

## Appendix. Lifestyle Coach Knowledge Attainment Survey

### NUTRITION QUESTIONS:

1. How many servings of fruits and vegetables per day do experts advise people to eat as a minimum? (i.e. one serving = one apple, one handful of blueberries)
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5+
  
2. Which types of fats do experts recommend that people should eat less of? (select all that apply)
  - a. Saturated fats
  - b. Unsaturated fats
  - c. Trans fats
  
3. Which of these foods do you think are typically high in added sugar? (select all that apply)
  - a. Diet Cola Drinks
  - b. Natural Yogurt
  - c. Ice Cream
  - d. Tomato Ketchup
  - e. Melon
  
4. Which of these foods do you think are typically high in salt? (select all that apply)
  - a. Breakfast Cereals
  - b. Frozen Vegetables
  - c. Bread
  - d. Baked Beans
  - e. Red Meat
  - f. Canned Soup
  
5. Which of these foods do you think are typically high in fiber? (select all that apply)
  - a. Oats
  - b. Bananas
  - c. White Rice
  - d. Eggs
  - e. Potatoes with Skin
  - f. Pasta
  
6. Which of the following nutrients has the most calories for the same weight of food?
  - a. Sugar
  - b. Starch

- c. Fiber
- d. Fat
- e. Protein

7. Which of these diseases is related to a low intake of fiber?
  - a. Bowel disorders
  - b. Anemia
  - c. Tooth Decay
  - d. Not sure
8. Which of these diseases is related to how much sugar people eat?
  - a. High Blood Pressure
  - b. Tooth Decay
  - c. Anemia
  - d. Not sure
9. Which of these diseases is related to how much salt people eat?
  - a. Hypothyroidism
  - b. Diabetes
  - c. High Blood Pressure
  - d. Not sure
10. Which of these foods is more likely to raise people's blood cholesterol?
  - a. Eggs
  - b. Vegetable oils
  - c. Animal fat
  - d. Not sure

#### **PHYSICAL ACTIVITY QUESTIONS:**

1. Moderate aerobic physical activity recommendations per week is:
  - a. 60 minutes
  - b. 100 minutes
  - c. 150 minutes
  - d. 250 minutes
2. Muscular Fitness recommendation per week is:
  - a. Once per week
  - b. Twice per week
  - c. Three times per week
  - d. Four times per week

**SELF-EFFICACY\*\***

*\*\*Responses: Rating scale of 1-5*

1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree

1. I am confident that I am able to make the patient feel that I am genuinely interested in knowing what he/she thinks about his/her situation.
2. I am confident that I can convey to patients the information he/she needs to make changes in their diet.
3. I am flexible in advising patients on how to incorporate more physical activity in their life given different limitations.
4. I am confident that I am able to make the patient feel that he/she can talk with me about confidential, personal issues.
5. I am confident that I am able to advise and support the patient in making decisions about his/her lifestyle habits.
6. I feel comfortable working with patients in a one-on-one setting.
7. I am confident that I can effectively communicate with patients regarding topics of nutrition and exercise.
8. I feel comfortable working with patients in a group setting.
9. I am confident that I can work with a patient to create realistic goals for themselves regarding lifestyle habits.
10. How often do you read nutrition labels and think about the components of your food (1 = not often, 5 = very often)

**ANSWER KEY:**

**NUTRITION QUESTIONS:**

1. E
2. A,C
3. C,D
4. A,C,D, F
5. A,B,E
6. D
7. A
8. B
9. C
10. C

**PHYSICAL ACTIVITY QUESTIONS:**

1. C
2. B