

## **Health Care Provider Attitudes Towards Counseling for Physical Activity, Diet, and Weight Management**

Surveys were sent to licensed health care providers in Kansas and Kansas City, MO during summer 2008. This survey will help us to better understand the attitudes of nurses, physicians, and physician assistants towards counseling for physical activity, diet, and weight management. Ultimately, understanding attitudes of health care providers can help us to develop a continuing education training that can help providers better communicate with their patients about these preventive health behaviors.

### **Study Update - As of 10/22/2008**

- Surveys mailed to providers: 2657
  - 1000 randomly selected MD's
  - 1000 randomly selected nurses
  - All 657 state licensed physician assistants
- Data processing concluded 10/1/2008
  - Surveys returned by ALL providers: 455
    - Overall Response Rate: 17%
    - MD response rate: 15.0%
    - PA response rate: 24.5%
    - Nurse response rate: 12.5%
- Preliminary findings have been presented at:
  - The Society of Behavioral Medicine in Montreal, Canada
  - The American College of Sports Medicine, Seattle, Washington
- Final data analysis and manuscript preparation are ongoing

Last updated: 9/16/2009