

Assessing Provider Interest in Nutrition and Exercise Education for Use as Prescriptive Interventions.



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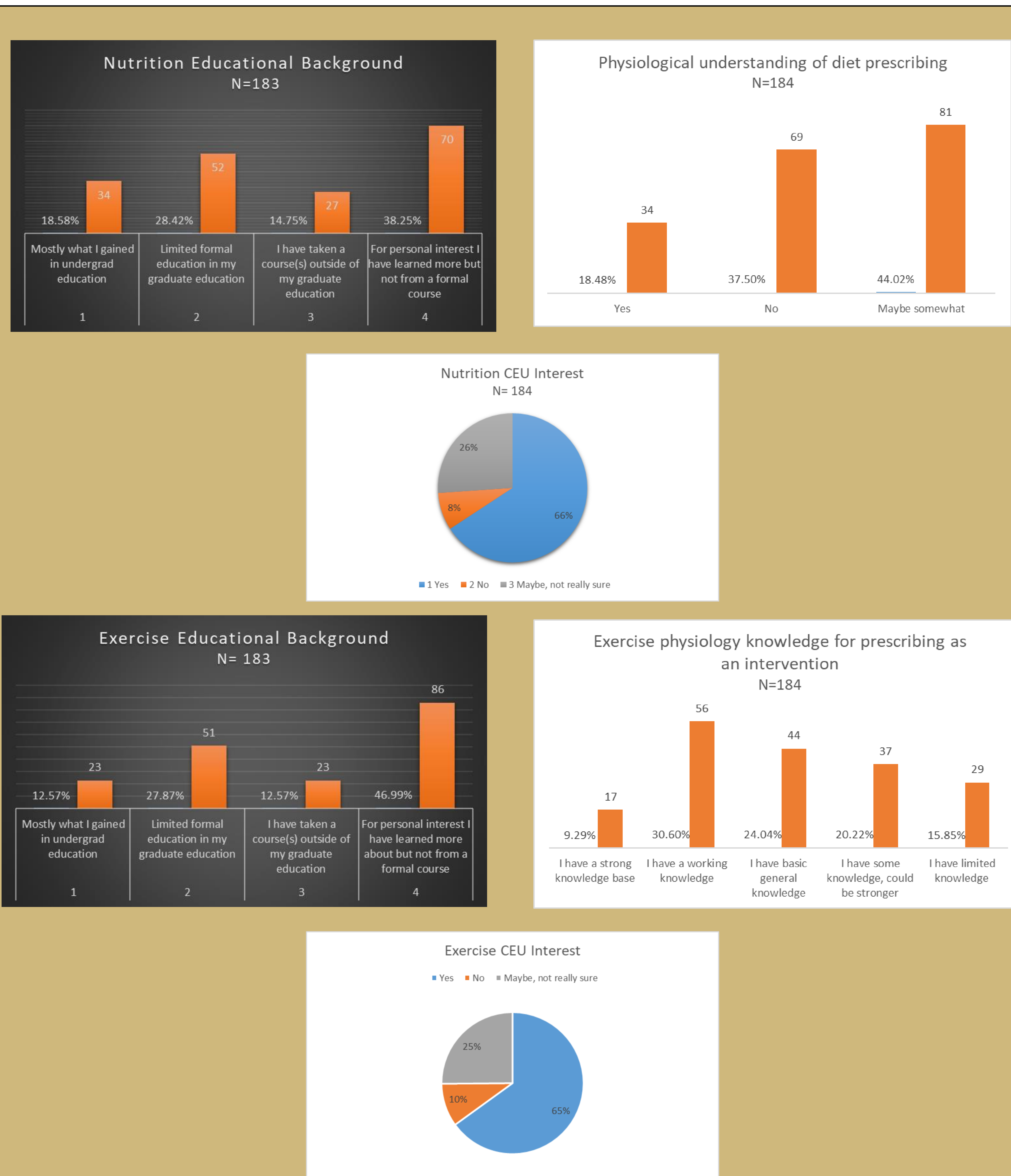
Background

- There are over 1 billion primary care office visits in the United States annually with 76.2% of these visits being for wellness or annual checkups (CDC, 2023). While diet and exercise are discussed, discussions on these topics typically last on average a minute and a half with the provider's focus being encouragement with a broad discussion about benefits of nutritional changes and increasing physical activity (Mendelsohn, 2022).
- Nutrition and exercise are key foundational interventions that require a provider to be knowledgeable in assessing and prescribing.
- The 2022 US Preventive Services Task Force (USPSTF) new recommendation on behavioral counseling interventions to promote healthy eating and physical activity, identified that barriers to implementation may include insufficient clinician education about the science of behavioral counseling, nutrition, and physical activity (Mozaffarian, 2022).

Objective

Determine provider knowledge and comfort level in using nutrition and exercise as interventions.

Results



Needs Assessment

- Focus: provider education and perceived ability to implement prescriptive interventions associated with nutrition and exercise .
- Provider level of confidence in speaking to the physiology of different nutritional diets as motivation, exercise types and why they are used..
- Prescribing specific nutritional diets and or exercise types as an intervention
- Provider interested in CEU's focusing on nutrition and exercise as prescriptive interventions/use for disease management/reversal

Findings/Implications

- N = 185/350
- 58% were PCP's, 42% were in specialty care.
 - 41.44% reported they do not write prescriptions or know why certain types are used; they discuss the need to increase physical activity.
 - 43.65% do not prescribe a specific diet type but rather discuss macronutrient changes needed
 - The needs assessment affirmed that most providers identified the need for further education and express interest in attending continuing education programs

References

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