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