



Just Eat More
(fruit & veg)

“Questions about your diet”

Overview and How to use

- This evaluation questionnaire has been designed to measure knowledge attitudes and behaviour regarding healthier eating (including 5 A Day, Balance of Good Health) before and after a specific nutrition intervention (pre and post).
- The questionnaire will provide data on:
 - changes in consumption
 - knowledge of what constitutes a portion
 - confidence in preparing healthy meals
 - likelihood of changing behaviour
 - Factors acting as barriers to eating more fruit and vegetables
- The questionnaire also gathers demographic data, although doesn't record any personal information other than postcode so that it is anonymised. The postcode data will enable assessment of equality of access to healthy eating interventions across the population.
- The questionnaire has been Caldicott approved (NHS) to collect and store this data.
- A blank database has been produced by the PCT for partners to input and analyse their own questionnaire results. Using the same template will enable the sharing and comparison of evaluation findings for different projects on an annual basis. The PCT can support the data analysis.

How to use:

- The questionnaire has been designed and piloted in practice to try to make as user friendly as possible. Some participants may need support to fill in questionnaire. Course / session leaders can assess the appropriateness of the questionnaire.
- Information you may wish to give verbally to the group / participants:
 - The questionnaire is designed to gather information about the health and lifestyle of the people of Gateshead aged sixteen and over. There are questions about diet and health
 - Most questions can be answered by ticking a box and should only take 5 – 10 minutes to complete
 - The questionnaire is anonymous. All information will be held securely and will not be disclosed in any way that will allow individuals to be identified
- The course leader / facilitator will need to generate a personal identification number (PIN) so that individual evaluations can be compared pre and post course. Using a PIN means comparisons can be made anonymously without collecting personal information on forms. A PIN could be generated from a registration sheet e.g. CS (stands for cooking skills) 00001 (participant number 1)

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Or it could also record course leaders initials or venue where being held:

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Community Nutrition Assistant / Group 2 / Participant number 1

This can used however most useful for the group / setting.

July 2007