

Questionnaire

Date.....

SECTION A:

PERSONAL AND DEMOGRAPHIC DATA

A2. Gender

Male Female

A3. Area of residence:

Northern Italy Centre Italy Southern Italy and Islands

A4. Profession:

MD Nutritionist BS Nutritionist Dietitian

A5. Workplace:

Public or private hospital Public health Private practice Other

A6. How long have you been working in nutrition (years):

A7. Do you usually work in team with other professionals?

Yes No Sometimes

A8. If yes, with whom (you can give more than one answer):

Dietitian Nutritionist Graduate in sports science Physiotherapist Nurse

Psychologist/Psychiatric MD Specialist in: Other

SECTION B:

NUTRITION EDUCATION INTERVENTION

B1. Are you involved in nutrition education intervention?

Yes No Sometimes

B2. If yes, which is your target population?

Healthy people People with risk factors or sick

B3. If yes, which are your target groups (you can give more than one answer):

Children Adolescents Adults Elderly Pregnant women Other

B4. Which diseases are more frequent in your patients (you can give more than one answer):

Overweight/obesity Hypertension Dyslipidemias Diabetes

Cardiovascular diseases Renal failure Metabolic syndrome

Gastrointestinal pathologies Cancer Food allergy Other

B5. Where do you deliver nutrition interventions:

Public sanitary services Schools Private structures Other

B6. What is the aim of your interventions:

Primary prevention Secondary prevention

B7. Which nutritional topics do you cover (you can give more than one answer):

Basics of human nutrition Nutrition and health Food safety and hygiene Other

B8. Which topics do you cover in "Basics of human nutrition" (you can give more than one answer):

Food groups Food Pyramid Cooking and preserving methods

Nutrients Energy requirements Balanced diet in physiological conditions Food portion sizes Dietary guidelines for a healthy diet Other

B9. Which topics do you cover in "Nutrition and health" (you can give more than one answer):

Diet therapy in obesity Diet therapy in hypertension Diet therapy in dyslipidemias Diet therapy in diabetes

Diet therapy in cardiovascular diseases Diet therapy in renal failure Diet therapy in metabolic syndrome Diet

therapy in gastrointestinal-pathologies Diet therapy in cancer diseases Diet therapy in food allergies Other

B10. Which topics do you cover in "Food safety and hygiene" (you can give more than one answer):

Foodborne diseases Food preservation Food hygiene Food labeling Other

B11. Whom are the interventions carried out on (you can give more than one answer):

Individuals Small groups

B12. Intervention frequency:

Weekly Fortnightly Monthly Only once Other

B13. Methodology (you can give more than one answer):

Individual interviews Lessons in class Group discussions with experts Self-helpgroups

Other

B14. Do you hand out information materials:

Yes No

B15. If yes, which kind of material:

Slides and videos Topic specific pamphlets Web sites Other

B16. Do you use result indicators:

Yes No Sometimes

B17. Which kind of result indicators do you use (you can give more than one answer):

Self-reported questionnaires Interviews Anthropometric measurements Biochemical analysis Drawings and games Other

B18. What kind of intervention outcomes do you more frequently get?

increased nutrition knowledge behaviour change positive biochemical outcomes positive anthropometric outcomes