

Switzerland - National nutrition survey on children and adolescents menuCH- Kids

**University Center for Primary Care and Public Health - Unisanté, Swiss Federal
Food Safety and Veterinary Office**

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Identification

SURVEY ID NUMBER

10.16909-fsvo-dataset-202510-menuch-kids

TITLE

National nutrition survey on children and adolescents menuCH-Kids

TRANSLATED TITLE

Nationale Ernährungserhebung bei Kindern und Jugendlichen menuCH-Kids = Enquête nationale sur l'alimentation des enfants et des adolescents menuCH-Kids = Sondaggio nazionale sull'alimentazione dei bambini e degli adolescenti menuCH-Kids

COUNTRY

Name	Country code
Switzerland	CHE

STUDY TYPE

Survey

ABSTRACT

menuCH-Kids is a multicentric descriptive cross-sectional observational study, including randomly selected children from 6 to 17 years old living in six regions of Switzerland covering 3 language regions (Vaud, Bern, Zurich, Lucerne, St Gallen, Ticino), and provides valuable information on the nutrition of Swiss children.

The survey was designed to enable to

- 1) characterise the diet and health behaviours of children and adolescents (who eats what, how much, when, where and with whom);
- 2) determine the nutritional status, energy and macro- and micro-nutrient intake of children and adolescents;
- 3) estimate the daily intake of contaminants and other harmful substances;
- 4) derive population-based national reference values for selected micronutrients and vitamins.

It collected high quality representative data on 1852 children from September 2023 -September 2024, about

- i) food consumption through two non-consecutive 24h recalls, which are extensive interviews about the diet of the previous day;
- ii) dietary and health behaviours using an online questionnaire including food propensity, dietary habits, lifestyle and sociodemographic data, and a puberty self-assessment;
- iii) body measurements (anthropometric and body composition parameters, blood pressure);
- iv) biological samples (urine spot, optional venous blood).

For more information see : www.menuchkids.ch

KIND OF DATA

Sample survey data [ssd]

UNIT OF ANALYSIS

Individuals

Version

VERSION DESCRIPTION

Version 1.0 of the datasets

VERSION DATE

2025-11-27

Scope

NOTES

menuCH-Kids is a Swiss national nutrition survey designed to comprehensively assess the dietary habits, diet and nutritional status of children and adolescents aged 6 to 17 years. It collected several types of data and samples:

1. Dietary Intake and Consumption Patterns

- Recording what foods and beverages youth consume, in what quantities, when, and where, using 24-hour recall interviews (24h-recalls) (or 24h-records assisted by food diaries for younger children), and a short Food Propensity Questionnaire administrated as part of the online questionnaire.

2. Anthropometric and Physical Health Measures

- Collection of measured anthropometric data: height, weight, waist and hip circumference, blood pressure, skin colour and in some centres, body composition (BIA).

3. Biological Sample Collection (Biomarkers)

- Collection of first morning spot urine and, in a voluntary subgroup, venous blood samples, partly analysed for various parameters to characterize nutritional status and contaminants, partly stored in a biobank for further research. Collection occurred the same day as the first 24h-recall, including self-reporting of medicament and food supplement consumption.

4. Eating habits, Puberty stage, Lifestyle and Sociodemographic Data

- Recording of sociodemographic data of the household and lifestyle (including dietary habits, allergies and supplements use, physical activity, sleep and screen time, early life, health, and for adolescents only: smoking, alcohol and pocket money) through an online questionnaire. Puberty stage was also self-evaluated.

Coverage

GEOGRAPHIC COVERAGE

Switzerland

UNIVERSE

Food consumption of healthy children and adolescents (6-17 years old), male and female, resident in Switzerland, from three language regions. Sampling covered a full year to cover all seasons and data collection was done over all weekdays.

Producers and sponsors

PRIMARY INVESTIGATORS

Name	Affiliation
University Center for Primary Care and Public Health - Unisanté	Unisanté
Swiss Federal Food Safety and Veterinary Office	Federal Department of Home Affairs (FDHA)

PRODUCERS

Name	Affiliation	Role
Department of epidemiology and health systems	Unisanté	Survey manager
Swiss Federal Food Safety and Veterinary Office	Federal Department of Home Affairs (FDHA)	Survey co-manager, Data proprietary and data linkage with Swiss Food Composition Database
Department of Health Professions	Berner Fachhochschule (BFH)	Survey collaborator
Institute of Public Health	Università della Svizzera italiana (USI)	Survey collaborator
Kinderklinik	Inselspital	Survey collaborator
Istituto Pediatrico della Svizzera Italiana	Ospedale Regionale di Bellinzona (EOC)	Survey collaborator
Biostatistics and Prevention Institute	Universität Zürich (UZH), Epidemiology	Survey collaborator

Adolescent medicine and paediatric psychosomatics	Ostschweizer Kinderspital (OKS)	Survey collaborator
KidZ	Kinderspital Luzern	Survey collaborator
School of Health Sciences, Institute of Public Health	Zürcher Hochschule für Angewandte Wissenschaften (ZHAW)	Survey collaborator
Haute école de santé Genève	Haute école spécialisée de Suisse occidentale (HES-SO)	Survey collaborator
Swiss Nutrition and Health Foundation	SNHf	Survey collaborator
YouGov	YouGov Schweiz	Survey collaborator

FUNDING AGENCY/SPONSOR

Name	Abbreviation
Federal Food Safety and Veterinary Office	FSVO

Sampling

SAMPLING PROCEDURE

Random sampling was carried out by the Federal Statistical Office (FSO) using the sampling frame for individual and household surveys (SRPH) <https://www.studydata.blv.admin.ch/catalog/4/download/87>. First, municipalities within a 30-minute travel time from the six study centres (Bellinzona, Bern, Lausanne, Luzern, St Gallen, Zurich) were selected (N=950). Then, a stratified sample by centre and by age category (6-9, 10-13, 14-17 years-old) was drawn, intended to be representative of those 18 strata. Four samples' waves were drawn over one year, allowing for continuous recruitment using most current version of the registry, while capturing seasonal variations. Interview were distributed over the weekdays quite evenly. Sample contained 16 223 invited addresses.

Inclusion criteria were

- Aged 6-17 years
- Healthy and free-living (not in an institution)
- Permanent residents in Switzerland
- Participant and legal guardian must be able to read and speak the local language (German, French or Italian)
- Informed consent signed at the visit.

Exclusion criteria were

- Known severe chronic disease (diabetes, cancer, Crohn, severe cognitive or developmental disorder, cardiomyopathy ...), overnight hospitalization in the last four weeks, pregnancy and breastfeeding
- Inability to come to study centre
- Insufficient knowledge of language, inability to understand survey
- Inability to provide informed consent, refusal to be informed about incidental findings

DEVIATIONS FROM THE SAMPLE DESIGN

Invitation among age groups wasn't exactly balanced, with 39% aged 6-9, 27% aged 10-13, and 34% aged 14-17.

RESPONSE RATE

11.3 for complete data collection. 98.9% of people coming to the visit completed all steps. 45.8% of them had a voluntary blood draw.

WEIGHTING

Three sets of sampling weights were created to align the participant sample with the Swiss population: one for the all the data collected through the visit to the study centres (anthropometry, dietary interviews, urine sample, self-assessed puberty stage,...) (n = 1 852), one for the blood sample subgroup (n = 848), and one for all the online questionnaires collected, even though some had no visit (N = 1935). All three were corrected for non-response and calibrated to population margins by sampling strata (age group, study centre), sex, household size, nationality, Swiss-SEP quintiles, and season (defined in 3-month periods from September 2023). Weights of the data from the visit to the study centres were further adjusted to reflect weekday distribution of the dietary interview (24h-recalls/records) (two 24h-recalls/records during weekdays [Mo-Th], two during weekends [Fr-Su], one of each).

Details can be found under the "Documentation" section in the document "weighting strategy".

Data Collection

DATES OF DATA COLLECTION

Start	End
2023/09/04	2024/09/30

DATA COLLECTION MODE

Computer Assisted Personal Interview, Computer Assisted Telephone Interview, Face-to-face, Mail Questionnaire, Biological sampling

Online questionnaire:

Participants filled in an online questionnaire containing approximately 30 questions. Parents answered questions about the child's early life, diet and health, sociodemographic, and household characteristics. Questions about eating habits, food allergies, a short Food Propensity Questionnaire (FPQ) (18 food and 12 beverage items), dietary supplements, lifestyle (physical activity, screen time, sleep, alcohol consumption and smoking (adolescents only), ...), were either addressed directly to the 14–17-year-old adolescent, without access of their parent, or following the parent questionnaire for 6–13-year-olds, with an advise to complete them together with their child. The full questionnaires can be found under the "Documentation" section.

Food consumption:

Trained dietitians collected data on food consumption using the 24h-recall method (for adolescent aged 14–17 years) and 24h-records for children aged 6–13 years old with the help of their legal representative and a food diary. The first 24-hour recall was administered face-to-face and the second by telephone around 2.5 weeks later and, if possible, on different weekdays. The software GloboDiet® developed by the International Agency for Research on Cancer IARC (Slimani et al. 1999; [https://doi.org/10.1016/S0169-2607\(98\)00088-1](https://doi.org/10.1016/S0169-2607(98)00088-1)), adapted to Swiss requirements, allowed the standardized collection and management of these data. Participants are asked to describe consumed foods and beverages according to a predefined sequence of questions/facets with pre-defined answers/descriptors (see lists under the "Documentation" section). Depending on the food GloboDiet allows to quantify consumed amounts by six different quantification methods: gram, volume, standard unit, household measure, photo and shape. For the 3 last quantification methods the Swiss picture book was available (see section "documentation"). In the dataset, the consumed amounts are given in grams after application of conversion factors, if necessary. Of note, extreme values have been thoroughly reviewed and validated wherever possible. However, a few of them could not be fully explained given the limited information available, and for these few consumptions the validity remains uncertain. It is important to note that this study is based on data derived based on memory of child-parent pairs or of adolescents.

The data have been linked with the Swiss Food Composition database to add nutrient composition (macronutrients and micronutrient). In the event of substantial improvements to the Swiss Food Composition Database, an update of the nutrient data within the food intake dataset may be undertaken to ensure consistency and accuracy.

Body measures and Anthropometry:

Body weight (kg), height (cm), waist (cm) and hip (cm) circumferences were measured using calibrated devices according to the WHO-MONICA protocol, available in the section "documentation". Blood pressure was assessed based on the European Society of Hypertension practice guidelines using Omron 1320, on the non-dominant arm, with the appropriate cuff size and a five-minute rest. Skin colour was assessed using the Fitzpatrick scale colour bar tool on the inner side of the upper arm of the participants.

Additional questions during the face-to face visit at the study centre:

Questions were asked on i) the average time passed outside during week days for the last month and same question was asked for the weekend days; ii) the consumption of fish in the last 7 days (qualitative question); iii) consumption of dietary supplement and medication iv) self-assessed puberty stage information was collected using a sheet depicting the tanner stages and additional question on voice changes or menstruation onset, which could be fill out at home prior the study or at the study centre.

Urine and blood sampling:

Participant were asked to collect and bring their first morning urine on the day of the visit at the study centre, using in a pre-sent cup. Blood sampling was performed by a study nurse, if participant agreed. Participant having an appointment before 9'o'clock were encouraged to come fasting.

DATA COLLECTION NOTES

All details information can be found in the final report "National nutrition survey in children and adolescents menuCH-Kids-

report" in the section "documentation"

Data Processing

DATA EDITING

Quality control and data cleaning took place at several stages throughout the processing, including:

- a) During data entry (monitoring)
- b) Structural checks and completeness checks
- c) Secondary editing

Data Appraisal

DATA APPRAISAL

Misreporters were assessed using Goldberg method adapted by Black, and results will be published soon.

Access policy

CONTACTS

Name	Affiliation	Email	URL
Swiss Federal Food Safety and Veterinary Office (FSVO)	The Federal Department of Home Affairs (FDHA)	datarepository@blv.admin.ch	Link

CONFIDENTIALITY

Confidentiality of respondents is guaranteed by Articles 4 to 15 of the Federal Act on Data Protection (FADP) of 19 June 1992 (Status as of 1 January 2014). De-identification: the data de-identification was performed by Unisanté team with the help of FSVO collaborators. This dataset contains only de-identified data following the standard for de-identification of protected health information, Section 164.514(a) of the Privacy Rule of the Health Insurance Portability and Accountability Act (HIPAA) (<http://www.hhs.gov/hipaa/for-professionals/privacy/special-topics/de-identification/#standard>). Under this standard, health information is not individually identifiable if it does not identify an individual and if the covered entity has no reasonable basis to believe it can be used to identify an individual. This is done by removing or recoding, direct and indirect, identifiers in the data. The following types of identifiers are examples, such as those identified by HIPAA, that should be considered for removal or recoding to prevent the risk of association of a participant to his / her data. The list includes, but is not limited to, the following: 1) Names and initials, 2) All elements of dates (except year) which can be directly associated with a specific individual (birthdate, etc.), 3) Geographic information such as place of work, addresses, zip codes, etc., 4) Telephone numbers, 5) Email addresses, 6) Fax numbers, 7) Account numbers, 8) Social security numbers, 9) Health plan beneficiary numbers, 10) Medical record numbers, 11) Vehicle identifier numbers and serial numbers including license plate numbers, 12) Certificate / license numbers (marriage licenses, etc.) 13) Biometric identifiers including such as MRI, hand voice prints, etc. 14) Full face photographic images or comparable images 15) Web Universal Resource Locators (URLs), 16) Internet Protocol (IP) addresses, and 17) Any other unique identifying number, code or characteristic. All of these 17 items should be considered to be removed from the data set excepting some geographic information about the country of birth and the nationality of participants. This information has been aggregated into larger regions according to WHO regions (<http://www.who.int/about/regions/en/> and a new special group for Switzerland and Liechtenstein) not giving away sufficient information to identify individuals: 1. African / Eastern Mediterranean Region, 2. European Region (excepting Switzerland and Liechtenstein,) 3. Western Pacific / South-East Asia Region, 4. Region of the Americas - Switzerland and Liechtenstein. The original subject id of the study was replaced with a new random subject id. The variables having undergone an anonymization treatment could be identified by the term "recoded" added at the end of their name. Before being granted access to the dataset, all users have to formally agree: 1. To make no copies of any files or portions of files to which s/he is granted access except those authorized by the data depositor. 2. Not to use any technique in an attempt to learn the identity of any person, establishment, or sampling unit not identified on public use data files. 3. To hold in strictest confidence the identification of any establishment or individual that may be inadvertently revealed in any documents or discussion, or analysis. Such inadvertent identification revealed in her/his analysis will be immediately brought to the attention of the data depositor. This statement does not replace a more comprehensive data agreement (see Access conditions).

ACCESS CONDITIONS

Access to licensed datasets will only be granted when the Lead Researcher is an employee of a legally registered receiving

agency (university, research company, research centre, national or international research organization, etc.) on behalf of which access to the data is requested. Commercial use of the data is not permitted. The Lead Researcher assumes all responsibility for compliance with all terms of this Data Access Agreement by all researchers involved in the respective research project.

To request access to licensed datasets, please register to the website to continue

(<https://www.studydata.blv.admin.ch/index.php/auth/register>). Once your registration will be approved you must login and go to the "GET MICRODATA" tab and fill in the application form for requesting access to the licensed dataset.

Before filling and submitting the request form, please consult the 7 codebooks in order to find out whether or not the available data provide the variable(s) you would need for your project. If in doubt you may contact the FSVO by email (datarepository@blv.admin.ch) for clarification.

Of note, data further use is usually subject to ethics review, and it is the Lead Researcher responsibility to ensure compliance.

CITATION REQUIREMENTS

Citation for the all study and datasets :

Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024, Version 1.0 of the study and datasets (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids>

Citation per dataset :

- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Consumption dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/001>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Personal dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/002>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Anthropometry dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/003>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Biosample dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/004>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : BIA dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/005>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Questionnaire dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/006>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Recruitment dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/007>
- Swiss National Nutrition Survey in children and adolescents menuCH-Kids 2023-2024 : Satisfaction dataset, Version 1.0 of the dataset (2025), provided by the Swiss Federal Food Safety and Veterinary Office (FSVO). Available at : <https://doi.org/10.16909/fsvo-dataset/202510/menuch-kids/008>

ACCESS AUTHORITY

Name	Affiliation	Email	URL
Swiss Federal Food Safety and Veterinary Office (FSVO)	The Federal Department of Home Affairs (FDHA)	datarepository@blv.admin.ch	Link

LOCATION OF DATA COLLECTION

FSVO Data repository

Disclaimer and copyrights

DISCLAIMER

The user of the data acknowledges that the original collector of the data, the authorized distributor of the data, and the relevant funding agency bear no responsibility for use of the data or for interpretations or inferences based upon such uses.

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Data Dictionary

Data file	Cases	Variables
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