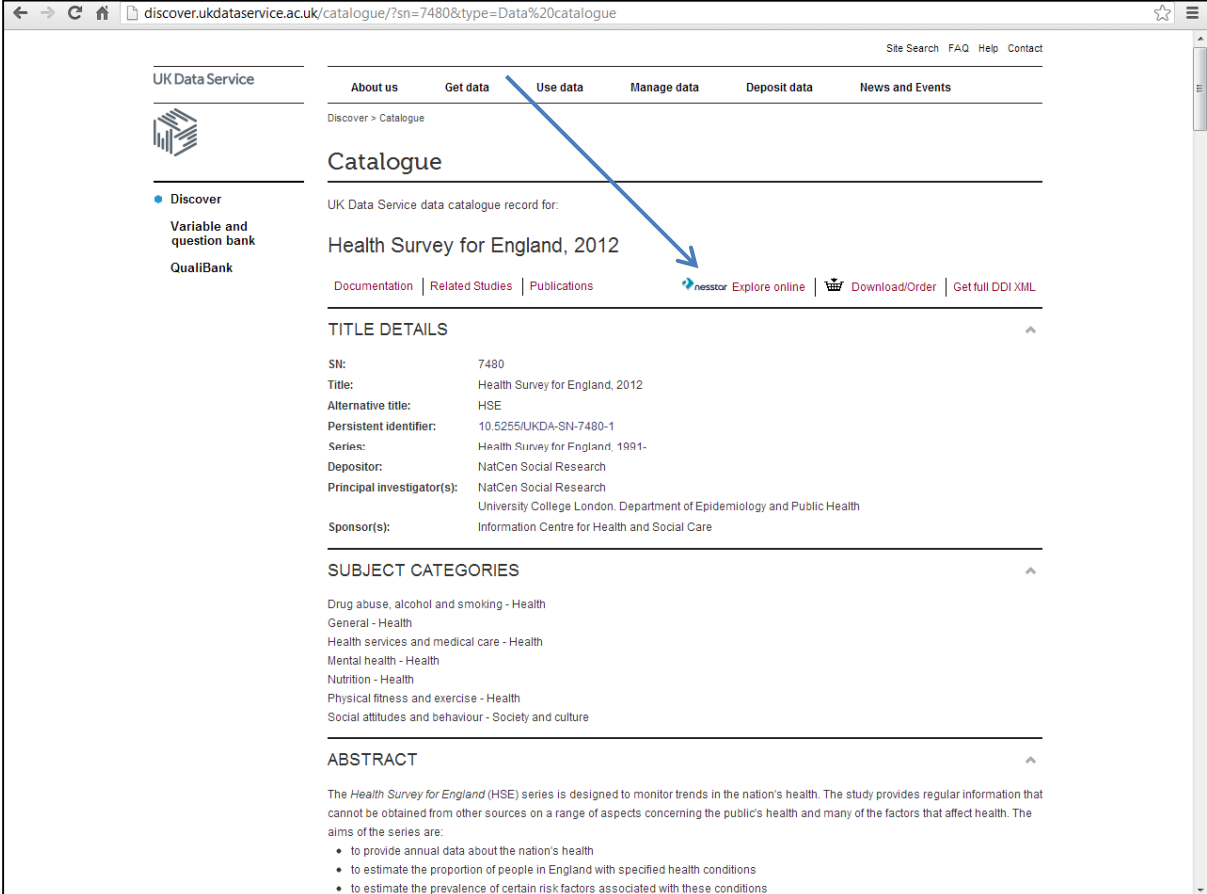


# Introduction to Nesstar

Nesstar is a software system for online data analysis. It is available for use with many of the large UK surveys on the UK Data Service website. You will know whether you can use Nesstar with a certain dataset as it will have the Nesstar logo and 'explore online' at the top of its catalogue page:-



The screenshot shows the UK Data Service website interface. At the top, there is a navigation menu with items: About us, Get data, Use data, Manage data, Deposit data, and News and Events. A blue arrow points from the 'Use data' menu item to a link labeled 'nesstar Explore online' in the main content area. The main content area displays the title 'Health Survey for England, 2012' and a list of links: Documentation, Related Studies, Publications, nesstar Explore online, Download/Order, and Get full DDI XML. Below this, there are sections for 'TITLE DETAILS', 'SUBJECT CATEGORIES', and 'ABSTRACT'.



UK Data Service

Discover > Catalogue

## Catalogue

UK Data Service data catalogue record for:

### Health Survey for England, 2012

[Documentation](#) | [Related Studies](#) | [Publications](#) |  [nesstar Explore online](#) |  [Download/Order](#) | [Get full DDI XML](#)

#### TITLE DETAILS

**SN:** 7480  
**Title:** Health Survey for England, 2012  
**Alternative title:** HSE  
**Persistent identifier:** 10.5255/UKDA-SN-7480-1  
**Series:** Health Survey for England, 1991-  
**Depositor:** NatCen Social Research  
**Principal investigator(s):** NatCen Social Research  
University College London, Department of Epidemiology and Public Health  
**Sponsor(s):** Information Centre for Health and Social Care

#### SUBJECT CATEGORIES

Drug abuse, alcohol and smoking - Health  
General - Health  
Health services and medical care - Health  
Mental health - Health  
Nutrition - Health  
Physical fitness and exercise - Health  
Social attitudes and behaviour - Society and culture

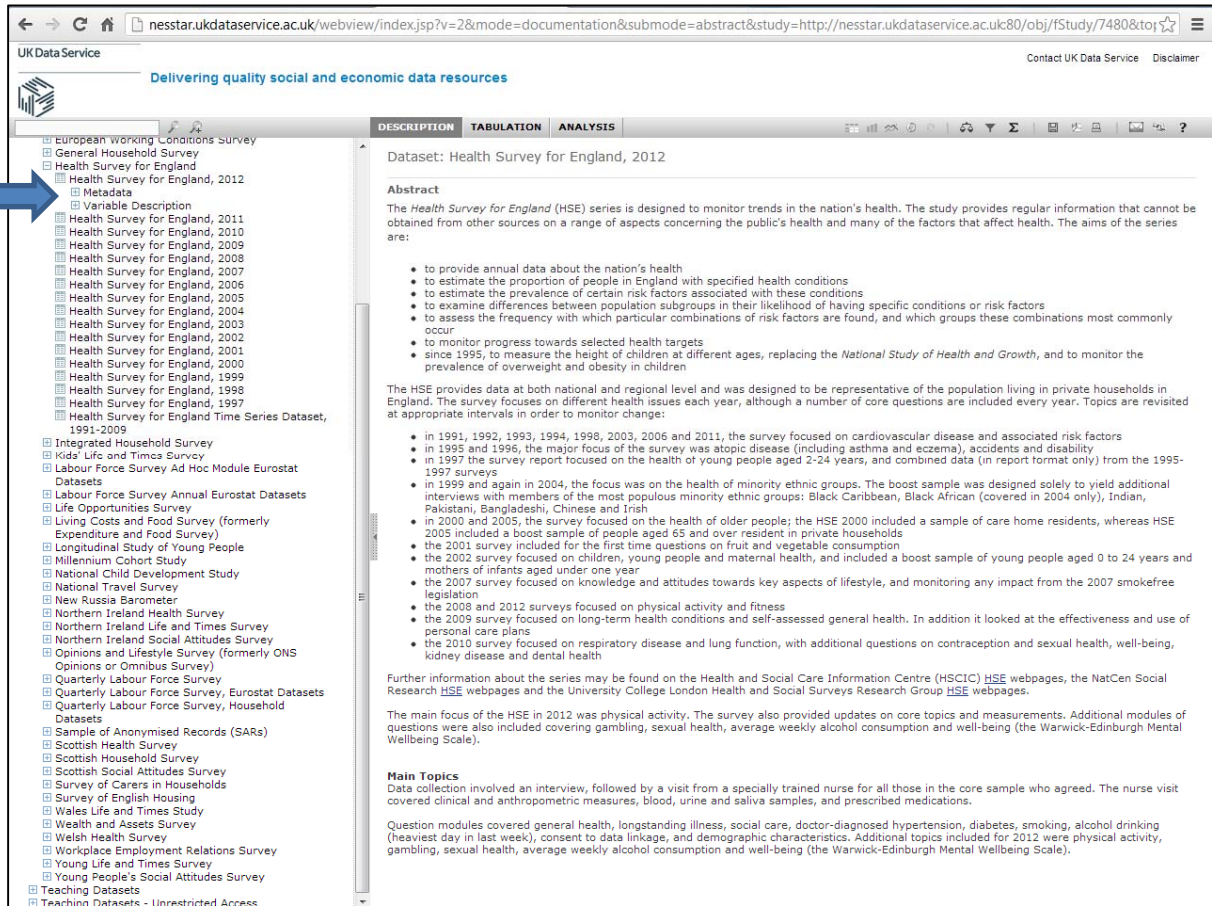
#### ABSTRACT

The *Health Survey for England* (HSE) series is designed to monitor trends in the nation's health. The study provides regular information that cannot be obtained from other sources on a range of aspects concerning the public's health and many of the factors that affect health. The aims of the series are:

- to provide annual data about the nation's health
- to estimate the proportion of people in England with specified health conditions
- to estimate the prevalence of certain risk factors associated with these conditions

## Description

Click onto the 'Explore online' link and this will take you to a page that looks like this:-



The screenshot shows the UK Data Service website interface. The left-hand navigation menu lists various datasets, with 'Health Survey for England, 2012' highlighted by a blue arrow. The main content area displays the 'Dataset: Health Survey for England, 2012' page, which includes an abstract, a list of bullet points describing the survey's objectives, and further information about the series.

**Dataset: Health Survey for England, 2012**

**Abstract**

The *Health Survey for England* (HSE) series is designed to monitor trends in the nation's health. The study provides regular information that cannot be obtained from other sources on a range of aspects concerning the public's health and many of the factors that affect health. The aims of the series are:

- to provide annual data about the nation's health
- to estimate the proportion of people in England with specified health conditions
- to estimate the prevalence of certain risk factors associated with these conditions
- to examine differences between population subgroups in their likelihood of having specific conditions or risk factors
- to assess the frequency with which particular combinations of risk factors are found, and which groups these combinations most commonly occur
- to monitor progress towards selected health targets
- since 1995, to measure the height of children at different ages, replacing the *National Study of Health and Growth*, and to monitor the prevalence of overweight and obesity in children

The HSE provides data at both national and regional level and was designed to be representative of the population living in private households in England. The survey focuses on different health issues each year, although a number of core questions are included every year. Topics are revisited at appropriate intervals in order to monitor change:

- in 1991, 1992, 1993, 1994, 1998, 2003, 2006 and 2011, the survey focused on cardiovascular disease and associated risk factors
- in 1995 and 1996, the major focus of the survey was atopic disease (including asthma and eczema), accidents and disability
- in 1997 the survey report focused on the health of young people aged 2-24 years, and combined data (in report format only) from the 1995-1997 surveys
- in 1999 and again in 2004, the focus was on the health of minority ethnic groups. The boost sample was designed solely to yield additional interviews with members of the most populous minority ethnic groups: Black Caribbean, Black African (covered in 2004 only), Indian, Pakistani, Bangladeshi, Chinese and Irish
- in 2000 and 2005, the survey focused on the health of older people; the HSE 2000 included a sample of care home residents, whereas HSE 2005 included a boost sample of people aged 65 and over resident in private households
- the 2001 survey included for the first time questions on fruit and vegetable consumption
- the 2002 survey focused on children, young people and maternal health, and included a boost sample of young people aged 0 to 24 years and mothers of infants aged under one year
- the 2007 survey focused on knowledge and attitudes towards key aspects of lifestyle, and monitoring any impact from the 2007 smokefree legislation
- the 2008 and 2012 surveys focused on physical activity and fitness
- the 2009 survey focused on long-term health conditions and self-assessed general health. In addition it looked at the effectiveness and use of personal care plans
- the 2010 survey focused on respiratory disease and lung function, with additional questions on contraception and sexual health, well-being, kidney disease and dental health

Further information about the series may be found on the Health and Social Care Information Centre (HSCIC) [HSE](#) webpages, the NatCen Social Research [HSE](#) webpages and the University College London Health and Social Surveys Research Group [HSE](#) webpages.

The main focus of the HSE in 2012 was physical activity. The survey also provided updates on core topics and measurements. Additional modules of questions were also included covering gambling, sexual health, average weekly alcohol consumption and well-being (the Warwick-Edinburgh Mental Wellbeing Scale).

**Main Topics**

Data collection involved an interview, followed by a visit from a specially trained nurse for all those in the core sample who agreed. The nurse visit covered clinical and anthropometric measures, blood, urine and saliva samples, and prescribed medications.

Question modules covered general health, longstanding illness, social care, doctor-diagnosed hypertension, diabetes, smoking, alcohol drinking (heaviest day in last week), consent to data linkage, and demographic characteristics. Additional topics included for 2012 were physical activity, gambling, sexual health, average weekly alcohol consumption and well-being (the Warwick-Edinburgh Mental Wellbeing Scale).

There are links to several datasets on the left-hand side of the screen but the one that you will have clicked on will be the one where the little blue boxes are furthest over to the right (see arrow above). This is the easiest way to identify it rather than looking through all the titles of the other datasets.

Once you have identified the dataset you wish to work with, click onto the little blue cross box that says 'Variable Description'. This will usually bring up another set of options that are descriptions of the different modules within the dataset (for instance Demographic Information, Attitudinal Variables etc). Click onto the cross box next to the one you are interested in looking at and the variables within these modules will be revealed:-

The screenshot shows the UK Data Service website interface. The browser address bar displays the URL: [nesstar.ukdataservice.ac.uk/webview/index.jsp?v=2&mode=documentation&submode=abstract&study=http://nesstar.ukdataservice.ac.uk/obj/fStudy/7401&to1](http://nesstar.ukdataservice.ac.uk/webview/index.jsp?v=2&mode=documentation&submode=abstract&study=http://nesstar.ukdataservice.ac.uk/obj/fStudy/7401&to1). The page title is "UK Data Service" and the main heading is "Delivering quality social and economic data resources".

The interface is divided into several sections:

- Navigation Menu:** Includes "About the UK Data Service Nesstar Catalogue", "Research Datasets", "Teaching Datasets", "Avon Longitudinal Study of Parents and Children, Sampler Datasets", "British Cohort Studies", "British Household Panel Survey", "Crime Survey for England and Wales (formerly British Crime Survey)", and "Crime Survey for England and Wales, 2011-2012: Teaching Dataset".
- Variable Description:** A list of variables with expandable/collapsible icons (blue crosses) next to them. The expanded list includes:
  - Case identifier (9 digits)
  - Follow-up module split
  - Number of adults in household
  - Respondent sex
  - Respondent age
  - Number of children under 16 in household
  - How long lived in this area
  - How many months lived at this address
  - Living at this address 12 months ago or not
  - How is your health in general
  - Any paid work in last week
  - On a government scheme for employment training
  - Any UNPAID work for business owned
  - Are you a full-time student at college or university
  - Have you ever had a paid job
  - In what year left last job
  - Working as an employee or self-employed
  - Working full or part time
  - Adult respondent nationality
  - Year adult respondent first came to stay in this country
  - Respondent other country of birth grouped
  - In which way do you occupy this accommodation
  - Who is your landlord
  - Are the contents of your home insured
  - Newspaper read MOST often in the LAST THREE MONTHS
  - What is your personal (and partners) gross income
  - Which is the gross income of the household AS A WHOLE
  - Inner city PSU or not
  - Adult respondent Socio-Economic Classification (NS-SEC): Analytic
- Dataset Information:**
  - Dataset:** Crime Survey for England and Wales, 2011-2012: Teaching Dataset
  - Abstract:** The *Crime Survey for England Wales 2011-2012: Teaching Dataset* is based on the *Crime Survey for England Wales 2011-2012* (available from the UK Data Archive under SN 7252) and constitutes real data which are used by the government and are behind many headlines. The teaching dataset contains fewer variables and has been subjected to certain simplifications and additions for the purpose of learning and teaching.
  - The main differences are:**
    - the number of variables has been reduced
    - weighting has been simplified
    - a reduced codebook is provided
    - additional continuous variables have been created (using principle components analysis of pre-existing variables) in order to facilitate their use in quantitative methods classes
  - Further information is available in the study documentation (below) which includes a dataset user guide.
  - Main Topics:**
    - socio-demographics
    - experience of crime
    - fear of crime
    - attitudes to Criminal Justice System
    - anti-social behaviour

You can then identify the variables you are interested in viewing descriptively and click onto those variables. In this way you can check to distribution of variables, check for any missing data and also view the variable categories, all online. For instance, for 'Gender' in the example below we can see that there are more men than women in the sample and no missing data for that variable.

The screenshot shows the UK Data Service website interface. The left-hand navigation menu is expanded to show the variable 'Respondent sex' under the 'Crime Survey for England and Wales, 2011-2012: Teaching Dataset' section. The main content area displays the following information:

Dataset: Crime Survey for England and Wales, 2011-2012: Teaching Dataset

**Variable sex: Respondent sex**

Values	Categories	N	
1	Male	21023	45.7%
2	Female	25008	54.3%

**SUMMARY STATISTICS**

Valid cases 46031  
 Missing cases 0  
 This variable is numeric

## Tabulation

Nesstar also enables users to produce tabulations online. Firstly, select the 'Tabulation' tab at the top of the Nesstar window. Then choose the variable you would like to analyse as a dependent variable in the cross-tabulation. In the example below 'How safe do you feel walking alone after dark?' is used at the dependent variable in the cross-tabulation. Click on the variable and then click 'Add to row'.

The screenshot shows the Nesstar web interface. The browser address bar displays the URL: [nesstar.ukdataservice.ac.uk/webview/index.jsp?v=2&mode=documentation&submode=abstract&study=http://nesstar.ukdataservice.ac.uk:80/obj/fstudy/7401&top1](http://nesstar.ukdataservice.ac.uk/webview/index.jsp?v=2&mode=documentation&submode=abstract&study=http://nesstar.ukdataservice.ac.uk:80/obj/fstudy/7401&top1). The page title is "UK Data Service" and the subtitle is "Delivering quality social and economic data resources". The main navigation tabs are "DESCRIPTION", "TABULATION", and "ANALYSIS". The "TABULATION" tab is selected. The left sidebar shows a tree view of the dataset structure, with "Crime Survey for England and Wales, 2011-2012: Teaching Dataset" expanded. Under "Variable Description", the variable "How safe do you feel walking alone after dark" is selected, and a context menu is open with "Add to row" highlighted. The main content area shows the dataset name and a table with a header "Choose 'Add to column' to place the variable here." and a body with instructions: "Choose 'Add to row' to place the variable here." and "To populate this table you need to select a variable from the browse list, click on it and then add it to row, column or layers, or use it as a measure variable." The footer contains copyright information and a note about weighting data.

Adding a variable to a row will produce a frequency table of that variable (see below) but Nesstar can also produce cross-tabulations. To do so, once you have selected the dependent variable, click through the variables and select the independent variable of choice for the cross-tabulation. In the example below, respondent's sex has been chosen. Click on the variable and then click 'Add to column'.

The screenshot shows the UK Data Service website interface. On the left, a navigation menu lists various datasets and variables. A blue arrow points to the 'Respondent sex' variable under the 'Crime Survey for England and Wales, 2011-2012: Teaching Dataset' section. The main content area displays a frequency table for the variable 'How safe do you feel walking alone after dark: Categories'. The table includes columns for Code, Frequency, % of all, and % of valid. Below the table, there is a copyright notice and a general instruction about weighting data.

	Code	Frequency	% of all	% of valid
How safe do you feel walking alone after dark				
Very safe	1	15,595	33.9	34.1
Fairly safe	2	18,486	40.2	40.4
A bit unsafe	3	8,120	17.6	17.8
Very unsafe	4	3,506	7.6	7.7
Dont know	9	324	0.7	-
Total		46,031	100.0	100.0

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In general, frequencies and tables should be weighted before quoting percentages from them. To apply weights, select the Weight icon and choose one or more weight variables to use. Users should consult the associated documentation for further information on whether, and how, to correctly weight the data.

This will then produce your cross-tabulation. Further useful functions of Nesstar at this stage include the weighting button (a button that looks like a little scale), which will add weights to the table to make estimates more accurate. Furthermore there is a button that allows you to export the table to Excel (which looks like a little Excel symbol) to be saved, formatted and copied into reports etc. These are located at the top of the Nesstar window, as shown below.

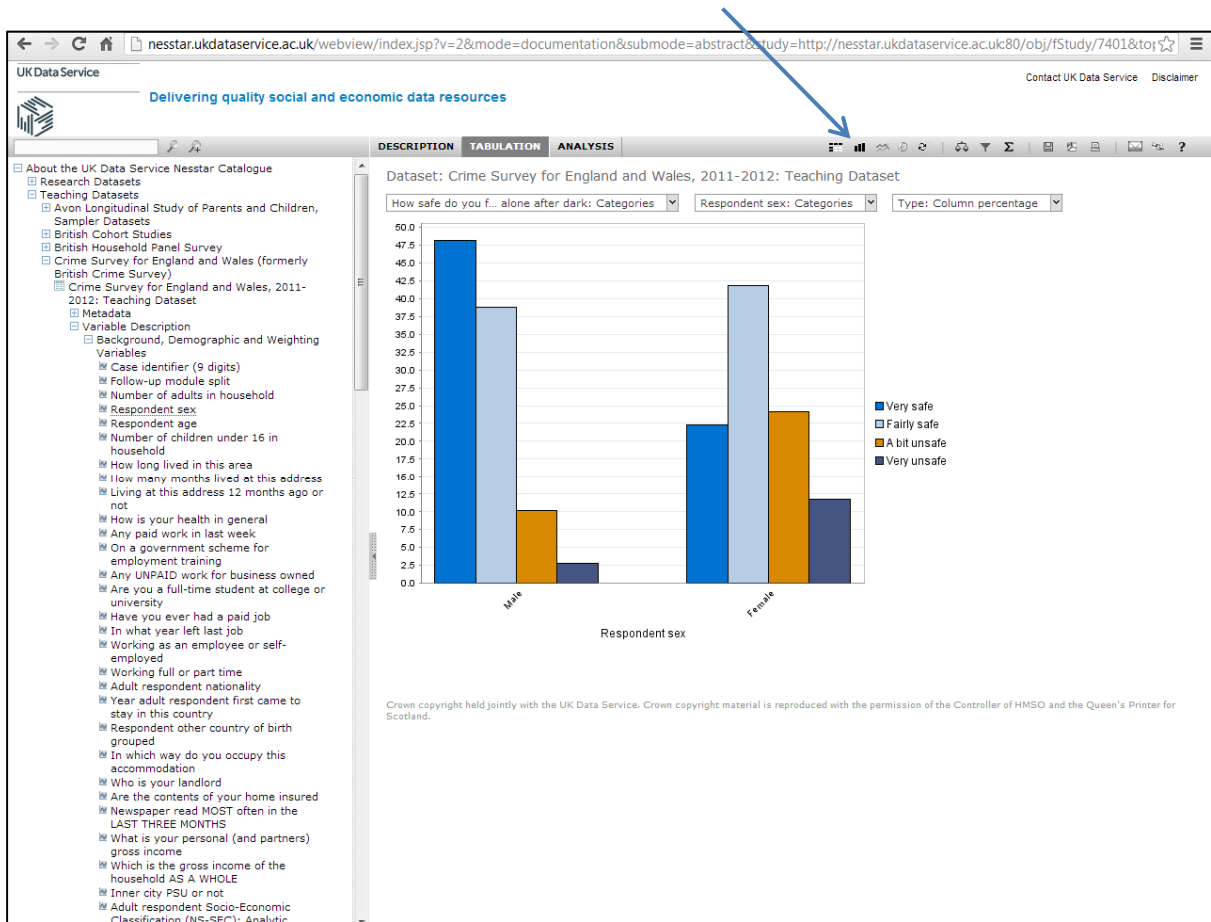
The screenshot shows the Nesstar web interface. The browser address bar displays the URL: `nesstar.ukdataservice.ac.uk/webview/index.jsp?v=2&mode=documentation&submode=abstract&study=http://nesstar.ukdataservice.ac.uk:80/obj/fStudy/7401&to`. The page title is "UK Data Service" and the subtitle is "Delivering quality social and economic data resources".

The main content area is titled "Dataset: Crime Survey for England and Wales, 2011-2012: Teaching Dataset". It shows a cross-tabulation table with the following data:

Respondent sex	Male	Female	Total
How safe do you feel walking alone after dark			
Very safe	48.2	22.2	34.1
Fairly safe	38.8	41.8	40.4
A bit unsafe	10.2	24.2	17.8
Very unsafe	2.8	11.8	7.7
Total	100.0	100.0	100.0
N=	20,923	24,784	45,707

At the top of the interface, there are several icons: a scale icon (weighting button) and an Excel icon (export to Excel button). Two blue arrows point from the text above to these icons. Below the table, there is a copyright notice and a note: "In general, frequencies and tables should be weighted before quoting percentages from them. To apply weights, select the Weight icon and choose one or more weight variables to use. Users should consult the associated documentation for further information on whether, and how, to correctly weight the data."

A further useful function of Nesstar is that it allows users to plot graphs and charts from their tabulations. Once you have produced a tabulation click on the little icon that looks like a graph. This allows you to choose different types of graph to plot such as bar charts, stacked bar charts and pie charts. Click in the desired chart and the graph will appear. This can again be saved to copy into reports etc. by right clicking on the graph itself.



## Analysis

The final functions available in Nesstar are accessed through the 'Analysis' tab. This allows users to produce correlations or simple regressions—simply click on the sub-tab to select which. The functions work in a very similar way to those that produce tabulations. Find the variables you would like to assess via correlation or regression and click on them. The options will either be 'add to correlation' for correlations or 'add as independent variable'/'add as dependent variable' for regression.

The screenshot displays the UK Data Service website interface. The browser address bar shows the URL: `nesstar.ukdataservice.ac.uk/webview/index.jsp?v=2&mode=documentation&submode=abstract&study=http://nesstar.ukdataservice.ac.uk:80/obj/fStudy/7401&to1`. The page title is "UK Data Service" and the main heading is "Delivering quality social and economic data resources".

The interface is divided into several sections:

- Navigation Menu (Left):** A tree view showing the site structure, including "About the UK Data Service Nesstar Catalogue", "Research Datasets", "Teaching Datasets", and a detailed list of variables under "Crime Survey for England and Wales, 2011-2012: Teaching Dataset".
- Main Content Area (Right):** Contains tabs for "DESCRIPTION", "TABULATION", and "ANALYSIS". Under the "ANALYSIS" tab, there are sub-tabs for "CORRELATION" and "REGRESSION". The main text reads: "Dataset: Crime Survey for England and Wales, 2011-2012: Teaching Dataset". Below this, it says "Listwise Correlation analysis: [[Change to pairwise](#)]" and "Variables: No variables added". A yellow box prompts the user to "Choose variables from the browse list." Below this is a table with two columns and two rows, which is currently empty.
- Footer:** A copyright notice: "Crown copyright held jointly with the UK Data Service. Crown copyright material is reproduced with the permission of the Controller of HMSO and the Queen's Printer for Scotland." and a general disclaimer: "In general, frequencies and tables should be weighted before quoting percentages from them. To apply weights, select the Weight icon and choose one or more weight variables to use. Users should consult the associated documentation for further information on whether, and how, to correctly weight the data."