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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

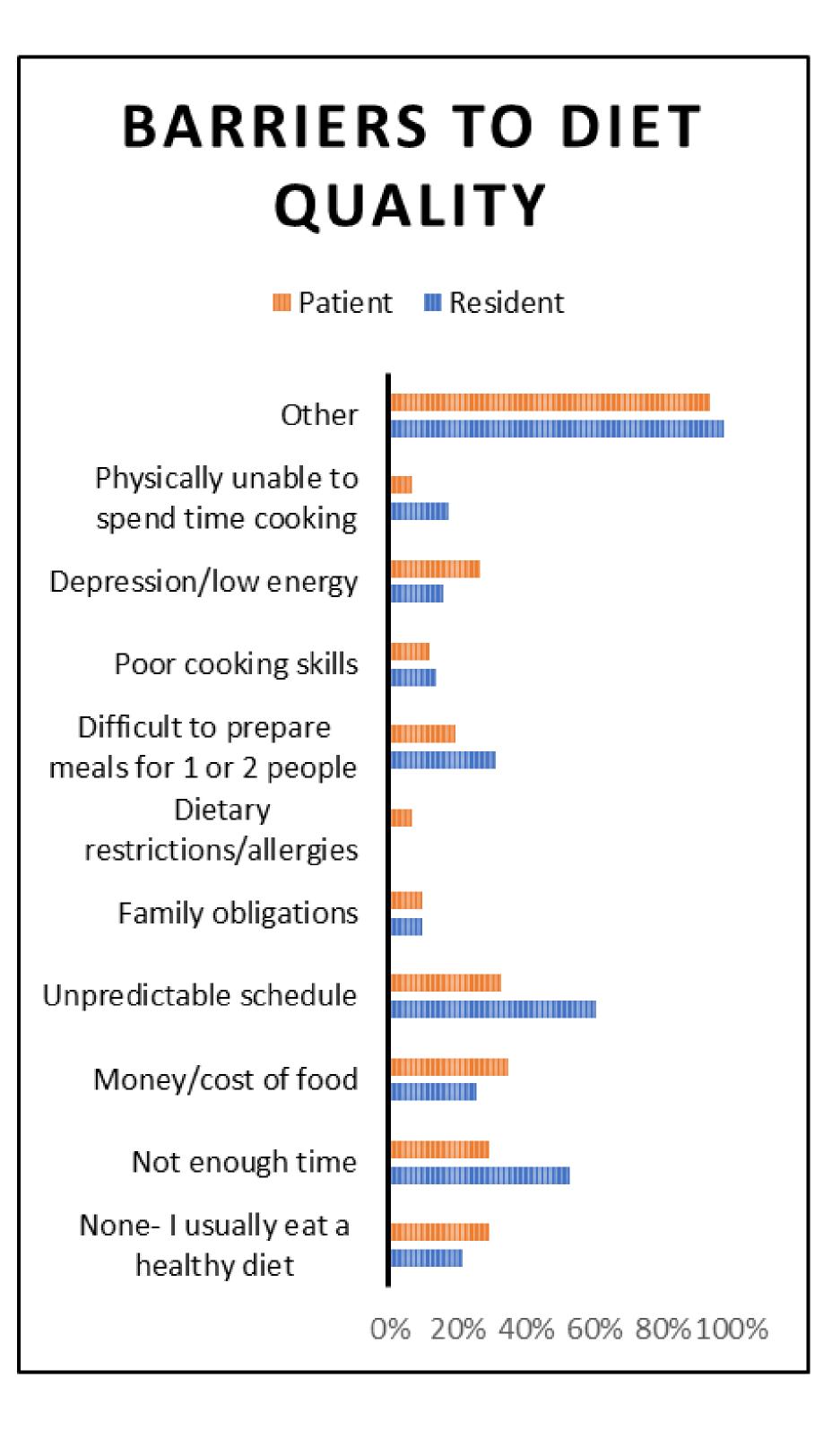
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BACKGROUND: A healthy diet is critical to extend the "health span" of the general population. Nutrition is often a counseling topic in primary care visits. Doctors need to be aware of their own diet quality as well as the barriers to healthy nutrition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

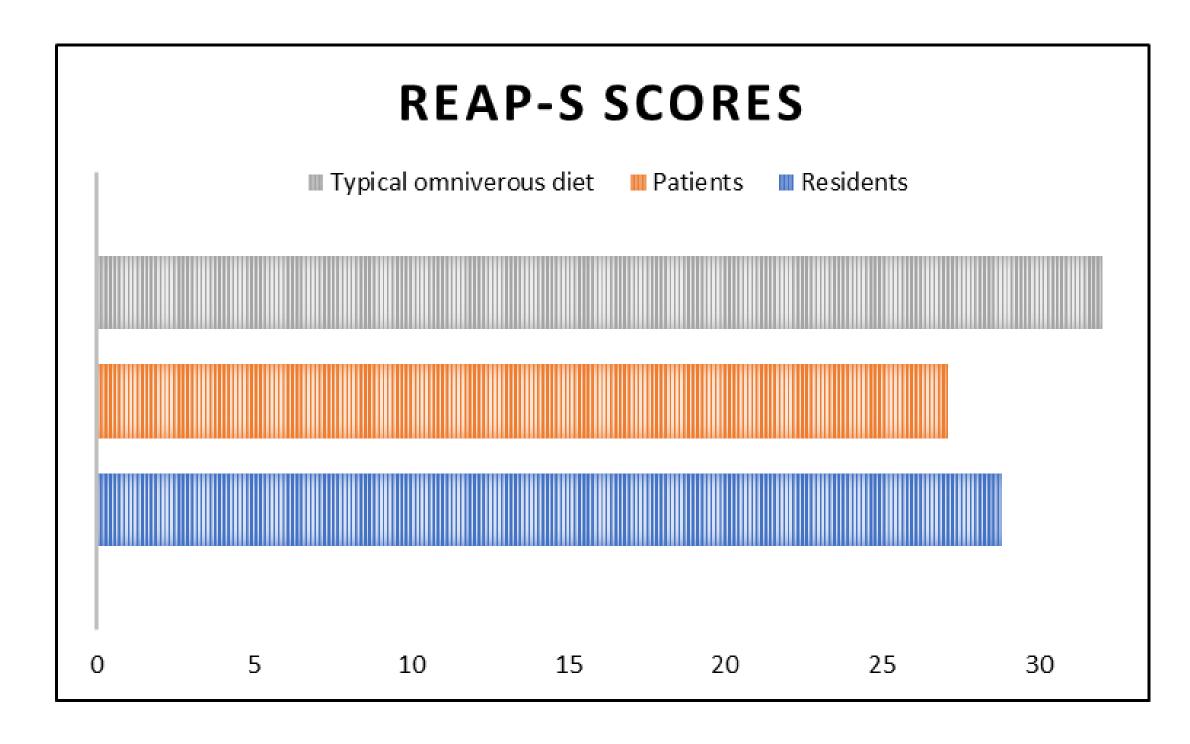


Primary care residents counsel patients on the importance of a healthy lifestyle, and while they eat "healthier" than their patients, both groups have suboptimal diet quality.









Ouring an average week, how often do you:	% 50% 52% 24%			100 24%
Skip Breakfast?	3	39%	31%	30%
		40%	31%	29%
Eat 4 or more meals from sit-down or take out restaurants?				
	8%	39%		53%
	16%	32%		53%
	15%	32%		53%
Eat less than 2 servings of whole grain products or high fiber starches a day?	18%	43%	6	39%
	22%		47%	32%
	22%		46%	32%
	31%		41%	28%
Eat less than 2 servings of fruit a day?				
	28% 29%		48% 48%	24% 24%
Eat less than 2 servings of vegetables a day?	16%	43%		41%
	25%		49%	26%
	24%		48%	28%
Eat or drink less than 2 servings of milk, yogurt, or cheese a day?	30%		40%	30%
	29%		39%	32%
	29%		39%	32%
Eat more than 8 ounces (see list below) of meat, chicken, turkey, or fish per day? Use regular processed meats instead of low fat processed meats?	34%	8	38%	28%
	36		36%	28%
	36	%	36%	28%
	4% 29%	6		67%
	13%	47%		40%
	13%	45%		42%
Eat fried foods such as fried chicken, fried fish, French fries, fried plantains, tostones or fried yuca?	12%	47%		41%
	18%		53%	29%
	18%		52%	30%
	22%	L	14%	34%
Eat regular potato chips, nacho chips, corn chips, crackers, regular popcorn, nuts instead of pretzels,o low-fat chips, low-fat crackers, or air-popped popcorn?	23%		51%	26%
	23%		50%	27%
	12%			
		45%		43%
Add butter, margarine or oil to bread, potatoes, rice or vegetables at the table?	3	8%	39%	23%
		%	39%	25%
	10%	44%		46%
Eat sweets like cake, cookies, pastries, donuts, muffins, chocolate, and candies more than 2 times per day?	20%		4%	46% 35%
	20%		478 1%	36%
	8%			
Drink 16 ounces or more of non-diet soda, fruit drink/punch or Kool-Aid a day?				92 %
	17%	23%		60%
	16% 2	2%		63%
Physicians: Usually/Often	Sometimes	Rarely/Ne	ever	

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