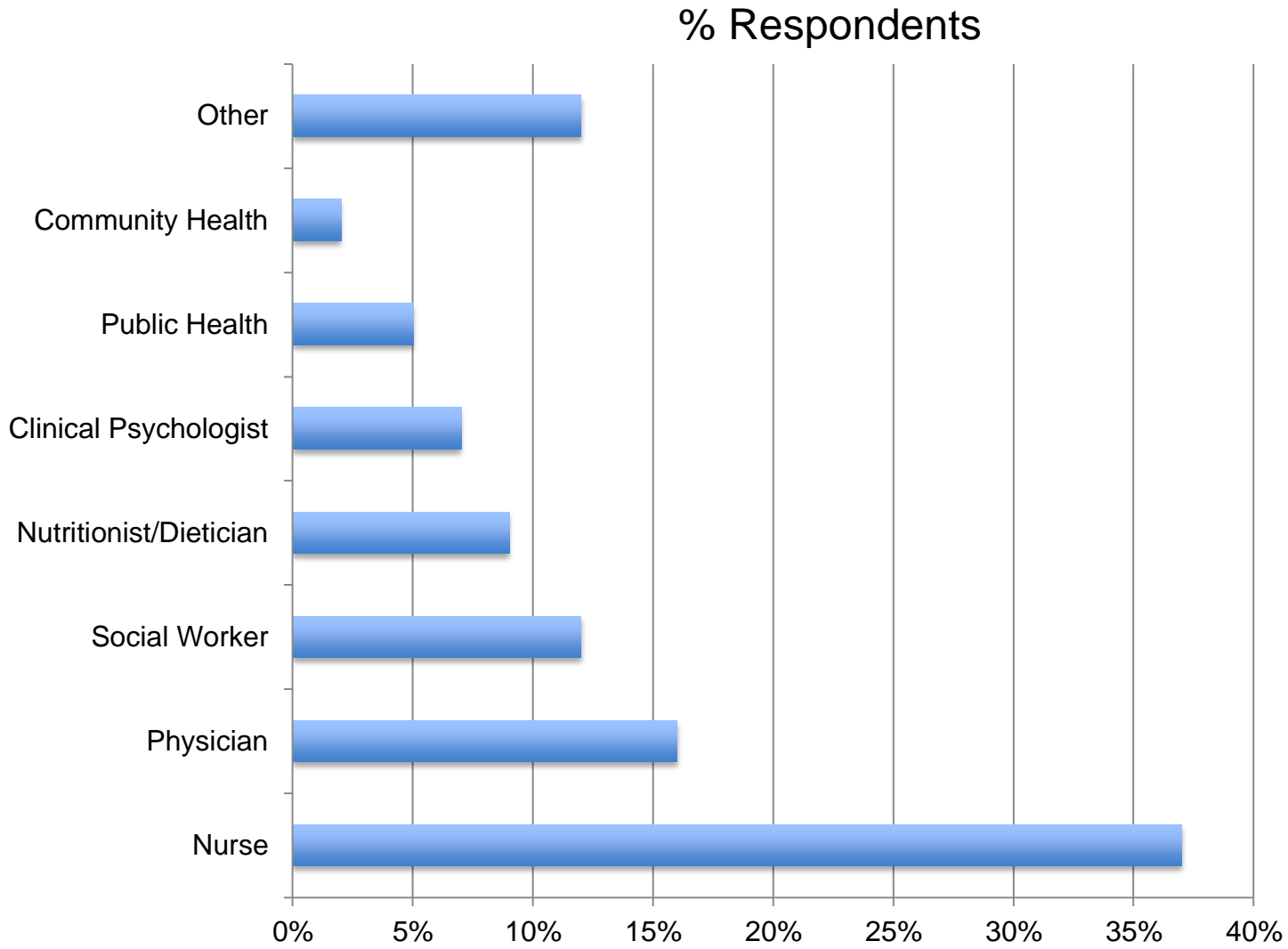


# Types of Providers Responding



**NOTES:**

Some respondents filled in more specific positions whereas others may not; it was counted where it was entered

## Towns where Respondents Practice

Barrington

Burrillville

Central Falls

Coventry

Cranston

Cumberland

East Greenwich

East Providence

Foster

Hopkinton

Johnston

West Greenwich

West Warwick

Westerly

North Providence

Pawtucket

Providence

Warwick

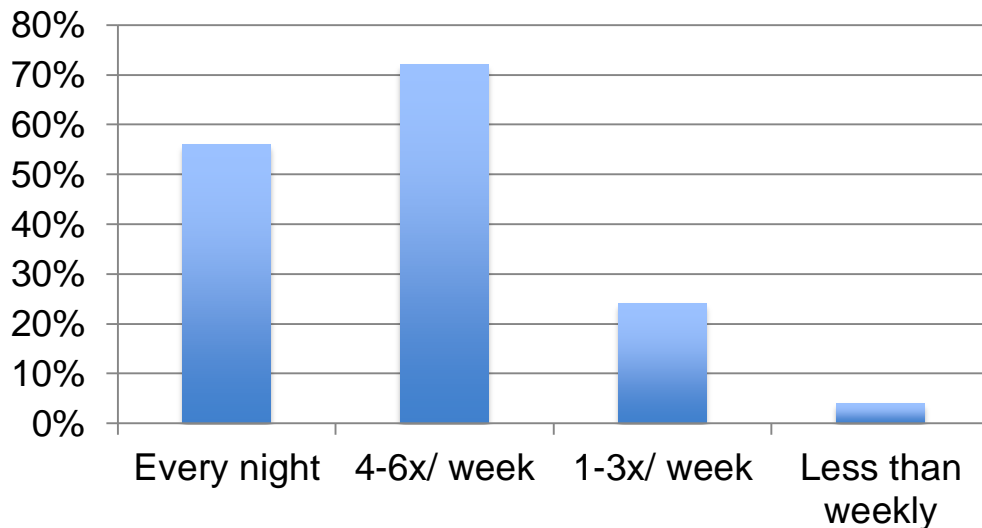
Outside RI

## How often do you cook for yourself or your family?

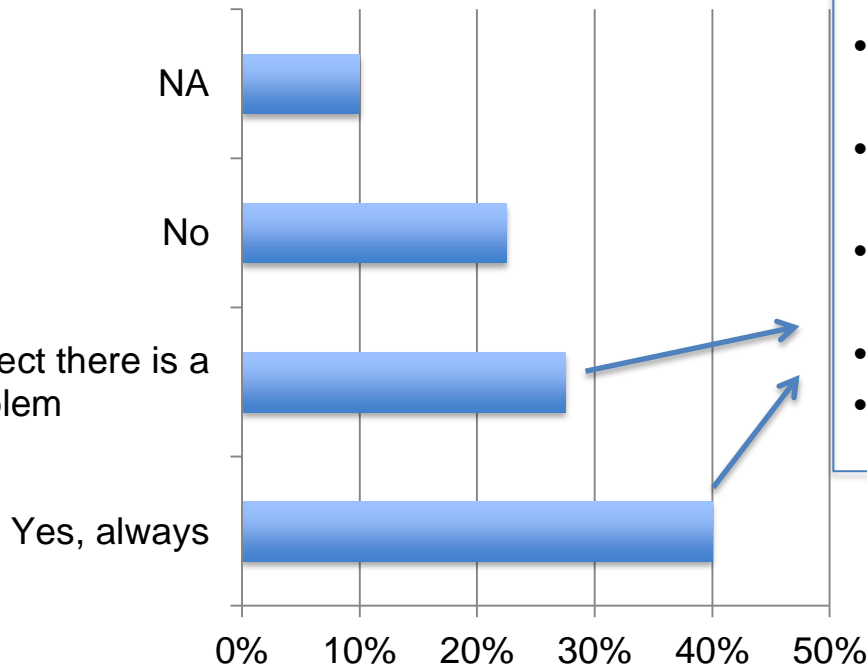
Respondent cooking frequency →



92% of respondents  
said they eat in a  
healthy way  
themselves

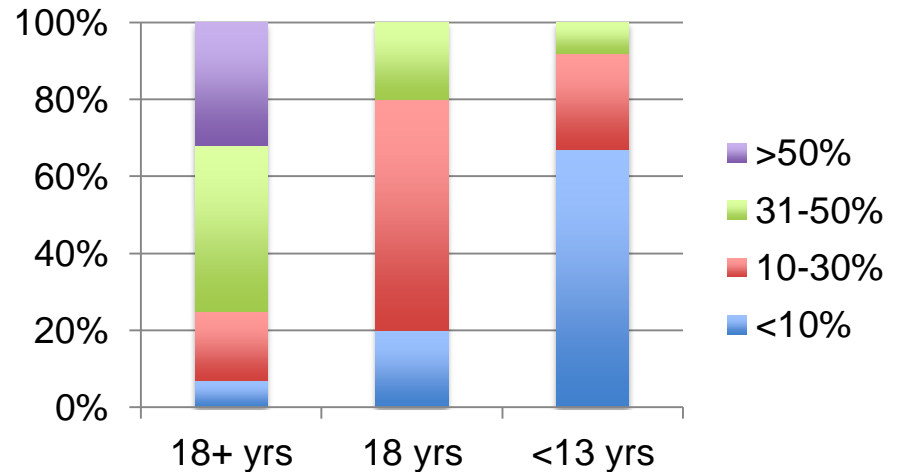


# Do you routinely talk with your patients about their eating habits/diet?



- Bring up with review of BMI and change
- Talk about exercise/diet balance and wellness
- Talk about what they eat and how they feel
- Ask about favorite foods
- Keep it casual and let them lead

## Percent of female patients in practice overweight or obese



## Barriers that prevent you from talking with your patients about their eating habits/diet?

Practitioner Barrier to Talk with Patient About Diet	Avg. Weight*
Time	3.22
Cultural difficulty in linking healthy diet to particular patient style	2.97
Complexity, they need real nutritional counseling	2.91
Difficult to pare down diet essentials from all diet options	2.75
Insufficient information to provide in handouts or websites	2.31
No one to refer patients to if I need support I can't provide	2.18

\*Respondents were asked to rate the severity of each barrier from 1 to 5 with 5 being the biggest barrier. To calculate the average weight, the responses were weighted based on the number reported.

## Resources to help you help your patients to start eating in a more healthy way?

<b>Resources Helpful to Patients</b>	<b>Avg. Weight*</b>
Insurance coverage for nutritional counseling	4.26
Additional staff to provide patient follow-up	3.84
Literature to hand to patients	3.81
Onsite nutrition counselors	3.81
Website to refer patients to	3.74
Additional staff to provide education	3.68
Onsite health coaches	3.65
Follow-up phone support by outside coach/nutritionist	3.40
Support for parents of pediatric patients	3.27
Follow-up webchat support by outside coach/nutritionist	3.03

\*Respondents were asked to rate helpfulness of each resource from 1 to 5 with 5 being the most helpful. To calculate the average weight, the responses were weighted based on the number reported.

## Barriers for patients to engage in healthy eating?

<b>Patient Barriers to Engage in Healthy Eating</b>	<b>Avg. Weight*</b>
Perceived cost of healthy food options	4.06
Confusion over diet options	4.03
Lack of time	4.00
Don't like healthy food or don't care	3.97
Don't understand what a healthy diet is	3.81
Don't understand how to make healthy meals	3.68
Healthy diets in literature don't support patient's cultural style	3.33
Lack of farmer's markets in neighborhood	2.81
I don't see patient enough to make a difference	2.79
Lack of grocery store in neighborhood	2.33
I care for a child and don't see parents enough to educate them	2.11

\*Respondents were asked to rate the severity of each barrier from 1 to 5 with 5 being the most severe. To calculate the average weight, the responses were weighted based on the number reported.