

## Metadata Elements for a Dataset

**Title:** Attitudes and Practices Towards Eating in Groups Among the University of Saskatchewan Community Dataset

**Description:** This dataset contains data from a survey conducted from October 23, 2023, to November 4, 2023, of 232 current University of Saskatchewan students, faculty/staff, and post-doctoral fellows. The survey was carried out by Nutrition 230 students. The purpose was to determine the attitudes and practices regarding the benefits of eating with others among the University of Saskatchewan community. This study consisted of ten survey questions; five questions captured participant demographic information and five questions investigated the attitudes and practices towards eating with others. The survey questions were based on Canada's Food Guide recommendation to incorporate eating meals with others as part of a healthy lifestyle. The questions were developed to allow participants to reflect on their own eating habits/experiences including frequency of meals, barriers, benefits, and impact on mental health when eating with others as well as provide potential strategies that participants could implement to experience the benefits of social eating. Question types included single-answer multiple choice and top three answer multiple choices.

**Format:** .xls(raw/analyzed data), .csv (raw/analyzed data storage)

**Keywords (or Tags):** Eating with others, social eating, eating in groups, frequency of eating with others, benefits of eating with others, barriers to eating with others, change in mental health when eating with others, strategies for eating with others, University eating habits, time spent eating with others, nutrition.

**Modification Date:** November 30, 2023

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**Temporal Coverage:** October 23<sup>rd</sup>, 2023 – November 4<sup>th</sup>, 2023 (SurveyMonkey)

**Location:** University of Saskatchewan OneDrive