Read me file for:

"Changing Dietary Habits Early in Life: A Field Experiment with Low-Income Families"

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Below we document the do files and data that are required to produce the tables in the main paper and appendix.

Unzip the folder containing the data and change the path in the do files to where you have saved it, then run each file.

1. **DATA FILES**

   We list below all the datafiles (stata format). All variables are listed in the Excel file "List of all variables"

The contents and description of the data files are as follows:

master_data_adults_child_s13456_shared.dta

This data is the main file containing the data used for the analysis of the experiment. This brings together:

i. Survey data and behavioural measures

ii. Food preferences questionnaires

iii. Body measurements

iv. Compliance measures

There are different levels of identifiers:

- a household id (hh_id) to identify at the family level, an individual id (id), plus a dummy variable "child"=1 if the individual is a child, 0 otherwise.
- 5 points in time: session={1, 3, 4, 5, 6}
- 2 locations: edi=1 if data collection was done in Edinburgh, =0 if in Colchester.

demog_adults_edi_essex_shared.dta

Contains data on demographics of the experimental sample.

sessions_showups.dta

This file summarises which individuals showed up and for which sessions.

recruitment_essex_simplified_2NB_shared.dta

This contains information collected during the recruitment phase in Colchester (Essex), before the study started. It contains information about claimed benefits.

recruitment_edi_benefits_byhh_idNB1.dta

This contains information collected during the recruitment phase in Edinburgh, before the study started. It contains information about claimed benefits.

Supermarket_data_short_S56_EDIandESSEX_STATA.dta

This contains data from the supermarket task and is used with master_data_adults_child_s13456.dta in the baseline analysis of the experiment. The tool is described in section 4.2.3.

hse2014ai.dta (we cannot directly provide this, but it is available from UK data archive) (used in Table A.7)

https://beta.ukdataservice.ac.uk/datacatalogue/studies/study?id=7919

This is the Health Survey of England 2014 survey, it is used to compare our sample to those from the Colchester waves of the experiment.

shes14i_archive.dta (we cannot directly provide this, but it is available from UK data archive) (used in Table A.7)

https://beta.ukdataservice.ac.uk/datacatalogue/studies/study?id=7851

This is the Scottish Health Survey of 2014, it is used to compare our sample to those from the Edinburgh waves of the experiment.

all_demog_clean_10.dta

Is a complementary version of "demog_adults_edi_essex.dta" and contains data on demographics of the experimental sample.

receiving_benefits_edi_essex_by_hh.dta

This dataset contains information about receiving benefits, collected during recruitment and available at the household level.

survey_adults_edi_essex_s134_shared.dta

This dataset includes all responses to computer surveys answered by all adults in both locations (Edinburgh and Colchester) "Before", "After, and in "Year 1".

children tasks EDIN and ESSEX year 3 tasks 1 to 3 STATA_shared.dta

This file contains the results of the risk and time preference tasks carried out by the children.

children incentivized task EDIN and ESSEX year 3_shared.dta

This file contains the incentivized snack choice task carried out by the children.

panel.dta

This file is used to examine attrition. It is a blank file containing a balanced panel of the id and session numbers.

trimmed_samplesDD_BMI.xlsx & trimmed_samplesDD_AddedSugs.xlsx

These files are used in the exercise to produce the "Lee Bounds". They are the samples of difference in outcomes that compare the baseline results to the particular session of interest. The suffixes indicate which outcome is for each file.

2. DO FILES and DATASETS corresponding to each figure and table

All the tables have a corresponding do file associated with their name i.e. Table 1 is created by table1.do, below is a list of those tables with the data needed to create them.

Main paper

Figure 2: Changes in the distribution of the BMI percentile rank in children

Data files:

master_data_adults_child_s13456_shared.dta

Table 1: Demographic characteristics at baseline and across groups

Data files:

- demog_adults_edi_essex_shared.dta
- sessions_showups.dta
- master_data_adults_child_s13456_shared.dta
- recruitment_essex_simplified_2NB_shared.dta
- recruitment_edi_benefits_byhh_idNB1.dta

Table 2: Baseline measurements (children)

Data files:

- master_data_adults_child_s13456_shared.dta

Table 3: Impact of Meal Treatment on Body Mass Index and Diet of Children

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta

Creates and uses intermediate files:

- fulldata0.dta

- measure1.dta
- measure2.dta
- measure3.dta

Table 4: Impact of Snack Treatment on Body Mass Index and Diet of Children

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta

Creates and uses intermediate files:

- fulldata0.dta
- measure1.dta
- measure2.dta
- measure3.dta

Table 5: Meal and Snack treatment effects on food preferences (children)

Data files:

- master_data_adults_child_s13456_shared.dta

Table 6: Meal and Snack treatment effects on children's incentivized food preferences

Data files:

- master_data_adults_child_s13456_shared.dta", clear
- demog_adults_edi_essex_shared.dta
- children tasks EDIN and ESSEX year 3 tasks 1 to 3 STATA_shared.dta
- children incentivized task EDIN and ESSEX year 3_shared.dta

Appendix

Table A.7: Demographic characteristics at baseline Edinburgh and Colchester compared to the English and Scottish Health Surveys

Data files:

- hse2014ai.dta (available from UK data archive)
- demog_adults_edi_essex_shared.dta
- sessions_showups.dta
- shes14i_archive.dta (available from UK data archive)
- master_data_adults_child_s13456_shared.dta
- all_demog_clean_10_shared.dta

- demog_adults_edi_essex_shared.dta
- receiving_benefits_edi_essex_by_hh.dta
- survey_adults_edi_essex_s134_shared.dta

Table A.8: Descriptive statistics of anthropometric measurements at baseline

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.9: Baseline measures of dietary intake (24h dietary recall)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.11: Self-reported feedback on the ease of implementation of the protocols

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.12: Self-reported feedback on the effects of the protocols

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.13: Meal and Snack treatment effects on body mass index

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.14: Meal and Snack treatment effects on dietary intake (24h dietary recall)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.15: Meal and Snack treatment effects on children's self-reported changes in consumption of specific food items (%) (Part 1)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.15: Meal and Snack treatment effects on adults' self-reported changes in consumption of specific food items (%) (Part 2)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.17: Meal Treatment effects on Body Mass Index and Diet of Adults

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta

Creates and uses intermediate files:

- fulldata0.dta
- measure1.dta
- measure2.dta
- measure3.dta

Table A.18: Snack Treatment effects on Body Mass Index and Diet of Adults

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta

Creates and uses intermediate files:

- fulldata0.dta
- measure1.dta
- measure2.dta
- measure3.dta

Table A.20: Baseline health biomarkers (based on fasted blood samples)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.21: Meal and Snack treatment effects on blood biomarkers

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.23: Baseline self-reported food preferences

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.24: Meal and Snack treatment effects on food preferences (adults)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.25: Meal and Snack treatment effects on adults' incentivized food preferences

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.26: Mediation Analysis for BMI Z-score (Children)

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta

Table A.27: Healthiness in life (in % of responses)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.28: Changes needed to meet the guidelines (in % of responses)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.29: Meal and Snack treatment effects on Body Size with an alternative inference procedure (Randomisation Inference)

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.30: Meal and Snack treatment effects on food preferences using alternative inference procedures

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.31: Meal and Snack treatment effects on dietary intake using alternative inference procedures

Data files:

- master_data_adults_child_s13456_shared.dta

Table A.32: Means of baseline BMI for those present at the start and in year 3

Data files:

- master_data_adults_child_s13456_shared.dta
- panel.dta

Table A.33: Means of baseline diet intake for those present at the start and in year 3

Data files:

- master_data_adults_child_s13456_shared.dta
- panel.dta

Table A.34: Means of baseline food preferences for those at the start and who are present in year 3

Data files:

- master_data_adults_child_s13456_shared.dta
- panel.dta

Table A.35: Meal and Snack treatment effects on body mass index - alternative samples and estimation techniques

Data files:

- master_data_adults_child_s13456_shared.dta

Creates and uses intermediate files:

- temp_before_balanced_analysis.dta
- temp_before_balanced_analysis_nmesg

Table A.36: Meal and Snack treatment effects on "Added Sugar" - alternative samples and estimation techniques

Run TableA35.do before Table A36 to make temp_before_balanced_analysis_nmesg.dta

Data files:

- temp_before_balanced_analysis_nmesg.dta

Table A.37: Meal and Snack treatment effects on body mass index (percentile rank) - correction for attrition

Data files:

- master_data_adults_child_s13456_shared.dta
- trimmed_samplesDD_BMI.xlsx
- trimmed_samplesDD _AddedSugs.xlsx

The do file creates and uses:

- temp_before_trimming.dta
- trimmed_samples_s3DD
- trimmed_samples_s4DD
- trimmed_samples_s5DD
- trimmed_samples_s6DD

Table A.38: Meal and Snack treatment effects on body mass index (BMI Z-score) - correction for attrition

Run lines 3-37 of TableA37.do before running Table A.38

Data files:

- master_data_adults_child_s13456_shared.dta

The do file creates and uses:

- temp_before_trimming.dta
- trimmed_samples_s3DD
- trimmed_samples_s4DD
- trimmed_samples_s5DD
- trimmed_samples_s6DD

Table A.39: Meal and Snack treatment effects on "Added Sugar" - correction for attrition

Run lines 3-37 of TableA37.do before running Table A.39

Data files:

- master_data_adults_child_s13456_shared.dta

The do file creates and uses:

- temp_before_trimming_nmesg.dta
- trimmed_samples_s3DD_AS
- trimmed_samples_s4DD_AS
- trimmed_samples_s5DD_AS
- trimmed_samples_s6DD_AS

Table A.40: Correlation between BMI (z-score), 24-hour dietary recall, and supermarket choice tool: Children

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta

Table A.41: Correlation between BMI (z-score), 24-hour dietary recall, and supermarket choice tool: Adults

Data files:

- master_data_adults_child_s13456_shared.dta
- Supermarket_data_short_S56_EDIandESSEX_STATA.dta