

APPENDIX 2 to:

Shafto K, Shah A, Smith J, et al. Impact of an Online Nutrition Course to Address a Gap in Medical Education: A Feasibility Study. PRiMER. 2020;4:5.

<https://doi.org/10.22454/PRiMER.2020.368659>

Survey Tool for Nutrition Training in Residency Study

Number/ID

Please circle your program: Medicine Family Medicine

What career path do you plan to pursue?

Primary care

Specialty; if yes, which specialty: _____

Hospitalist

Combination of above; please explain: _____

Other; please explain: _____

Where do you find information about nutrition?

Up-to-date

[Type here]

__ Medical journals

__ Food/health blogs

__ Magazines

__ Friends/family

__ Television

__ Other; please explain: _____

Using a scale of 1 (not important) to 5 (very important) please rank:

How important you think it is...

	Not important (1)	Slightly Important (2)	Moderately Important (3)	Important (4)	Very Important (5)
(Q1) for you to maintain a healthy diet?					
(Q2) for physicians to understand nutrition?					
(Q3) for physicians to model healthy behaviors?					

[Type here]

(Q4) On average, how many servings of fruits and vegetables combined do you eat every day? (1 cup of uncooked green leafy vegetables =1 serving; ½ cup of fruit and vegetables = 1 serving)

- a. 0
- b. 1 serving/day
- c. 2 servings/day
- d. 3 servings/day
- e. 4 servings/day
- f. 5 or more servings/day

(Q5) Did you receive a formal, practical lecture, series, or discussion on the role of nutrition and diet in overall health during medical school?

- a. Yes, part of one lecture
- b. Yes, one lecture
- c. Yes, a series of lectures (or block)
- d. Yes, a bedside discussion on teaching rounds
- e. No
- f. Don't recall

(Q6) Which statement best describes your philosophy regarding nutrition in your practice?

- a. I do not believe my role is to counsel patients about nutrition. All patients with nutrition issues or concerns should be referred to dietitians or other healthcare professionals with nutrition expertise.
- b. I believe my role is limited to giving some basic nutrition information to my patients.

[Type here]

c. I believe my role includes personally providing more detailed nutrition information to my patients and answering common dietary questions.

(Q7) How much time during an average patient visit do you spend counseling patients on nutrition?

- a. I don't spend any time on most visits
- b. 1 minute or less
- c. 2-3 minutes
- d. 5 minutes
- e. 10 minutes or more

(Q8) Which is the least healthy type of fat to eat?

- a. saturated fats
- b. trans fats ***
- c. monounsaturated fats
- d. polyunsaturated fats
- e. I don't know

(Q9) What is the best source of omega-3 fatty acids?

- a. chicken
- b. avocado
- c. salmon***
- d. beef
- e. I don't know

[Type here]

(Q10) Diet soda is a healthy choice for controlling blood sugar and insulin balance

- a. True
- b. False ***

(Q11) How quickly can cardiovascular benefits from implementing the DASH or Mediterranean diet be seen?

- a. 1 week
- b. 2 weeks***
- c. 6 months
- d. 1 year

(Q12) Which statement is true regarding the link between dietary interventions and lipids?

- a. The Lyon and PREDIMED Mediterranean diet studies both showed significant improvement in serum lipids.
- b. Olive oil typically raises serum LDL.
- c. Dietary changes do not need to improve serum lipids to reduce cardiac risk.***
- d. Dietary recommendations are less important for those already on statin therapy.

(Q13) Which of the following trends are the reason why nutrition ranks #1 among the top factors contributing to death and disease in the United States.

- a. A diet low in vegetables/fruits, high in sodium and high in processed meats***
- b. A diet high in sodium, fat and dietary cholesterol
- c. A diet low in vegetables, carbohydrates and fats
- d. A diet high in soy products, low in vegetables and high in protein

[Type here]

(Q14) Monounsaturated fats are primarily found in:

- a. Olive oil, avocado, nuts***
- b. Meats
- c. Dairy products and palm oil
- d. Coconut oil and fish

(Q15) All saturated fats raise serum LDL a similar amount

- a. True
- b. False***

(Q16) Which of the following is true about glycemic load:

- a. A food's glycemic load and glycemic index are interchangeable value
- b. Foods with a high glycemic load are likely to decrease blood sugar
- c. The impact of a food's glycemic load remains constant regardless of other foods eaten at the same time
- d. High starch foods (i.e. bagels, white potatoes) can have a much higher glycemic load than sweet foods ***

(Q17) Choose the most accurate statement about sodium from the following:

- a. Sodium intake from table salt accounts for roughly 50% of average sodium consumption
- b. When consumed with potassium, sodium has an even greater impact on elevating blood pressure
- c. The foods responsible for the most sodium intake in the Standard American Diet are pizza, breads and processed meats. ***

[Type here]

- d. Dietary guidelines recommend less than 3000 mg of sodium/day for adults age 51 or older.

(Q18) Eating what number of servings of whole grains daily resulted in a decrease in cardiovascular disease risk of 21%, according to a study from 2008?

- a. 5 servings
- b. 1 serving
- c. 2.5 servings***
- d. Whole grain intake was not associated with reduced cardiovascular risk

(Q19) Replacement of high-carbohydrate snacks with nuts (specifically almonds) on a regular basis has been shown to reduce which of the following cardiometabolic risk factors?

- a. HDL, LDL and glucose intolerance
- b. non-HDL, LDL and central adiposity***
- c. VLDL, hs-CRP and LDL
- d. Regular consumption of nuts has no effect on cardiometabolic risks

(Q20) Health care professionals who practice healthier lifestyles are more likely to make preventive, healthy-lifestyle recommendations to their patients.

- a. True***
- b. False

(Q21) What benefits, if any, are dietary interventions likely to provide to patients who adhere to guideline based pharmacologic therapy?

[Type here]

- a. Dietary interventions are likely to provide no additional benefit to patients who adhere to guideline based pharmacologic therapy.
- b. Dietary interventions are likely to provide minimal additional benefit to patients who adhere to guideline based pharmacologic therapy.
- c. Dietary interventions are likely to provide substantial additional benefit to patients who adhere to guideline based pharmacologic therapy***

***** indicates correct answer**