

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

AREAS OF INTEREST – select ALL that apply

- | | |
|---|--|
| <input type="radio"/> Allergy/Immunology | <input type="radio"/> Oncology |
| <input type="radio"/> Anesthesiology | <input type="radio"/> Ophthalmology |
| <input type="radio"/> Cardiology | <input type="radio"/> Orthopedics |
| <input type="radio"/> Critical Care | <input type="radio"/> Otolaryngology |
| <input type="radio"/> Dermatology | <input type="radio"/> Pain Management |
| <input type="radio"/> Emergency Medicine | <input type="radio"/> Pediatrics |
| <input type="radio"/> Endocrinology | <input type="radio"/> Physical Medicine and Rehabilitation |
| <input type="radio"/> Family Medicine | <input type="radio"/> Preventive Medicine |
| <input type="radio"/> Gastroenterology | <input type="radio"/> Psychiatry |
| <input type="radio"/> Genetics | <input type="radio"/> Pulmonology |
| <input type="radio"/> Hematology | <input type="radio"/> Radiation Oncology |
| <input type="radio"/> Infectious Disease | <input type="radio"/> Rheumatology |
| <input type="radio"/> Internal Medicine | <input type="radio"/> Sports Medicine |
| <input type="radio"/> Nephrology | <input type="radio"/> Surgery |
| <input type="radio"/> Neurology | <input type="radio"/> Urology |
| <input type="radio"/> Obstetrics and Gynecology | <input type="radio"/> Other not listed: _____ |

BIOLOGICAL SEX

- Male
- Female
- Prefer not to answer

DIET

PLEASE READ THE FOLLOWING DIRECTIONS

For the purposes of this survey, a **WHOLE-FOOD 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-food plant-based diet	0	0
I am familiar with the health benefits of a whole-food plant-based diet	0	0
I currently follow a whole-food plant-based diet, or variation (vegan, vegetarian, semi-vegetarian)	0	0
I have followed a whole-food plant-based diet in the past, or variation (vegan, vegetarian, semi-vegetarian, etc.)	0	0

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	0	0	0	0	0
My doctor or Dietitian/Nutritionist has told me to follow a healthier diet	0	0	0	0	0
My overall health would be better if I followed a healthier diet	0	0	0	0	0

If you have heard of a whole-food 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-food plant-based diet, **how likely would you be to RECOMMEND a whole-food 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"/>

	Extremely unlikely	Moderately unlikely	Neither likely nor unlikely	Moderately likely	Extremely Likely
How likely would you be to recommend a whole-food 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-food plant-based diet to patients?

BARRIERS

When considering RECOMMENDING a whole-food 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-food plant-based diet to your patients?**

	Strongly Disagree	Disagree	Not Sure or Not Applicable	Agree	Strongly Agree
They do not like vegetables	0	0	0	0	0
They will not want to change their diets/lifestyle	0	0	0	0	0
They will not want to try new foods	0	0	0	0	0
They will not have enough will power	0	0	0	0	0
They would not get enough to eat	0	0	0	0	0
They would not get enough iron	0	0	0	0	0
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-food plant-based diet or comments about reasons listed above, please include them here:

CURRICULUM

If you are NOT WILLING TO RECOMMEND a whole-food 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-food plant-based nutrition elective in medical school	0	0	0	0	0
Incorporating more whole-food plant-based nutrition into current medical school classes	0	0	0	0	0
If more focus were put on whole-food plant-based nutrition on national board or shelf examinations	0	0	0	0	0
Attending a whole-food plant-based cooking class as an elective in medical school	0	0	0	0	0
Adding whole-food plant-based nutrition competencies to internal medicine residency requirements	0	0	0	0	0
Adding whole-food plant-based nutrition competencies to cardiology licensure requirements	0	0	0	0	0
Doing my own research on whole-food plant-based nutrition	0	0	0	0	0
Seeing that a whole-food plant-based diet works for others in clinical practice	0	0	0	0	0
Seeing a nutritionally-complete and detailed meal plan	0	0	0	0	0
Getting more information or evidence in general	0	0	0	0	0

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I received/am receiving enough nutrition education in my residency training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More focus should be put on PLANT-BASED nutrition in medical school and/or residency programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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