Read me

1 - Title of the dataset: A community-based cooking programme “Eat Better Feel Better” can improve child and family eating behaviours in low socioeconomic groups. http://dx.doi.org/10.5525/gla.researchdata.894

2 – Description of the dataset. The data is quantitative. The purpose was to evaluate the “Eat Better Feel Better” cooking programme. The programme was developed and funded by NHS Greater Glasgow and Clyde Public Health (2016-2017).

The data will open using IBM SPSS Statistics 24 software. The SPSS file contains two views, one showing all raw data from 516 participants, the second view is the list of all variables with corresponding labels (definitions). The data is from participants answers to the questionnaire used for the evaluation of the programme. The questionnaire is also included in the repository.

3 - Authors. Dr Ada Lizbeth Garcia (corresponding author and PI), Nurie S. Athifa, Dr Alison Parrett from Human Nutrition, University of Glasgow. Elizabeth Hammond and Anne Gebbie-Diben from Public Health, NHS Greater Glasgow and Clyde

4 - Funder information: NHS Greater Glasgow and Clyde, Public Health (Anne Gebbie-Diben, Health Improvement Lead, NHS Greater Glasgow and Clyde)

5 – No restrictions on making the dataset public

6 - Link to the related publication http://dx.doi.org/10.5525/gla.researchdata.894

7 –Copyright for the dataset – University of Glasgow, NHS Greater Glasgow and Clyde, Public Health

8 – Was ethical approval required for this research? Yes, attached consent form and information sheet.

10 – Time period over which the data was collected in 04/2016 to 03/2017.

11 – Approximate size of the dataset: 184 KB