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Diet Quality Differences Between Residents and their Patient Population

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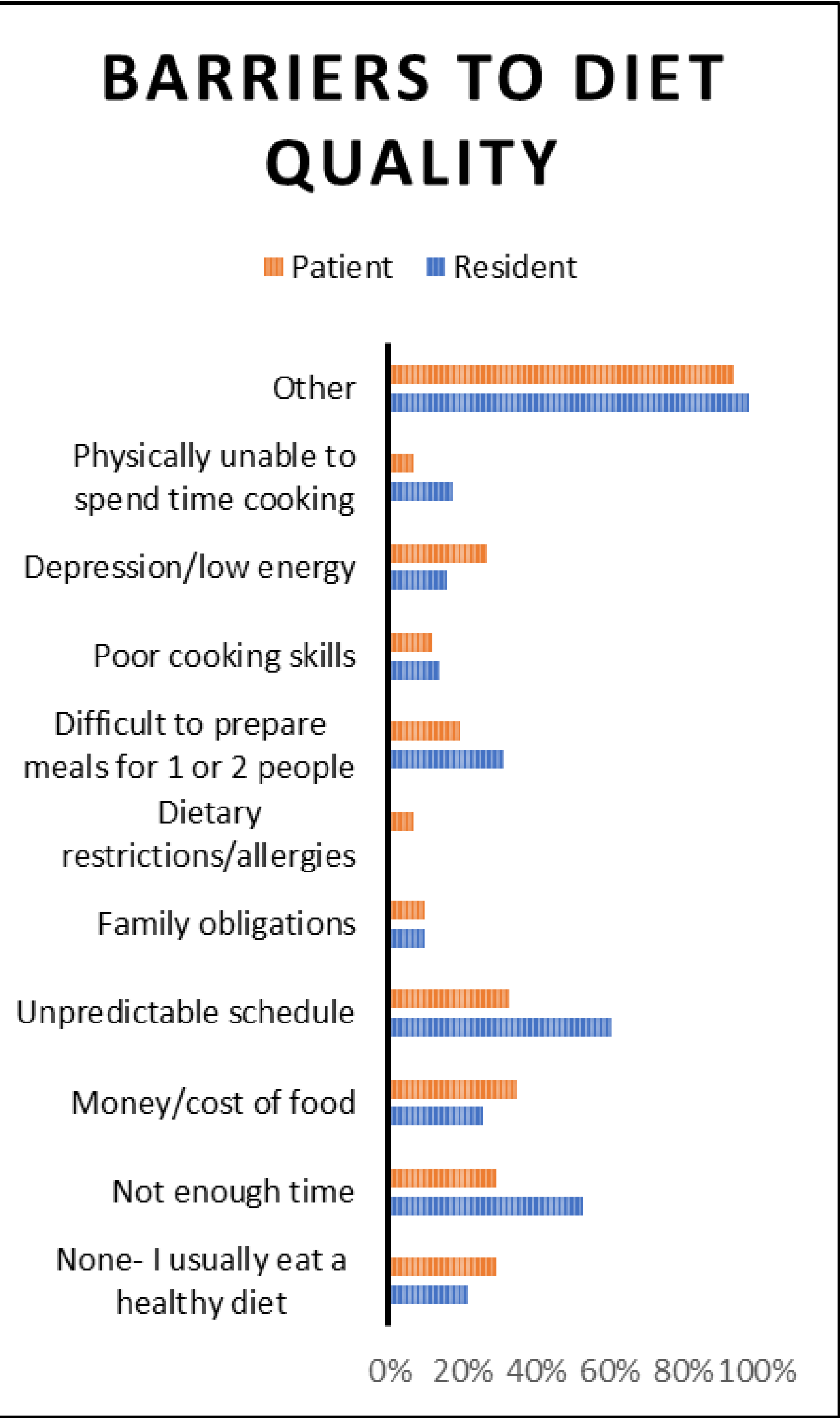
Title: Diet Quality Differences Between Residents and their Patient Population

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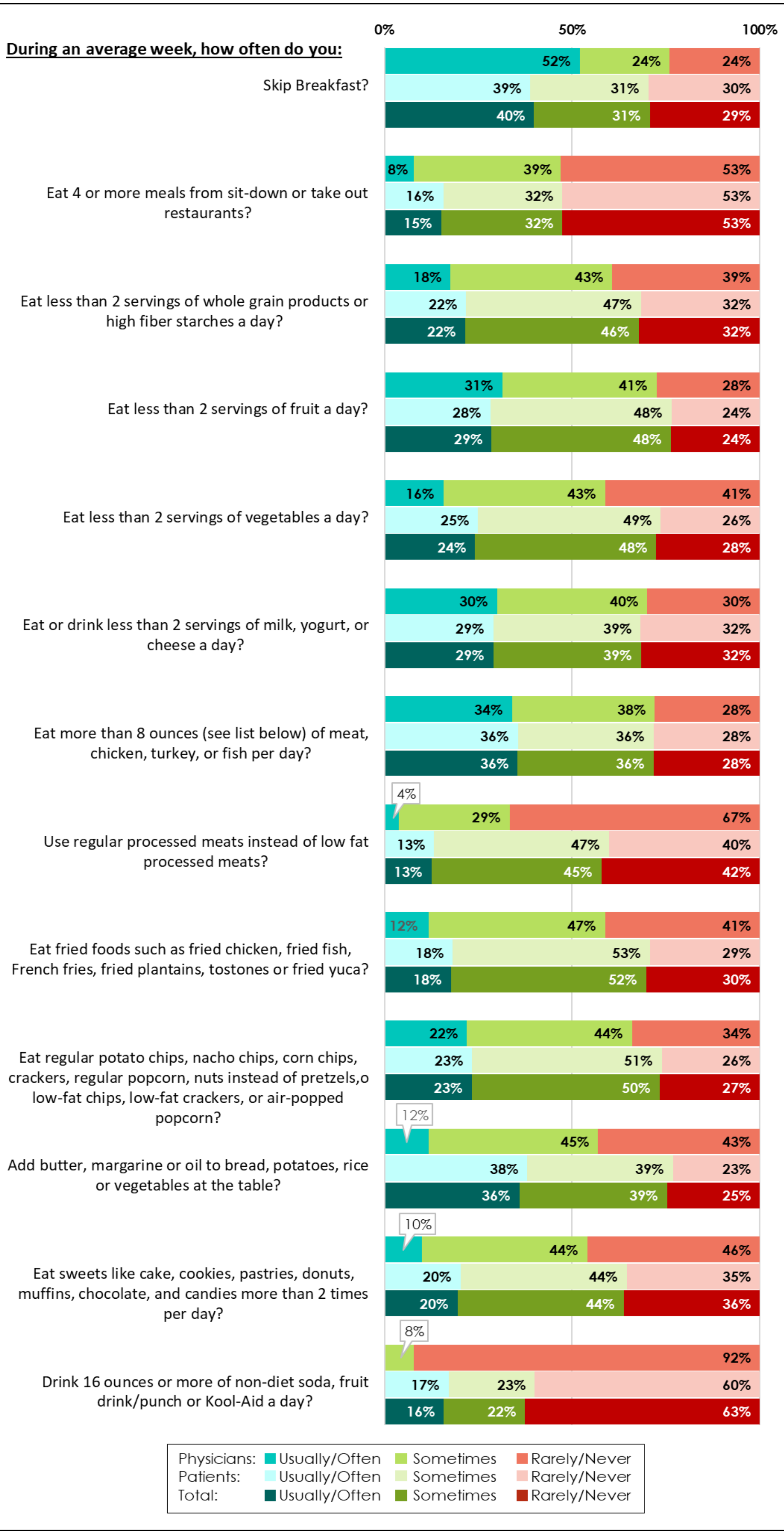
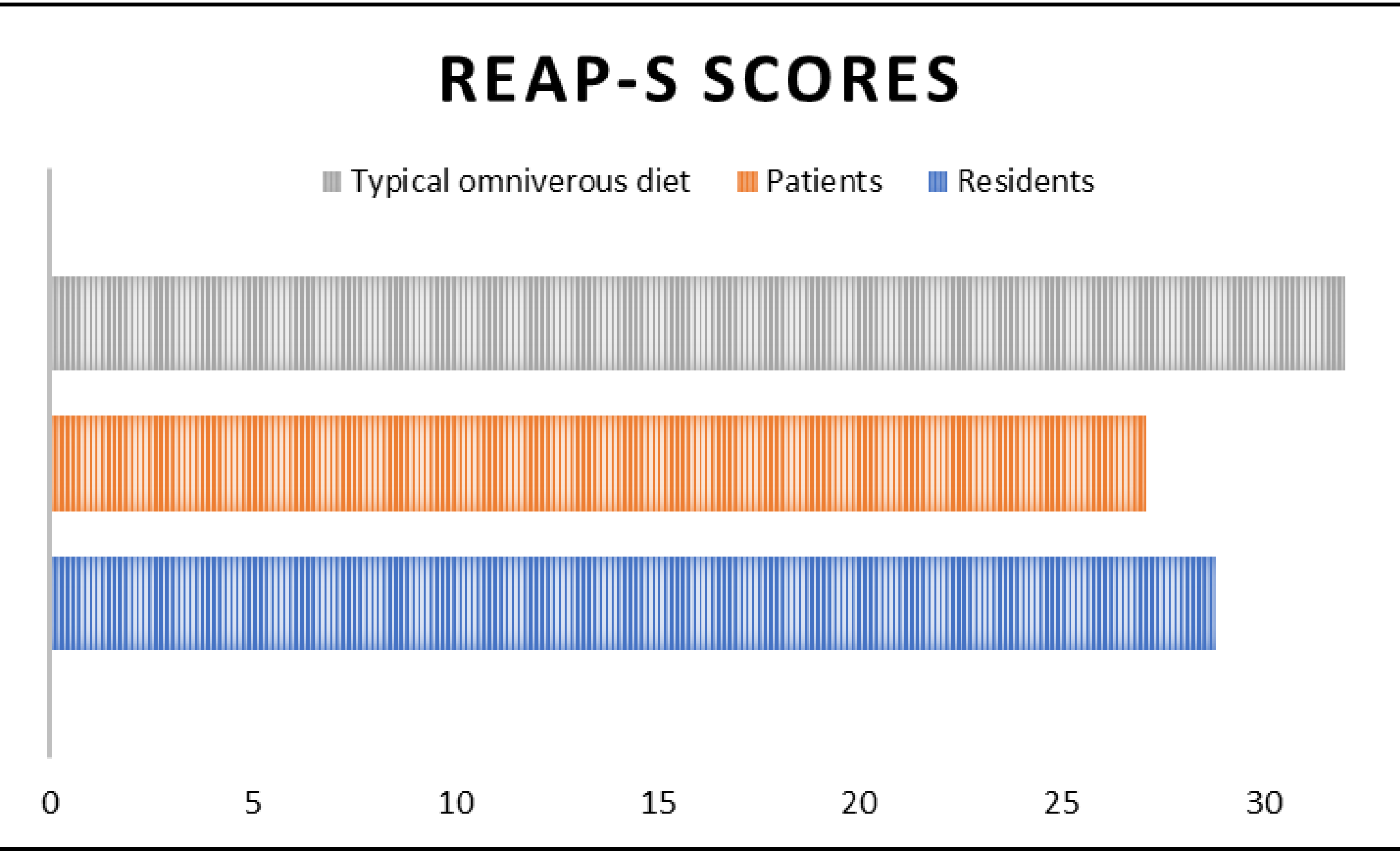
BACKGROUND: A healthy diet is critical to extend the “health span” of the general population. Nutrition is often a counseling topic in primary care visits. Doctors need to be aware of their own diet quality as well as the barriers to healthy nutrition to provide sound advice to their patients.

- METHODS
- 1. Collected REAP-S questionnaire from primary care residents (47) and patients (564) seen in their clinic. Administered alongside questionnaire about barriers.
 - 2. Compared REAP-S scores using analysis of variance.

RESULTS



Primary care residents counsel patients on the importance of a healthy lifestyle, and while they eat “healthier” than their patients, both groups have suboptimal diet quality.



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