.com)
  - Telephone: 0800-0191 (7 days a week, 09.00-21.00)

If you submit a request regarding your rights, Ipsos I&O will need your login details in order to process the request.

If you have any questions about the study or how GGD Gooi en Vechtstreek handles your personal data, please contact:

Ms M.B. (Manita) van Acker, epidemiologist, [m.vanacker@ggdgv.nl](mailto:m.vanacker@ggdgv.nl) or  
Ms P. (Paulien) Hagedoorn, public health researcher, [p.hagedoorn@ggdgv.nl](mailto:p.hagedoorn@ggdgv.nl).

If you wish to make a complaint, please contact: [fg@regiogv.nl](mailto:fg@regiogv.nl).

If you disagree with the outcome of your complaint or request or the way in which your complaint or request was handled, you may submit a complaint to the Dutch Data Protection Authority. You can do this at the following website: <https://autoriteitpersoonsgegevens.nl/nl/voordat-u-een-klacht-indient>.

*This statement was written and published on 19 August 2024.*

# Terms and conditions for the prize draw

1. These terms and conditions apply to the prize draw for the GGD Health Monitor 2024. The questionnaire and prize draw are organized by Ipsos I&O.
2. You can participate in this promotion by completing the questionnaire of the GGD Health Monitor between September 25th and December 8th. Only individuals aged 18 years and above, who reside in the Netherlands and who have been invited to complete the GGD Health Monitor 2024 can participate in this promotion. Statistics Netherlands (CBS) randomly selects people who are invited to participate. We call this a random sample. The selected individuals represent a cross-section of the Dutch population.
3. The prize draw is open to all individuals who complete the questionnaire, whether online at [www.startvragenlijst.nl/ggd](http://www.startvragenlijst.nl/ggd) or via the paper questionnaire delivered to the home address. Ipsos I&O is responsible for the prize draw.
- 4a. The total prize package of this prize draw of GGD Gooi en Vechtstreek consists of 100 VVV Gift Cards worth €50 each.
- 4b. In the survey, the respondent indicates whether he or she wants to be eligible for one of the VVV Gift Cards.
- 4c. Once the promotional period has passed, the VVV Gift Cards will be raffled among all respondents who have completed the questionnaire (online or in writing). The winners are chosen at random by means of an automatic script.
5. A maximum of one entry per respondent is permitted. Respondents who have completed the questionnaire multiple times will not be eligible to enter the prize draw more than once.
6. Prize winners will be notified by Ipsos I&O once the promotional period has passed. Winners will be contacted using the name and address which were made available by Statistics Netherlands (CBS) from the original questionnaire sample.
7. GGD Gooi en Vechtstreek and Ipsos I&O reserve the right to exclude a winner from participation in the prize draw if they suspect fraud or the intentional entry of false information in the questionnaire, to prevent the prize being awarded as a result of improper actions. In this case, a new winner will be drawn.
8. The name and address details from the sample are only used for sending invitations to participate in the GGD Health Monitor 2024 and for sending the VVV Gift Cards. This data is not linked to the questionnaire responses and is not used for marketing and/or other purposes. This data will be deleted no later than three months after the promotion period has ended.
9. The prizes are non-exchangeable, non-transferable, and no cash alternatives will be offered.
10. Respondents must be at least 18 years old and resident in the Netherlands at the time of participating in the questionnaire. They must also be selected to participate in the questionnaire by means of the random sample drawn by Statistics Netherlands (CBS).
11. These general terms and conditions comply with the Code of Conduct for Promotional Games of Chance 2014 (Promotional Games Authority or 'Kansspelautoriteit').



12. Questions or complaints regarding this prize draw or these terms and conditions can be sent via email to [NLhelpdeskGM@ipsos.com](mailto:NLhelpdeskGM@ipsos.com). Ipsos I&O will respond within two weeks at the latest. Complaints or questions must be submitted before 1 January 2025.

13. The decision by Ipsos I&O regarding any aspect of the prize draw is final and binding. There will be no correspondence about the result of the prize draw.

14. By entering the prize draw, the respondent agrees to the content of these prize draw terms and conditions, as well as to all decisions that the organizers are obliged to take to ensure the correct execution of this prize draw.

Please note that, in the case of any dispute, the original Dutch terms and conditions prevail.