

Appendix A: Patient Survey Tool

This is a survey studying patient opinions about healthy eating. Please read all directions and answer as best as you can.

DEMOGRAPHICS/HEALTH INFORMATION

Please fill in the bubble that best describes you, filling in the blank when necessary.

AGE

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

BIOLOGICAL SEX

- Male
- Female
- Prefer not to answer

- African-American
- Asian
- Caucasian
- Hispanic
- Other (please specify)

➤ _____

ETHNICITY

HIGHEST LEVEL OF EDUCATION

- Some high school
- High school diploma or GED
- Some college, no degree
- Associate's degree
- Bachelor's degree
- Master's degree
- Doctoral degree

DO YOU HAVE HEALTH INSURANCE?

- No Insurance
- Public Insurance (such as Medicare, Medicaid, CHIP, etc.)
- Private Insurance (HMO's, Preferred provider organizations, etc.)
- Not sure

HEIGHT: _____ inches

WEIGHT: _____ pounds

HEALTH CONDITIONS **CURRENTLY** – select ANY and ALL that apply

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease (such as heart failure, cardiovascular disease, heart attack, etc)
- Cancer (please specify type): _____
- None of the above conditions CURRENTLY

ARE YOU PRESCRIBED MEDICATIONS FOR YOUR CURRENT HEALTH CONDITIONS?

- YES (If so, how many medications are you prescribed? _____)
- NO

HOW WOULD YOU RATE YOUR OVERALL HEALTH?

- Very poor
- Poor
- Fair
- Good
- Very good
- Excellent

DIET

PLEASE READ THE FOLLOWING DIRECTIONS

For the purposes of this survey, **WHOLE-FOODS PLANT-BASED DIET** is one that:

INCLUDES or EMPHASIZES whole plant foods

- **Whole grains** – whole grain bread & pasta, brown rice
- **Fruits** – fresh, frozen, or canned
- **Vegetables** – fresh, frozen, or canned
- **Beans/legumes** – dried or canned
- **Nuts/natural nut butters**
- **Seeds**
- **Plant milk** – soy, almond, cashew, etc.
- **Soy products** – tofu, tempeh, etc.

EXCLUDES animal products

- **Meats** – beef, pork, lamb, etc.
- **Poultry** – chicken, turkey, duck, etc.
- **Seafood/shellfish** – fish, shrimp, etc.
- **Dairy** – cow’s milk, butter, yogurt, cream
- **Eggs**

GREATLY REDUCES

- **Processed or refined foods** – packaged foods and snacks, frozen meals, etc.
- **Sugars & artificial sweeteners**
- **Fats & oils**
- **Salt**

Fill in the bubble for “yes” or “no” for the following questions:

	YES	NO
I have heard of a whole-foods plant-based diet	<input type="radio"/>	<input type="radio"/>
I know about the health benefits of a whole-foods plant-based diet	<input type="radio"/>	<input type="radio"/>
I currently follow a whole-foods plant-based diet or a similar diet (vegan, vegetarian, semi-vegetarian)	<input type="radio"/>	<input type="radio"/>
IN THE PAST I have followed a whole-foods plant-based diet or similar diet (vegan, vegetarian, semi-vegetarian)	<input type="radio"/>	<input type="radio"/>

If you HAVE heard of a whole-foods plant-based diet, what is your opinion of it?

Fill in the bubble with your answer to each of the following statements.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I try to follow a healthy diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My Doctor or Dietitian/Nutritionist has told me to follow a healthier diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My overall health would be better if I followed a healthier diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MOTIVATION

Would you try a whole foods plant-based diet for 3 weeks for any of the reasons below? Fill in one bubble for each statement.

	Definitely will NOT try for this reason	Will think about trying for this reason	Will probably try for this reason	Definitely will try for this reason	I have tried or am already trying for this reason
To lose weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lower blood pressure to normal levels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To manage or cure diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To manage or cure heart disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To slow down or prevent cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lower cholesterol to normal levels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lower my saturated fat intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To stop taking prescription medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To prevent chronic diseases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Definitely not	Probably not	Maybe	Probably	Definitely
Would you be willing to try a whole-foods plant based diet for ANY reason?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What OTHER THINGS would help motivate you to try a whole-foods plant-based diet for 3 weeks?

BARRIERS

What would **HOLD YOU BACK** from trying a whole-foods plant-based diet for 3 weeks? Fill in one bubble for each statement.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree	Does Not Apply
I do not like vegetables	○	○	○	○	○	○
I do not want to change my diet	○	○	○	○	○	○
I do not want to try new foods	○	○	○	○	○	○
I do not have enough will power	○	○	○	○	○	○
I would not get enough to eat	○	○	○	○	○	○
I would not get enough iron	○	○	○	○	○	○
I would not get enough protein	○	○	○	○	○	○
I would not get enough calcium	○	○	○	○	○	○
I would not know what to buy at the grocery store	○	○	○	○	○	○
I would not know what to cook	○	○	○	○	○	○
I would not know what to order at restaurants	○	○	○	○	○	○
I do not have enough time	○	○	○	○	○	○
My family or partner would not eat this way	○	○	○	○	○	○
I do not have access to a grocery store with fresh produce	○	○	○	○	○	○
I would miss eating meat	○	○	○	○	○	○
I would miss eating cheese/dairy	○	○	○	○	○	○
I would miss eating eggs	○	○	○	○	○	○
I would miss going out to eat	○	○	○	○	○	○
It would be too expensive	○	○	○	○	○	○

Do you have other reasons for NOT wanting to try a whole- foods plant-based diet for 3 weeks?

ADDITIONAL INFORMATION

What would HELP YOU try a whole-foods plant-based diet for 3 weeks? Fill in one bubble for each statement.

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
Being told by my Doctor to do it	○	○	○	○	○
Being told by a Dietitian/Nutritionist to do it	○	○	○	○	○
Attending classes on whole-food plant-based nutrition	○	○	○	○	○
Attending a whole-food plant-based cooking class	○	○	○	○	○
Doing my own research on whole-food plant-based nutrition	○	○	○	○	○
Seeing that a whole-foods plant-based diet works for others	○	○	○	○	○
Getting a detailed meal plan	○	○	○	○	○
Getting more information or evidence	○	○	○	○	○

If you agreed with, "Getting more information or evidence," what kind of information or evidence do you need?

What source of nutrition information do you think is the MOST TRUSTWORTHY (such as websites, doctors, dietitians, nutritionists, trainers, magazines, the news, etc.)?

Additional comments?

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY

Appendix B: Student/Resident Survey Tool

The following is a survey to assess MEDICAL STUDENT or RESIDENT perceptions and opinions about healthy eating. Please read all directions and answer to the best of your abilities.

DEMOGRAPHICS/HEALTH INFORMATION

Please bubble in the answer that best describes you, filling in the blank when necessary.

YEAR

- M1
- M2
- M3
- M4
- Resident year 1
- Resident year 2
- Resident year 3

BIOLOGICAL SEX

- Male
- Female
- Prefer not to answer

AREAS OF INTEREST – select ALL that apply

- Allergy/Immunology
- Anesthesiology
- Cardiology
- Critical Care
- Dermatology
- Emergency Medicine
- Endocrinology
- Family Medicine
- Gastroenterology
- Genetics
- Hematology
- Infectious Disease
- Internal Medicine
- Nephrology
- Neurology
- Obstetrics and Gynecology
- Oncology
- Ophthalmology
- Orthopedics
- Otolaryngology
- Pain Management
- Pediatrics
- Physical Medicine and Rehabilitation
- Preventive Medicine
- Psychiatry

- o Pulmonology
- o Radiation Oncology
- o Rheumatology
- o Sports Medicine
- o Surgery
- o Urology
- o Other not listed: _____

DIET

PLEASE READ THE FOLLOWING DIRECTIONS: For the purposes of this survey, a **WHOLE-FOODS, PLANT-BASED DIET** is one that:

INCLUDES or EMPHASIZES whole plant foods

- **Whole grains** – whole grain bread & pasta, brown rice
- **Fruits** – fresh, frozen, or canned
- **Vegetables** – fresh, frozen, or canned
- **Beans/legumes** – dried, or canned
- **Nuts/natural nut butters**
- **Seeds**
- **Plant milk** – soy, almond, cashew, etc.
- **Soy products** – tofu, tempeh, etc.

EXCLUDES animal products

- **Meats** – beef, pork, lamb, etc.
- **Poultry** – chicken, turkey, duck, etc.
- **Seafood/shellfish** – fish, shrimp, etc.
- **Dairy** – cow’s milk, butter, yogurt, cream
- **Eggs**

GREATLY REDUCES

- **Processed or refined foods** – packaged foods and snacks, frozen meals, etc.
- **Sugars & artificial sweeteners**
- **Fats & oils**
- **Salt**

Mark “yes” or “no” for the following questions:

	YES	NO
I am familiar with or have heard of a whole-foods, plant-based diet	0	0
I am familiar with the health benefits of a whole-foods, plant-based diet	0	0
I currently follow a whole-foods, plant-based diet, or variation (vegan, vegetarian, semi-vegetarian)	0	0
I have followed a whole-foods, plant-based diet in	0	0

the past, or variation (vegan, vegetarian, semi-vegetarian, etc.)

Mark whether you strongly disagree, disagree, agree, strongly agree, or are neutral regarding the following statements.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I try to follow a healthy diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My doctor or Dietitian/Nutritionist has told me to follow a healthier diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My overall health would be better if I followed a healthier diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have heard of a whole-foods, plant-based diet, comment on your current attitudes/beliefs toward it:

RECOMMENDATION

Given that each of the statements below is supported with scientific evidence with regards to a whole-foods, plant-based diet, **how likely would you be to RECOMMEND a whole-foods, plant-based diet TO YOUR PATIENTS for at least 3 weeks** for each of the statements given?

	Definitely will NOT recommend for this reason	Might recommend to CERTAIN patients for this reason	Would probably recommend to MOST patients for this reason	Definitely WOULD recommend for this reason	I am ALREADY recommending or planning to recommend to patients for this reason
To lose weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lower blood pressure to normal levels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To manage or cure diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To manage or cure heart disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To slow down/prevent cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To lower cholesterol to normal levels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lower saturated fat intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To go off of prescription medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To prevent chronic diseases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Answer the following question:

	Extremely unlikely	Moderately unlikely	Neither likely nor unlikely	Moderately likely	Extremely likely
How likely would you be to recommend a whole-foods, plant-based diet for ANY of the above reasons?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What OTHER REASONS would motivate you to recommend a whole-foods, plant-based diet to patients?

BARRIERS

When considering RECOMMENDING a whole-foods, plant-based diet TO YOUR PATIENTS for at least 3 weeks, which factors would prevent this or get in your way? In other words, **what are the reasons you might NOT recommend a whole-foods, plant-based diet to your patients?**

	Strongly Disagree	Disagree	Not Sure or Not Applicable	Agree	Strongly Agree
They do not like vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
They will not want to change their diets/lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
They will not want to try new foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
They will not have enough will power	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
They would not get enough to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
They would not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

get enough iron					
They would not get enough protein	0	0	0	0	0
They would not get enough calcium	0	0	0	0	0
They would not know what to buy at the grocery store	0	0	0	0	0
They would not know what to cook	0	0	0	0	0
They would not know what to order at restaurants	0	0	0	0	0
They would not have enough time	0	0	0	0	0
Their household would not eat plant-based foods	0	0	0	0	0
They do not have access to a grocery store with a variety of produce	0	0	0	0	0
It would give them indigestion, gas, and/or stomach upset	0	0	0	0	0
They would miss eating meat	0	0	0	0	0
They would miss eating cheese/dairy	0	0	0	0	0
They would miss eating eggs	0	0	0	0	0
They would miss going out to eat	0	0	0	0	0
It would be too expensive	0	0	0	0	0

If you have any other reasons for not wanting to recommend a whole-foods, plant-based diet or comments about reasons listed above, please include them here:

CURRICULUM

If you are NOT WILLING TO RECOMMEND a whole-foods, plant-based diet to your patients for at least 3 weeks for ANY reason, **which of the following factors might help change your mind?**

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
Attending a whole-foods, plant-based nutrition elective in medical school	○	○	○	○	○
Incorporating more whole-foods, plant-based nutrition into current medical school classes	○	○	○	○	○
If more focus were put on whole-foods, plant-based nutrition on national board or shelf examinations	○	○	○	○	○
Attending a whole-foods, plant-based cooking class as an elective in medical school	○	○	○	○	○
Adding whole-foods, plant-based nutrition competencies to internal medicine or family medicine residency requirements	○	○	○	○	○
Adding whole-foods, plant-based nutrition competencies to cardiology licensure requirements	○	○	○	○	○
Doing my own research on whole-foods, plant-based nutrition	○	○	○	○	○
Seeing that a whole-foods, plant-based diet works for others in clinical practice	○	○	○	○	○
Seeing a nutritionally-complete and detailed meal plan	○	○	○	○	○
Getting more information or evidence in general	○	○	○	○	○

If you agreed to the statement, "Getting more information or evidence in general," what kind of information or evidence in specific are you interested in?

Do you have any other suggestions or ideas related to general nutrition education in medical school?

How much do you agree with the following statements?

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Not Applicable
I received/am receiving enough nutrition education in my medical school training	0	0	0	0	0	0
I received/am receiving enough nutrition education in my residency training	0	0	0	0	0	0
More focus should be put on PLANT- BASED nutrition in medical school and/or residency programs	0	0	0	0	0	0

Do you have any other comments or ideas about teaching whole-foods, plant-based nutrition to medical students?
