



**SURVEY OF HEALTH PROFESSIONALS
ON THE AWARENESS AND USE OF
SELECTED NUTRITION GUIDELINES**

Prepared for: Health Canada

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FINAL REPORT

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1.0 INTRODUCTION

Environics Research Group Limited was retained by Health Canada to conduct a survey of health professionals who work with women in their childbearing years, pregnant women or infants, on topics related to nutrition information. The survey probed health professionals' practices with regard to providing nutrition information to their clients, awareness of new Health Canada nutrition guidelines for women in their childbearing years and nutrition guidelines for infants, and professionals' information needs and sources.

One of the main objectives of the survey was to examine the level of awareness among health professionals across the country of two recently released nutrition guidelines documents. A second objective was to measure the usefulness of various formats and tools to guide implementation of the guidelines in the most effective and useful manner.

The survey is based on a sample of 859 health professionals including physicians (family physicians, obstetricians and pediatricians), dietitians, public health professionals, and midwives. The survey was conducted by telephone between April 13 and June 12, 2000.

The following table presents the sample sizes for each of the practice areas and professions of the sample.

SAMPLE CHARACTERISTIC	SAMPLE SIZE (N)
Total	859
<i>Practice</i>	
Women aged 18 to 40	809
Pregnant women	734
Infants under two years old	712
<i>Health profession</i>	
Family medicine physician	206
Obstetrician/gynecologist	51
Pediatrician	50
Dietician/nutritionist	180
Public health professional	285
Pediatric nurse	3
Midwife	84

A more detailed description of the sample is appended to this report.

This report presents the findings of the survey and implications for initiatives in nutrition information. A description of the survey methods and the English and French questionnaires used in the survey are appended to this report. Statistical tables are presented under separate cover.

2.0 SUMMARY OF FINDINGS

The survey finds widespread approval among health professionals of Health Canada's efforts and directions with regard to nutrition information. The vast majority strongly approve of the efforts to create nutrition guidelines for women and for infant nutrition, and significant majorities of professionals who have seen each of the guidelines describe them as very helpful. Those who have not seen the guidelines view the development of national guidelines as a positive step.

A summary of findings follows.

PROVIDING INFORMATION

- Among health professionals who have women aged 18 to 40 as clients (n=809), three-quarters (75%) say they frequently provide advice or information about nutrition to their women clients. Another 21 percent report doing this sometimes. Only four percent say they rarely or never do this.
- Three-quarters (76%) of those who have pregnant women as clients (n=734) say they frequently provide advice or information about nutrition to pregnant women. Another 18 percent report doing this sometimes. Only six percent say they rarely or never do this.
- More than eight in ten (84%) of those who have infants under two years old as clients (n=712) say they frequently provide advice or information about infant nutrition to the parents of infants. Another 12 percent report doing this sometimes. Only four percent say they rarely or never do this.
- The survey finds that midwives, regardless of their clientele, are more likely than average to say they provide advice or information about nutrition to their clients.
- Just under four in ten of all health professionals surveyed (37%) say they frequently discuss or inform women, before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome, such as nutrition, smoking behaviour, alcohol consumption or others. Another 35 percent report doing this sometimes. A significant proportion (27%) say they rarely (20%) or never (7%) do this. The proportions are almost identical among health professionals who have women in their childbearing years and/or pregnant women as clients.
- The survey probed reasons why health professionals might or might not discuss or inform women, before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome. Seventy percent of health professionals say they refer women to other sources of information on these topics. This number is slightly higher among public health professionals (76%) and midwives (77%). Just under four in ten say that information about these topics is not available in a form that is useful for their clients (37%) and that there is not enough time in their work to talk to women about these topics (36%). More than three in ten (34%) say that many of their clients already have a good knowledge about these topics. More than two in ten say that many of their clients are not interested in these topics (24%) and that there is not enough solid information available about these topics (21%).
- Four in ten of the health professionals surveyed (42%) say they frequently talk to women, before they become pregnant, about the role of folic acid in decreasing the risk of neural tube defects. Another 25 percent report doing this sometimes. A significant proportion (31%) say they rarely (22%) or never (9%) do this. The percentages are similar among health professionals who have women in their childbearing years and/or pregnant women as clients; 43 percent in each of these groups say they frequently talk to women about the role of folic acid and 30 percent say they rarely or never do this.

NUTRITION GUIDELINES FOR WOMEN

- Six in ten of the health professionals surveyed (60%) say they are aware of or have heard of guidelines about nutrition for pregnant women and women in their childbearing years that have been recently prepared by Health Canada. Another eight percent say they may have heard of these guidelines. A significant number of health professionals (31%) say they are not aware of these guidelines. Among health professionals who have women in their childbearing years and/or pregnant women as clients, 61 percent and 63 percent, respectively, say they are aware of the guidelines.
- Among those who say they are aware of or may have heard of the guidelines for women, just under eight in ten (78%) say they have seen or read these guidelines. Only two in ten (21%) say they have not. Thus, 54 percent of health professionals overall, say they have read or seen the guidelines, including 55 percent of those who have women in their childbearing years as clients and 57 percent of those who have pregnant women as clients.
- Among those who say they have read or seen the guidelines for women (n=463), six in ten (59%) say they find the guidelines very helpful. Another 38 percent say they are somewhat helpful. Only two percent say they are not very helpful.
- These guidelines are seen as helpful for a variety of reasons. Among those who have seen or read the guidelines (n=463), the largest proportions say they are user-friendly (23%), provide comprehensive information (19%) and are a good resource (18%). Smaller numbers say they provide up-to-date information (11%), are concise/clear/to the point (9%), provide a single/universal standard (7%), confirmed their knowledge (6%), are good for professionals as opposed to laymen (6%), gave ideas about how to provide recommendations or assist in teaching (6%) and gave nutritional information or more information (5%).
- Some critical statements include: they are not detailed/specific enough (7%), contain inaccurate or controversial information or recommendations (6%) and are not user-friendly or concise enough (5%).
- Among those who have not seen or read the guidelines (n=397), two-thirds (67%) say that a set of national guidelines on the topic of nutrition for pregnant women and women in their childbearing years would be very helpful for them in their work. Another 25 percent say such guidelines would be somewhat helpful. Only seven percent say such guidelines would not be helpful.
- Among health professionals who have women of childbearing years (69%) and/or pregnant women (72%) as clients, similar proportions say such guidelines would be very helpful. Pediatricians are more likely than others to say such guidelines would not be helpful. However, due to the small sample size of this professional group (in this particular question), caution should be used in the interpretation of these results.
- National guidelines would be helpful for a variety of reasons. Among those who have not seen or read the guidelines (n=397), the largest proportions say they would save time/patients can read at home/would help them to remember (20%) and good resource/reference/guideline (18%). Smaller numbers say they would provide a single/universal standard (11%), nutrition is important for healthy life/ pregnancy/ child (10%), would add credibility to health professional's recommendations (9%), would provide up-to-date information (9%), and would be user-friendly (5%).
- About one in ten say such guidelines would not apply to their field/clients (12%). The survey data indicate that pediatricians are more likely than others to mention this.
- An overwhelming majority of health professionals (91%) think it is very appropriate for Health Canada to be involved in creating a set of national guidelines about nutrition for pregnant women and women in their childbearing years in consultation with health professionals. Another nine percent think it is somewhat appropriate for Health Canada to be involved in this.

INFANT NUTRITION GUIDELINES

- Just under one-half of health professionals surveyed (48%) say they are aware of or have heard of guidelines about infant nutrition recently released by Health Canada. Another eight percent say they may have heard of these guidelines. A large proportion (43%) say they are not aware of these guidelines. Among health professionals who have infants under two years old as clients, 51 percent are aware of, eight percent maybe aware, and 40 percent are not aware of these guidelines.
- Among those who say they are aware of or may have heard of the infant nutrition guidelines, eight in ten (79%) say they have seen or read these guidelines. Two in ten (20%) say they have not. Thus, 45 percent of health professionals surveyed say they have read or seen the infant nutrition guidelines, including 48 percent of those who have infants as clients.
- Among those who say they have read or seen the guidelines (n=385), just under two-thirds (64%) say they find the infant nutrition set of guidelines very helpful. Another 31 percent say they are somewhat helpful. Only two percent say they are not very helpful.
- The infant nutrition guidelines are seen as helpful for a variety of reasons. Among those who have seen or read the guidelines (n=385), the largest proportions say they are a good resource/reference/guideline (16%), are user-friendly (15%) and provide evidence/references (14%). Smaller numbers say they provide a single/universal standard (12%), are good for health professionals as opposed to laymen (10%), provide up-to-date information (9%), comprehensive information (8%) or specific/concrete information (8%), they prefer/recommend breast-feeding for infants (6%), are concise/clear/to the point (5%) and are well researched/research-based (5%).
- Some critical statements include: the guidelines contain inaccurate/controversial information/recommendations (7%) and are not detailed enough (4%).
- Among those who have not read or seen these guidelines (n=474), more than six in ten (62%) think that a set of national guidelines on the topic of infant nutrition would be very helpful. Another 23 percent think guidelines would be somewhat helpful. More than one in ten (14%) think guidelines would not be helpful.
- Among health professionals who have infants under two years old as clients, 71 percent say national guidelines would be very helpful and only four percent think they would not be helpful. The data also indicate that obstetricians and gynecologists are more likely than others to say guidelines would not be helpful. However, due to the small sample size of this professional group, caution should be used in the interpretation of these results.
- National infant nutrition guidelines would be helpful for a variety of reasons. Among those who have not seen or read the guidelines (n=474), the largest proportions say they would provide a single/universal standard (16%) and would save time/patient can read at home/helps them to remember (14%). Smaller numbers say parents are very interested/have questions about nutrition (11%), would provide up-to-date information (10%), they think nutrition is important for healthy life/child/pregnancy (10%), they would be a good resource/reference/guideline (10%), would add credibility to health professional's recommendations (8%), are good/needed (7%), would be well researched/research-based (6%), would give nutritional information or more information (5%), and they recommend breast-feeding for infants (5%).
- Some critical statements include: guidelines would not apply to their field/clients (18%) and would use other sources/guidelines because they prefer the specific source or guidelines they currently use, such as local/regional guidelines or a nutritionist, and are not interested in national guidelines (5%).

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- An overwhelming majority of health professionals (90%) think it is very appropriate for Health Canada to be involved in creating a set of national guidelines about infant nutrition in consultation with partners and health professionals. Another eight percent think it is somewhat appropriate for Health Canada to be involved in this. Only one percent think it is not very appropriate.

INFORMATION TOOLS

- When asked about tools that are directed to health professionals, large majorities think that a copy of the complete guidelines (73%) and summaries of the guidelines (72%) would be very useful for them personally in their work. (It should be noted that the term “guidelines” refers to nutrition guidelines in general.) A smaller majority (50%) say the same about articles in professional publications or highlights documents.
- Midwives are more likely to say articles in professional publications and highlights documents would be very useful. Ontario health professionals are more likely to say summaries of the guidelines would be very useful; Quebec health professionals are less likely to feel this way.
- When asked about opportunities for continuing education about the guidelines, almost six in ten think activities, such as continuing education events, including professional conferences, with sections devoted to the topic (57%) and in-service or workshop sessions (56%) would be very useful to them personally in keeping up-to-date. Smaller numbers say the same about updates on Web sites (35%) and continuing education self-assessment tools, such as quizzes in professional journals (34%). Only 11 percent think electronic discussion groups would be very useful.
- Public health professionals are more likely than other health professionals to say in-service or workshop sessions would be very useful to them in keeping up-to-date; physicians are less likely to agree. Dietitians are more likely to think updates on Web sites would be very useful; physicians are less likely to agree. Family medicine physicians are less likely than other health professionals to think continuing education events would be very useful. Saskatchewan health professionals are more likely to say in-service or workshop sessions and continuing education events would be very useful to them in keeping up-to-date.
- When asked about tools that health professionals might use to provide advice to clients, a large majority (82%) think that fact sheets or brochures to give to clients would be very useful for them personally. A smaller majority (68%) say the same about ready to use teaching tools to give to clients. Much smaller numbers think posters for their office (41%) and videos to show clients in an office or teaching setting (39%) would be very useful tools.
- Public health professionals are more likely than other health professionals to think that posters and videos would be very useful for them; physicians are less likely to think the latter would be very useful. Physicians are also less likely to think ready to use teaching tools to give to clients would be very useful. Midwives are more likely to think videos would be very useful. Female physicians are more likely than their male counterparts to think fact sheets or brochures would be very useful. Saskatchewan health professionals are more likely than others to think posters and videos would be very useful. Quebec health professionals are less likely to think fact sheets or brochures to give to clients would be very useful.
- Six in ten of the health professionals surveyed (61%) think the Internet is a good vehicle for them to find information about the guidelines. Four in ten (39%) disagree.

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- Dietitians are more likely than other health professionals to think the Internet is a good vehicle for them to find information about the guidelines. Health professionals in Quebec are less likely to find the Internet a good vehicle for them to find information about the guidelines.
 - Among those who think the Internet is a good vehicle, overwhelming majorities would like to access short factsheets, about three pages long (97%), and executive summaries (85%) through a Web site. A much smaller number (43%) would like to access full-length reports.
 - Among those who think the Internet is a good vehicle, most (63%) would be willing to print a maximum number of ten pages from a Web site. Another 24 percent would be willing to print a maximum number of 25 pages. Much smaller numbers would be willing to print 50 (5%), 100 (2%) or more than 100 (2%) pages.
 - When asked what kinds of tools, either those already mentioned or others, would be most useful for helping them to provide advice to their clients about nutrition, a variety of tools are mentioned. The largest proportion mentions brochures, pamphlets, booklets or handouts in different languages (50%). Smaller numbers mention fact sheets/summaries (35%), videos (23%), posters (11%), ready to use teaching tools (9%), low-literacy/pictorial materials (9%), Web site/Internet items/CD-ROM/computer games (9%), complete guidelines (7%) and books/articles/literature (5%).

The detailed findings on each topic are discussed in the following sections.

3.0 PROVIDING INFORMATION ABOUT NUTRITION

A. Providing Nutrition Information to Target Groups

Large majorities of health professionals who work with specific target groups say they frequently provide their clients with nutrition information.

Most health professionals who work with specific target groups, such as women aged 18 to 40, pregnant women and infants, say they frequently provide nutrition information to their clients.

In the following questions, health professionals who work with specific target groups, such as women aged 18 to 40, pregnant women and infants, were asked the frequency with which they provide their clients with nutrition information.

Among health professionals who have women aged 18 to 40 as clients, three-quarters (75%) say they frequently provide advice or information about nutrition to their women clients. Another 21 percent report doing this sometimes. Only four percent say they rarely or never do this.

Midwives are more likely than other health professionals to say they frequently provide advice or information about nutrition to their women clients. Dietitians are less likely to do this. Female physicians are more likely than their male counterparts to do this.

Three-quarters (76%) of those who have pregnant women as clients say they frequently provide advice or information about nutrition to pregnant women. Another 18 percent report doing this sometimes. Only six percent say they rarely or never do this.

Midwives are more likely than other health professionals to say they frequently provide advice or information about nutrition to pregnant women.

More than eight in ten (84%) of those who have infants under two years old as clients say they frequently provide advice or information about infant nutrition to the parents of infants. Another 12 percent report doing this sometimes. Only four percent say they rarely or never do this.

Midwives are more likely than other health professionals to say they frequently provide advice or information about infant nutrition to the parents of infants.

Providing Information about Nutrition
June 2000

	TOTAL	PHYSICIANS	DIETITIANS	PUBLIC HEALTH PROFS	MIDWIVES
Have women aged 18 to 40 as clients	n=809	n=269	n=171	n=285	n=84
<i>Provide nutrition information?</i>					
Frequently	75	71	64	79	98
Sometimes	21	24	32	18	2
Rarely	3	5	4	3	0
Never	1	*	1	1	0
dk/na	0	0	0	0	0
Have pregnant women as clients	n=734	n=234	n=131	n=285	n=84
<i>Provide nutrition information?</i>					
Frequently	76	85	47	74	100
Sometimes	18	9	37	22	0
Rarely	5	4	14	2	0
Never	1	1	2	1	0
dk/na	0	0	0	0	0
Have infants under two years old as clients	n=712	n=243	n=101	n=284	n=84
<i>Provide nutrition information?</i>					
Frequently	84	85	43	93	99
Sometimes	12	12	41	6	1
Rarely	3	2	12	1	0
Never	1	1	5	*	0
dk/na	0	0	0	0	0

* Less than one percent

Q.2

Women in their child-bearing years, pregnant women and parents with infants can learn about good nutrition from their doctors and other health professionals as well as from other sources like the media, friends, pre-natal classes, books, and so on.

a) Thinking about your own work, do you frequently, sometimes, rarely or never provide advice or information about nutrition to women between 18 and 40?

b) Thinking about your own work, do you frequently, sometimes, rarely or never provide advice or information about nutrition to pregnant women?

c) Thinking about your own work, do you frequently, sometimes, rarely or never provide advice or information about infant nutrition to the parents of infants?

Subsample: Those who work with each of these specific groups of clients

B. Informing Women About Actions that Might Affect Pregnancy Outcome

About four in ten of all health professionals surveyed say they frequently inform women, before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome. Seven in ten say that one of the reasons they do not do this is because they refer women to other sources of information on these topics.

Just under four in ten of all health professionals surveyed (37%) say they frequently discuss or inform women, before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome, such as nutrition, smoking behaviour, alcohol consumption or others. Another 35 percent report doing this sometimes. A significant proportion (27%) say they rarely (20%) or never (7%) do this. The proportions are almost identical among health professionals who have women in their childbearing years and/or pregnant women as clients.

Physicians are more likely than other health professionals to say they frequently discuss or inform women, before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome. Dietitians are less likely to do this.

The survey probed reasons why health professionals might or might not discuss or inform women, before they become pregnant, about issues and actions

that might affect a healthy pregnancy outcome. Seven in ten of the health professionals say they refer women to other sources of information on these topics (70%). Just under four in ten say that information about these topics is not available in a form that is useful for their clients (37%) and that there is not enough time in their work to talk to women about these topics (36%). More than three in ten (34%) say that many of their clients already have a good knowledge about these topics. More than two in ten say that many of their clients are not interested in these topics (24%) and that there is not enough solid information available about these topics (21%).

Midwives are much more likely than other health professionals to say that they refer women to other sources of information on these topics and that many of their clients already have a good knowledge about these topics; dietitians are less likely to agree with the latter reason. Midwives are much less likely to say that there is not enough time in their work to talk to women about these topics and that many of their clients are not interested in these topics; public health professionals are more likely to agree with the latter reason.

Atlantic Canada health professionals are less likely than others to say that many of their clients already have a good knowledge about these topics.

Informing Women about Actions that Might Affect Pregnancy Outcome
June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETITIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84	
						<i>Q.3</i>
						<i>Thinking about your own work, how often do you discuss or inform women before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome such as nutrition, smoking behaviour, alcohol consumption, or others? Would you say frequently, sometimes, rarely, or never?</i>
<i>Inform women?</i>						
Frequently	37	55	19	30	32	
Sometimes	35	29	33	41	40	
Rarely	20	9	31	24	23	
Never	7	6	16	4	5	
dk/na	*	*	1	*	0	
<i>Why not?</i>						<i>Q.4</i>
<i>Not enough time?</i>						<i>There are many reasons why health professionals may or may not be talking to women before they become pregnant about issues and actions that might affect a healthy pregnancy outcome, such as nutrition, smoking behaviour, alcohol consumption, or others. Does each of the following statements apply to you or not?</i>
Yes	36	38	34	43	6	<i>a) There is not enough time in your work to talk to women about these topics.</i>
No	61	60	60	56	92	<i>b) There are other sources of information on these topics that you refer women to.</i>
dk/na	3	2	6	1	2	<i>c) There is not enough solid information available about these topics.</i>
<i>Refer women to other sources of information?</i>						<i>d) Many of your clients are not interested in these topics.</i>
Yes	70	67	64	76	77	<i>e) Many of your clients already have a good knowledge about these topics.</i>
No	28	31	32	23	21	<i>f) Information about these topics is not available in a form that is useful for your clients.</i>
dk/na	2	1	4	1	1	
<i>Not enough solid information available?</i>						
Yes	21	19	26	17	27	
No	77	79	70	80	71	
dk/na	3	2	4	3	1	
<i>Many clients not interested in these topics?</i>						
Yes	24	20	23	34	1	
No	74	78	71	64	99	
dk/na	3	2	6	2	0	
<i>Many clients have good knowledge of these topics?</i>						
Yes	34	35	20	33	61	
No	62	62	71	62	39	
dk/na	4	3	9	4	0	
<i>Information not available in form useful to clients?</i>						
Yes	37	37	38	39	32	
No	59	59	53	59	68	
dk/na	4	4	9	2	0	

* Less than one percent

c. Informing Women About Folic Acid

Four in ten of the health professionals surveyed, including those who have women in their childbearing years and/or pregnant women as clients, say they frequently talk to women, before they become pregnant, about the role of folic acid in decreasing the risk of neural tube defects.

Only four in ten of the health professionals surveyed (42%) say they frequently talk to women, before they become pregnant, about the role of folic acid in decreasing the risk of neural tube defects. Another 25 percent report doing this sometimes. A significant proportion (31%) say they rarely (22%) or never (9%) do this.

Among health professionals who have women in their childbearing years and/or pregnant women as clients, similar proportions (43%) say they frequently talk to women before they become pregnant, about the role of folic acid. Thirty percent in each of these groups say they rarely or never do this.

Physicians are more likely than other health professionals to say they frequently talk to women about the role of folic acid, while public health professionals are less likely to do this.

Health professionals in Ontario are more likely than others to say they frequently talk to women about the role of folic acid while Saskatchewan health professionals are less likely to do this.

Informing Women about Folic Acid

June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETITIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84
Frequently	42	67	32	22	45
Sometimes	25	18	26	34	25
Rarely	22	8	24	34	25
Never	9	6	17	10	2
dk/na	1	1	2	0	2

Q.5

On a specific topic, would you say you frequently, sometimes, rarely or never talk to women before they become pregnant about the role of folic acid in decreasing the risk of neural tube defects?

A. Awareness of Guidelines

Six in ten of the health professionals surveyed say they have seen or read guidelines about nutrition for pregnant women and women in their childbearing years that have been recently prepared by Health Canada.

Six in ten of the health professionals surveyed (60%) say they are aware of or have heard of guidelines about nutrition for pregnant women and women in their childbearing years that have been recently prepared by Health Canada. Another eight percent say they may have heard of these guidelines. Almost one-third (31%) say they are not aware of these guidelines.

Among health professionals who have women in their childbearing years and/or pregnant women as clients, 61 percent and 63 percent, respectively, say they are aware of these guidelines and a further eight percent of each say they may have heard of them.

Dietitians and, to a lesser extent, public health professionals, are more likely than other health professionals

to say they are aware of guidelines about nutrition for pregnant women and women in their childbearing years that have been recently prepared by Health Canada, while physicians are less likely to be aware of these guidelines.

Quebec health professionals are less likely than others to be aware of the nutrition guidelines for women.

Among those who say they are aware of or may have heard of these guidelines, just under eight in ten (78%) say they have seen or read these guidelines. Only two in ten (21%) say they have not. Thus, 54 percent of health professionals surveyed say they have read or seen the guidelines, including 55 percent of those who have women in their child-bearing years as clients and 57 percent of those who have pregnant women as clients.

Physicians are less likely than other health professionals to say they have seen or read these guidelines.

Quebec health professionals are also less likely to say they have seen or read these guidelines.

Awareness of Nutrition Guidelines for Women

June 2000

	TOTAL	PHYSICIANS	DIETITIANS	PUBLIC HEALTH PROFS	MIDWIVES
<i>Heard of guidelines?</i>	n=859	n=307	n=180	n=288	n=84
Yes	60	38	81	72	58
Maybe	8	7	3	14	5
No	31	54	17	14	37
dk/na	0	0	0	0	0
<i>Seen/read guidelines?</i>	n=590	n=140	n=150	n=247	n=53
Yes	78	59	87	84	79
No	21	41	13	14	19
dk/na	1	1	0	2	2

Q.6a

Are you aware of or have you heard about any guidelines about nutrition for pregnant women and women in their child-bearing years that have been recently prepared by Health Canada?

Q.6b

Have you seen or read these guidelines?

Subsample: Those who are aware/have heard of any Health Canada guidelines about nutrition for pregnant women

B. Helpfulness of Guidelines

Among those health professionals who have seen or read Health Canada nutrition guidelines for pregnant women and women in their childbearing years, six in ten say they find these guidelines very helpful. The most frequent reasons given are that the guidelines are user-friendly, comprehensive and a good resource or reference.

Most health professionals who have seen or read Health Canada nutrition guidelines for pregnant women and women in their childbearing years find these guidelines very useful. The guidelines are described as being user-friendly, comprehensive and a good resource or reference.

Health professionals who have seen or read Health Canada nutrition guidelines for women (54 percent of all health professionals surveyed) were asked a series of questions about the guidelines.

Among those who say they have read or seen the guidelines, six in ten (59%) say they find these nutrition guidelines very helpful. Another 38 percent say they are somewhat helpful. Only two percent say they are not very helpful.

These guidelines are seen as helpful for a variety of reasons. Among those who have seen or read the guidelines, the largest proportions say they are user-friendly (23%), provide comprehensive information (19%) and are a good resource, reference or guideline (18%). Smaller numbers say they provide up-to-date information (11%), are concise/clear/to the point (9%), provide a single/universal standard (7%), that they already know information or that they confirmed their knowledge (6%), are good for professionals as opposed to laymen (6%), gave ideas about how to provide recommendations or help in teaching (6%) and gave nutritional information or more information (5%).

Some critical statements include: they are not detailed or specific enough (7%), contain inaccurate or controversial information or recommendations (6%) and are not user-friendly or concise enough (5%).

Health professionals who have not read or seen the guidelines were informed that Health Canada, in consultation with health professionals, has developed a set of national guidelines for nutrition entitled “Nutrition for a Healthy Pregnancy – National Guidelines for the Childbearing Years”.

Among those who have not read or seen the guidelines, two-thirds (67%) say that a set of national guidelines on the topic of nutrition for pregnant women and women in their childbearing years would be very helpful for them in their work. Another 25 percent say such guidelines would be somewhat helpful. Only seven percent say such guidelines would be not very or not at all helpful.

Among health professionals who have women of childbearing years (69%) and/or pregnant women (72%) as clients, similar proportions say such guidelines would be very helpful. Pediatricians are more likely than others to say such guidelines would not be helpful. However, due to the small sample size of this professional group (in this particular question), caution should be used in the interpretation of these results.

National guidelines would be helpful for a variety of reasons. Although guidelines are not intended for patients, many health professionals think that being able to provide patients with such information would be a good reason to have them. Among those who have not seen/read the guidelines, the largest proportions say they would save time because patients would be able to read at home/would help them to remember (20%) and would be a good resource/reference/guideline (18%). Smaller numbers say they would provide a single/universal standard (11%), that nutrition is important for healthy life/pregnancy/child (10%), would add credibility to health professional’s recommendations (9%), would provide up-to-date information (9%) and would be user-friendly (5%).

About one in ten are critical, stating that the guidelines would not apply to their field or clients (12%). This number is higher among pediatricians.

Helpfulness of Nutrition Guidelines for Women

June 2000

	TOTAL N=463	PHYSICIANS N=82	DIETITIANS N=131	PUBLIC HEALTH PROFS N=208	MIDWIVES N=42
Have seen/read guidelines					
<i>Helpful?</i>					
Very helpful	59	48	63	63	43
Somewhat helpful	38	50	36	31	52
Not very helpful	2	1	1	2	5
Not at all helpful	0	0	0	0	0
dk/na	2	1	1	3	0
<i>Why?</i>					
Positive statements					
User-friendly	23	19	21	25	21
Comprehensive	19	22	21	18	14
Good resource/reference	18	8	19	22	12
Up-to-date	11	1	18	12	10
Concise/to the point	9	11	5	11	10
Provides single/universal standard	7	4	11	5	5
Already know info/confirmed my knowledge	6	6	5	7	12
Good for professionals	6	5	10	5	5
Ideas how to provide recommendations/teaching	6	2	5	8	2
Nutritional info/the more the better	5	8	6	4	2
Specific/concrete information	4	1	5	5	2
Provides evidence/references	3	1	4	4	5
Info available in one document	3	0	4	4	2
Nutrition for specific groups/lifestyles	3	1	3	3	2
Critical comments					
Not detailed/specific enough	7	11	10	3	5
Contains inaccurate/controversial info/recommendations	6	5	8	3	17
Not user-friendly/concise enough	5	8	2	5	2
Guidelines not accessible/will not be followed	3	5	1	3	10
Needs more info for specific groups/lifestyles	3	4	0	1	17
Other	20	31	18	15	19
dk/na	1	1	1	1	0

Note: Multiple answers possible

Q.6c

Overall, what was your opinion about the nutrition guidelines? Did you think it was a very helpful, somewhat helpful, not very helpful or not at all helpful document?

Q.6d

Why do you say that?

Subsample: Those who have seen/beard the Health Canada guidelines about nutrition for pregnant women

Helpfulness of Nutrition Guidelines for Women
June 2000

	TOTAL N=397	PHYSICIANS N=225	DIETITIANS N=49	PUBLIC HEALTH PROFS N=81	MIDWIVES N=42
Have not seen/read guidelines					
<i>Helpful?</i>					
Very helpful	67	71	51	68	62
Somewhat helpful	25	21	33	28	33
Not very helpful	5	4	8	2	5
Not at all helpful	2	2	8	1	0
dk/na	1	1	0	0	0
<i>Why?</i>					
Positive statements					
Saves time/patients can read at home	20	33	2	2	5
Good resource/reference	18	18	18	17	17
Provides single/universal standard	11	8	16	17	10
Nutrition important for healthy life/pregnancy/child	10	12	8	7	7
Adds credibility to health professional's recommendations	9	12	4	5	2
Up-to-date	9	5	8	20	7
User-friendly	5	7	4	0	5
Good for special cases/circumstances	4	2	6	2	19
Provides specific/concrete info	4	6	4	1	0
Good source to develop flyers/handouts	4	5	4	1	2
Gives nutritional info/the more the better	4	2	2	11	0
Advise/treat many women	4	3	6	2	7
Guidelines good/needed	3	3	2	5	2
Info on folic acid	3	4	2	0	5
Info available in one document	3	3	4	1	2
Ideas how to provide recommendations/teaching	3	3	2	2	0
Critical comments					
Guidelines do not apply to my field/clients	12	10	27	11	5
Other	19	10	12	21	57
dk/na	0	0	0	0	0

Note: Multiple answers possible

Q.7

In fact, Health Canada in consultation with health professionals has developed a set of national guidelines for nutrition entitled "Nutrition for a Healthy Pregnancy – National Guidelines for the Childbearing Years", which was released in 1999.

Q.7a

Do you think that a set of national guidelines on the topic of nutrition for pregnant women and women in their childbearing years would be very helpful, somewhat helpful, not very helpful or not at all helpful for you in your work?

Q.7b

Why do you say that?

Subsample: Those who are not aware of the guidelines, or are aware and have not read/seen them

Physicians who have not seen or read the guidelines are more likely to say such guidelines would save time and can be taken home by the patient.

Quebec health professionals who have not seen or read the guidelines are more likely to say the guidelines would be a good resource or reference.

c. Health Canada's Involvement in Setting Nutrition Guidelines for Women

An overwhelming majority of the health professionals surveyed think it is very appropriate for Health Canada to be involved in creating a set of national guidelines about nutrition for pregnant women and women in their childbearing years in consultation with health professionals.

An overwhelming majority of the health professionals surveyed (91%) think it is very appropriate for Health Canada to be involved in creating a set of national guidelines about nutrition for pregnant women and women in their childbearing years in consultation with health professionals. Another nine percent think it is somewhat appropriate for Health Canada to be involved in this.

Large majorities of more than 80 percent of health professionals in every group think it is very appropriate for Health Canada to be involved in creating national nutrition guidelines for women.

Health Canada's Involvement in Setting Nutrition Guidelines for Women June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETITIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84
Very appropriate	91	89	92	93	86
Somewhat appropriate	9	10	8	7	13
Not very appropriate	*	*	1	0	1
Not at all appropriate	*	1	0	0	0
dk/na	*	*	0	*	0

* Less than one percent

Q.8

In your opinion, how appropriate is it for Health Canada to be involved in creating a set of national guidelines about nutrition for pregnant women and women in their childbearing years in consultation with health professionals?

5.0 HEALTH CANADA INFANT NUTRITION GUIDELINES

A. Awareness of Guidelines

Just under one-half of the health professionals surveyed say they have seen or read guidelines about infant nutrition recently released by Health Canada.

Just under one-half of health professionals surveyed (48%) say they are aware of or have heard of guidelines about infant nutrition recently released by Health Canada. Another eight percent say they may have heard of these guidelines. A large proportion (43%) say they are not aware of these guidelines.

Among health professionals who have infants under two years old as clients, 51 percent are aware of, eight percent maybe aware, and 40 percent are not aware of these guidelines.

Dietitians and public health professionals are more likely than other health professionals to say they are aware of guidelines about infant nutrition recently released by Health Canada, while physicians and midwives are

less likely to be aware of these guidelines. Obstetricians and gynecologists are also more likely to say they are not aware of these guidelines. However, due to the small sample size of this professional group, caution should be used in the interpretation of these results.

Health professionals in Saskatchewan and Atlantic Canada are more likely to be aware of guidelines about infant nutrition recently released by Health Canada, while those in Quebec are less likely to be aware.

Among those who say they are aware of or may have heard of these guidelines, eight in ten (79%) say they have seen or read these guidelines. Two in ten (20%) say they have not. Thus, 45 percent of health professionals surveyed say they have read or seen the infant nutrition guidelines, including 48 percent of those who have infants as clients.

Again, Quebec health professionals are less likely than others to say they have seen or read these guidelines.

Awareness of Nutrition Guidelines for Infants

June 2000

	TOTAL	PHYSICIANS	DIETITIANS	PUBLIC HEALTH PROFS	MIDWIVES
<i>Heard of guidelines?</i>	n=859	n=307	n=180	n=288	n=84
Yes	48	25	67	67	29
Maybe	8	7	8	10	7
No	43	67	24	22	63
dk/na	*	*	1	*	1
<i>Seen/read guidelines?</i>	n=487	n=99	n=135	n=223	n=30
Yes	79	71	81	86	47
No	20	28	18	13	50
dk/na	1	1	1	1	3

* Less than one percent

Q.9a

Are you aware of or have you heard of any guidelines about infant nutrition recently released by Health Canada?

Q.9b

Have you seen or read these guidelines?

Subsample: Those who are aware/have heard of any Health Canada guidelines about infant nutrition

B. Helpfulness of Guidelines

Among those health professionals who have seen or read the infant nutrition guidelines, more than six in ten say they find them very helpful. The most frequent reasons given are that the guidelines are a good resource or reference, are user-friendly and provide evidence and references.

Most health professionals who have seen or read Health Canada infant nutrition guidelines find them very useful. The guidelines are seen as being a good resource or reference, user-friendly and providing evidence and references.

The following questions were asked to health professionals who have seen or read Health Canada guidelines about infant nutrition (45 percent of all health professionals surveyed).

Among those who say they have read or seen the guidelines, just under two-thirds (64%) say they find them very helpful. Another 31 percent say they are somewhat helpful. Only two percent say they are not very helpful.

The infant nutrition guidelines are seen as helpful for a variety of reasons. Among those who have seen or read the guidelines, the largest proportions say they are a good resource, reference or guideline (16%), are user-friendly (15%) and provide evidence and references (14%). Smaller numbers say they provide a single/universal standard (12%), are good for health professionals as opposed to laymen (10%), provide up-to-date information (9%), comprehensive information (8%), or specific/concrete information (8%). As well, they recommend breast-feeding for infants (6%), are concise/clear/to the point (5%) and are well researched or research-based (5%).

Some critical statements include: they contain inaccurate or controversial information or recommendations (7%) and are not detailed enough (4%).

Health professionals who have not read or seen the guidelines were informed that Health Canada, in collaboration with the Canadian Paediatric Society and Dietitians of Canada, has developed a statement

of principles for infant nutrition entitled “Nutrition for Healthy Term Infants”, which was released in 1998.

Among those who have not read or seen the guidelines, more than six in ten (62%) think that a set of national guidelines on the topic of infant nutrition would be very helpful. Another 23 percent think such guidelines would be somewhat helpful. More than one in ten (14%) think such guidelines would be not very (9%) or not at all (5%) helpful.

Among health professionals who have infants under two years old as clients, 71 percent say national guidelines would be very helpful and only four percent think they would not be helpful.

Dietitians who have not seen or read the guidelines are less likely to say that national infant nutrition guidelines would be very helpful for them in their work. Obstetricians and gynecologists are more likely than others to say such guidelines would not be helpful. However, due to the small sample size of this latter professional group, caution should be used in the interpretation of these results.

National infant nutrition guidelines would be helpful for a variety of reasons. Among those who have not seen or read the guidelines, the largest proportions say they would provide a single or universal standard (16%) and would save time because their patients can read at home/helps them to remember (14%). Smaller numbers say they would be good because parents are very interested and have questions about nutrition (11%), they would be up-to-date (10%), nutrition is important for healthy life/child/pregnancy (10%), they would be a good resource/reference/guideline (10%), they would add credibility to health professional’s recommendations (8%), they are good/needed (7%), they would be well researched/research-based (6%), would give nutritional information or more information (5%) and would recommend breast-feeding for infants (5%).

Some critical statements include: guidelines would not apply to their field or clients (18%) and they would use other sources because they prefer the specific source or guidelines they currently use, such as local/regional guidelines or a nutritionist, and are not interested in national guidelines (5%).

Helpfulness of Nutrition Guidelines for Infants

June 2000

	TOTAL N=385	PHYSICIANS N=70	DIETITIANS N=110	PUBLIC HEALTH PROFS N=191	MIDWIVES N=14
Have seen/read guidelines					
<i>Helpful?</i>					
Very helpful	64	53	68	66	64
Somewhat helpful	31	41	24	32	29
Not very helpful	2	1	5	1	0
Not at all helpful	0	0	0	0	0
dk/na	3	4	4	1	7
<i>Why?</i>					
Positive statements					
Good resource/reference	16	17	13	18	21
User-friendly	15	13	10	19	7
Provides evidence/references	14	10	12	17	7
Provides single/universal standard	12	6	14	14	0
Good for health professionals	10	9	15	7	7
Up-to-date	9	7	11	10	0
Comprehensive	8	4	6	10	14
Provides specific/concrete info	8	4	11	8	7
Prefer/recommend breast-feeding for infants	6	4	4	7	21
Concise/to the point	5	3	8	5	0
Well researched/research-based	5	0	12	4	0
Already know info/confirmed my knowledge	4	11	2	3	7
Info available in one document	3	1	5	2	0
Critical comments					
Contains inaccurate/controversial info/recommendations	7	9	4	8	7
Not detailed enough	4	1	6	5	0
Not user-friendly/concise enough	3	9	0	4	0
Conflicts with provincial/other guidelines	3	0	1	5	0
Missed/did not address specific topics	3	0	3	3	7
Other	19	18	22	19	35
dk/na	3	6	1	3	0

Note: Multiple answers possible

Q.9c

Overall, what was your opinion about the infant nutrition set of guidelines? Did you think it was a very helpful, somewhat helpful, not very helpful or not at all helpful document?

Q.9d

Why do you say that?

Subsample: Those who are aware/have heard of any Health Canada guidelines about infant nutrition

Helpfulness of Nutrition Guidelines for Infants

June 2000

	TOTAL N=474	PHYSICIANS N=237	DIETITIANS N=70	PUBLIC HEALTH PROFS N=97	MIDWIVES N=70
Have not seen/read guidelines					
<i>Helpful?</i>					
Very helpful	62	64	44	75	53
Somewhat helpful	23	19	23	21	40
Not very helpful	9	8	23	3	6
Not at all helpful	5	7	10	1	1
dk/na	1	2	0	0	0
<i>Why?</i>					
Positive statements					
Provides single/universal standard	16	13	6	33	11
Saves time/patient can read at home	14	24	3	5	3
Parents interested/have questions about nutrition	11	12	9	10	7
Up-to-date	10	8	11	15	10
Nutrition important for healthy life/child/pregnancy	10	13	0	9	9
Good resource/reference	10	5	27	9	10
Adds credibility to health professional's recommendations	8	10	3	12	3
Guidelines good/needed	7	6	7	12	1
Well researched/research-based	6	5	1	4	16
Gives nutritional info/the more the better	5	8	1	4	3
Prefer/recommend breast-feeding for infants 5	*	0	1	31	
Ideas how to provide recommendations/teaching	4	5	3	1	3
Good for professionals	3	5	3	2	1
Would use to supplement other materials	3	1	1	5	4
Critical comments					
Guidelines do not apply to my field/clients	18	22	46	0	4
Would use other sources/guidelines	5	*	3	22	1
Other	10	11	5	8	14
dk/na	*	*	0	0	0

* Less than one percent

Note: Multiple answers possible

Q.10a

In fact, Health Canada in collaboration with the Canadian Pediatric Society and Dietitians of Canada has developed a statement of principles for infant nutrition entitled "Nutrition for Healthy Term Infants", which was released in 1998. Do you think that a set of national guidelines on the topic of infant nutrition would be very helpful, somewhat helpful, not very helpful or not at all helpful to you in your work?

Q.10b

Why do you say that?

Subsample: Those who are not aware of the guidelines, or are aware but have not read/seen them

Dietitians are more likely to say that such guidelines would be a good resource/ reference, but are also more likely to say that the guidelines would not apply to their field or clients. Public health professionals are more likely to say the guidelines would provide a single/universal standard, but are also more likely to say they would use other sources/guidelines. Midwives are more likely to say that they recommend breast-feeding for infants.

Quebec health professionals who have not seen or read the guidelines are more likely to say they would use other sources or guidelines.

c. Health Canada's Involvement in Setting Infant Nutrition Guidelines

An overwhelming majority of the health professionals surveyed think it is very appropriate for Health Canada to be involved in creating a set of national guidelines about infant nutrition in consultation with partners and health professionals.

An overwhelming majority of health professionals (90%) think it is very appropriate for Health Canada to be involved in creating a set of national guidelines about infant nutrition in consultation with partners and health professionals. Another eight percent think it is somewhat appropriate for Health Canada to be involved in this. Only one percent think it is not very appropriate.

Large majorities in all professional groups think it is very appropriate for Health Canada to be involved in creating national infant nutrition guidelines. Quebec health professionals are slightly less strong in their support, although 78 percent of them do believe this is very appropriate.

Health Canada's Involvement in Setting Nutrition Guidelines for Infants June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETICIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84
Very appropriate	90	88	93	92	88
Somewhat appropriate	8	11	6	7	10
Not very appropriate	1	*	1	1	1
Not at all appropriate	*	1	0	0	0
dk/na	1	1	1	*	1

* Less than one percent

Q.11

In your opinion, how appropriate is it for Health Canada to be involved in creating a set of national guidelines about infant nutrition in consultation with partners and health professionals?

6.0 TOOLS FOR HEALTH PROFESSIONALS

The survey probed health professionals' interest in a number of ways to receive information about the nutrition guidelines, including tools directed to professionals, opportunities for continuing education, and tools to assist in providing advice to clients.

A. Tools Directed to Health Professionals

Majorities of the health professionals surveyed think that copies and summaries of the guidelines would be very useful for them in their work.

When asked about tools that are directed to health professionals, large majorities of all the health professionals surveyed think that a copy of the complete guidelines (73%) and summaries of the guidelines (72%) would be very useful for them personally in their work. A smaller majority (50%) say the same about articles in professional publications or highlights documents.

Tools Directed to Health Professionals June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETITIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84
<i>Complete guidelines?</i>					
Very useful	73	68	73	78	75
Somewhat useful	22	25	20	19	24
Not very useful	5	6	6	3	1
Not at all useful	1	1	2	0	0
dk/na	0	0	0	0	0
<i>Summaries of the guidelines?</i>					
Very useful	72	79	70	68	65
Somewhat useful	22	17	25	25	26
Not very useful	5	3	5	6	5
Not at all useful	1	2	0	1	1
dk/na	*	0	0	0	2
<i>Articles in professional publications or highlights documents?</i>					
Very useful	50	42	57	50	68
Somewhat useful	39	42	37	41	29
Not very useful	8	12	4	7	4
Not at all useful	2	4	1	2	0
dk/na	*	0	1	0	0

* Less than one percent

Q.12a-c

Health Canada and its partners want to understand how health professionals want to be informed about the new guidelines and to help them provide advice to their clients. When looking at tools that are directed to health professionals, would each of the following be very useful, somewhat useful, not very useful or not at all useful for you personally in your work ...?

Midwives are more likely to say articles in professional publications and highlights documents would be very useful.

Ontario health professionals are more likely to say summaries of the guidelines would be very useful; Quebec health professionals are less likely to agree.

B. Opportunities for Continuing Education

Majorities of the health professionals surveyed think continuing education events and in-service or workshop sessions would be very useful to them in keeping up-to-date with the guidelines. Significant minorities say the same about updates on Web sites and continuing education self-assessment tools. Few think electronic discussion groups would be very useful.

When asked about opportunities for continuing education about the guidelines, almost six in ten of all health professionals surveyed think continuing education events, such as professional conferences, with sections

devoted to the topic (57%) and in-service or workshop sessions (56%) would be very useful to them personally in keeping up-to-date. Smaller numbers say that updates on Web sites (35%) and continuing education self-assessment tools, such as quizzes in professional journals (34%) would be very useful. Only 11 percent think electronic discussion groups would be very useful.

Public health professionals are more likely than other health professionals to say in-service or workshop sessions would be very useful to them in keeping up-to-date; physicians are less likely to agree. Dietitians are more likely to think updates on Web sites would be very useful; physicians are less likely to agree. Family medicine physicians are less likely than other health professionals to think continuing education events would be very useful.

Saskatchewan health professionals are more likely to say in-service or workshop sessions and continuing education events would be very useful to them in keeping up-to-date.

Opportunities for Continuing Education

June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETITIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84
<i>Continuing education events?</i>					
Very useful	57	50	54	65	58
Somewhat useful	36	40	38	30	33
Not very useful	7	8	7	4	7
Not at all useful	1	1	1	1	1
dk/na	0	0	0	0	0
<i>In-service or workshop sessions?</i>					
Very useful	56	37	59	74	55
Somewhat useful	33	44	27	24	35
Not very useful	8	12	12	2	7
Not at all useful	3	5	3	0	4
dk/na	*	1	0	0	0
<i>Electronic discussion groups?</i>					
Very useful	11	7	17	12	11
Somewhat useful	32	27	39	30	37
Not very useful	35	40	26	34	33
Not at all useful	22	25	17	22	19
dk/na	1	*	1	2	0
<i>Updates on Web sites?</i>					
Very useful	35	23	46	39	39
Somewhat useful	35	40	36	28	36
Not very useful	18	21	12	20	17
Not at all useful	12	16	6	13	8
dk/na	*	0	0	1	0
<i>Continuing education self-assessment tools?</i>					
Very useful	34	27	39	35	48
Somewhat useful	41	43	38	42	37
Not very useful	18	24	16	16	12
Not at all useful	6	7	7	7	1
dk/na	*	0	0	0	2

* Less than one percent

Q.13a-e

When looking at opportunities for continuing education about the guidelines, would the following activities be very useful, somewhat useful, not very useful or not at all useful for you personally in keeping up-to-date ...?

c. Tools Health Professionals Might Use to Provide Advice to Clients

Majorities of the health professionals surveyed think fact sheets or brochures and ready to use teaching tools to give to clients would be very useful for them to provide advice to clients. Significant minorities say the same about posters and videos.

When asked about tools that health professionals might use to provide advice to clients, a large majority (82%) think that fact sheets or brochures to give to clients would be very useful for them personally. A smaller majority (68%) say the same about ready to use teaching tools to give to clients. Much smaller numbers think posters for their office (41%) and videos to show clients in an office or teaching setting (39%) would be very useful tools.

Public health professionals are more likely than other health professionals to think that posters and videos would be very useful for them; physicians are less likely to think the latter would be very useful. Physicians are also less likely to think ready to use teaching tools to give to clients would be very useful. Midwives are also more likely to think videos would be very useful. Female physicians are more likely than their male counterparts to say fact sheets and brochures would be very useful.

Saskatchewan health professionals are more likely than others to think posters and videos would be very useful. Quebec health professionals are less likely to think fact sheets or brochures to give to clients would be very useful.

Tools Health Professionals Might Use to Provide Advice to Clients
June 2000

	TOTAL N=859	PHYSICIANS N=307	DIETITIANS N=180	PUBLIC HEALTH PROFS N=288	MIDWIVES N=84
<i>Fact sheets or brochures to give to clients?</i>					
Very useful	82	80	79	86	83
Somewhat useful	15	17	14	11	15
Not very useful	3	2	4	2	1
Not at all useful	1	1	2	0	0
dk/na	0	0	0	0	0
<i>Ready to use teaching tools to give to clients?</i>					
Very useful	68	58	73	77	61
Somewhat useful	24	31	18	19	35
Not very useful	4	6	6	1	0
Not at all useful	1	3	2	0	0
dk/na	3	3	1	3	5
<i>Posters for office?</i>					
Very useful	41	34	32	55	39
Somewhat useful	39	41	40	36	44
Not very useful	13	15	19	8	12
Not at all useful	6	10	8	1	5
dk/na	*	0	1	0	0
<i>Videos to show clients?</i>					
Very useful	39	16	33	66	45
Somewhat useful	34	35	37	29	37
Not very useful	18	30	21	5	14
Not at all useful	9	20	8	*	4
dk/na	*	*	1	*	0

* Less than one percent

Q.14a-d

And when looking at tools that health professionals might use to provide advice to clients, are each of the following very useful, somewhat useful, not very useful or not at all useful for you personally ...?

D. The Internet

Six in ten of the health professionals surveyed think the Internet is a good vehicle for them to find information about the guidelines. Of these, almost all would like to access short factsheets and executive summaries through a Web site and most would be willing to print a maximum number of ten pages from a web site.

Most health professionals, six in ten (61%), think the Internet is a good vehicle for them to find information about the guidelines. Four in ten (39%) disagree.

Dietitians are more likely than other health professionals to think the Internet is a good vehicle for them to find information about the guidelines.

Health professionals in Quebec are less likely to find the Internet a good vehicle for them to find information about the guidelines.

Among those who think the Internet is a good vehicle, almost all would like to access short fact sheets, about three pages long (97%) and executive summaries (85%) through a Web site. A much smaller number (43%) would like to access full-length reports.

Among those who think the Internet is a good vehicle, most (63%) would be willing to print a maximum number of ten pages from a Web site. Another 24 percent would be willing to print a maximum number of 25 pages. Much smaller numbers would be willing to print 50 (5%), 100 (2%) or more than 100 (2%) pages.

E. Other Tools

When the health professionals surveyed are asked if there are other tools that would be useful in helping them provide advice to clients about nutrition, the largest proportion mention brochures, pamphlets, booklets or handouts (in different languages).

In this open-ended question, health professionals were asked what kind of tools, either those already mentioned or others, would be most useful for helping them to provide advice to their clients about nutrition.

A variety of tools are mentioned. The largest proportion of the health professionals surveyed mentions brochures, pamphlets, booklets, or handouts in different languages (50%). Smaller numbers mention fact sheets or summaries (35%), videos (23%), posters (11%), ready to use teaching tools (9%), low-literacy or pictorial materials (9%), Web site/Internet items/CD-ROM/computer games (9%), complete guidelines (7%) and books/articles/literature (5%).

Physicians are more likely than other health professionals to mention brochures, pamphlets, booklets, or handouts in different languages. Public health professionals are more likely to mention videos.

Alberta health professionals are more likely to mention fact sheets or summaries. Saskatchewan health professionals are more likely to mention videos.

7.0 CONCLUSIONS AND IMPLICATIONS

The survey results show that health professionals who have women or infant children as clients frequently provide advice about nutrition issues to their clients, but they do not frequently provide nutrition advice with a more longterm horizon; specifically, advice about issues and actions that might affect a healthy pregnancy outcome among women before they become pregnant. Many health professionals say they refer women to other sources of information on this topic.

The survey finds widespread approval among health professionals of Health Canada's efforts and directions with regard to nutrition information. The vast majority strongly approve of the efforts to create nutrition guidelines for women and for infant nutrition, and significant majorities of professionals who have seen each of the guidelines describe them as very helpful. Those who have not seen the guidelines view the development of national guidelines as a positive step.

Health Canada and its partners will want to increase the numbers of practitioners who are aware of, and who will use, both sets of guidelines, particularly among physicians and Quebec health professionals.

The survey provides a great deal of information that will assist in disseminating the guidelines. Health professionals, regardless of their clientele or profession, would find fact sheets, a complete set of guidelines, summaries of the guidelines, ready to use teaching tools and the Internet very useful to them. Most health professionals would also find continuing education events and articles in professional publications very useful.

The survey shows that public health professionals and, to a lesser extent, midwives and dietitians, are open to receiving this information in most of the formats or tools surveyed. Physicians, particularly those in the field of family medicine, are less enthusiastic about a number of the tools surveyed.

The following summarizes the tools that would be most useful to the specific health professionals surveyed.

HEALTH PROFESSIONAL TARGET GROUPS	MOST EFFECTIVE FORMATS OR TOOLS FOR IMPLEMENTING GUIDELINES
Family medicine physicians	Fact sheets Summaries of guidelines Complete guidelines Ready to use teaching tools Internet
Obstetricians/Gynecologists	Summaries of guidelines Fact sheets Complete guidelines Continuing education events Ready to use teaching tools Internet
Pediatricians	Summaries of guidelines Fact sheets Complete guidelines Internet Ready to use teaching tools Continuing Education Events Articles in professional publications/highlights documents
Dietitians	Fact sheets Internet Complete guidelines Ready to use teaching tools Summaries of guidelines In-service or workshop sessions Articles in professional publications/highlights documents Continuing education events
Public health professionals	Fact sheets Complete guidelines Ready to use teaching tools In-service or workshop sessions Summaries of guidelines Continuing education events Videos Posters Internet Articles in professional publications/highlights documents
Midwives	Fact sheets Complete guidelines Articles in professional publications/highlights documents Summaries of guidelines Internet Ready to use teaching tools Continuing education events In-service or workshop sessions

RESEARCH METHODS

The results of this survey are based on 859 interviews conducted by telephone across Canada between April 13 and June 12, 2000 with health professionals including physicians (family physicians, obstetricians and gynecologists, and pediatricians), dietitians, public health professionals and midwives. All health care professionals interviewed work with women in their child-bearing years, pregnant women or infants.

SAMPLE COLLECTION

The survey was designed to obtain interviews with 850 health professionals in four main professional groups. The sample for each of the four professional groups was generated from professional and health resource lists from a variety of sources.

Physicians: The survey was designed to obtain interviews with 200 family physicians, 50 obstetricians/gynecologists, and 50 pediatricians. The sample frame included national lists of family practice physicians, obstetricians/gynecologists, and pediatricians compiled by Southam from the Canadian Medical Association.

Dietitians: The survey was designed to obtain interviews with 150 dietitians. The sample frame included a na-

tional membership list of dietitians provided by the Dietitians of Canada.

Public Health Professionals: The survey was designed to obtain interviews with 300 public health professionals. Lists of Health Units and CLSC's were obtained from the Canadian Public Health Association. Contact with the offices on these lists produced referrals to supervisors of public health nurses and other public health professionals, community health centres, and district health offices. Contact with these individuals and organizations produced lists of potentially qualified public health professionals. In all regions, the sample thus obtained was augmented through respondent referrals and other contacts made in the course of sample collection.

Midwives: The survey was designed to obtain interviews with 100 midwives. Lists of midwives and midwifery practices were obtained from provincial organizations of midwives, where available, and through searches of medical directories. These lists were augmented through referrals and other contacts made during the course of the survey.

The following table presents the final sample sizes by profession and province.

Representation by Region

	TOTAL	ATL.	QUE.	ONT.	MAN.	SASK.	ALB.	B.C.
<i>Physicians</i>	<i>307</i>	<i>24</i>	<i>63</i>	<i>144</i>	<i>16</i>	<i>8</i>	<i>27</i>	<i>25</i>
Family medicine	206	14	42	103	7	5	18	17
Ob/gyn	51	7	10	22	2	1	5	4
Pediatrics	50	3	11	19	7	2	4	4
<i>Dietitians/nutritionists</i>	<i>180</i>	<i>48</i>	<i>44</i>	<i>35</i>	<i>11</i>	<i>6</i>	<i>24</i>	<i>12</i>
<i>Public health professionals</i>	<i>288</i>	<i>56</i>	<i>40</i>	<i>35</i>	<i>36</i>	<i>70</i>	<i>22</i>	<i>29</i>
Public health nurses	285	56	40	34	36	70	20	29
Pediatric nurses	3	-	-	1	-	-	2	-
<i>Midwives</i>	<i>84</i>	<i>3</i>	<i>-</i>	<i>43</i>	<i>2</i>	<i>2</i>	<i>22</i>	<i>12</i>
<i>Regional totals</i>	<i>859</i>	<i>131</i>	<i>147</i>	<i>257</i>	<i>65</i>	<i>86</i>	<i>95</i>	<i>78</i>

INTERVIEWING

Interviewing was conducted in English and French by Environics' most qualified interviewers at central facilities in Toronto and Montreal. The fieldwork was typically conducted weekdays between 10:00 AM and 8:00 PM local time and on weekends between 10:00 AM and 5:00 PM local time.

Environics' facilities permit the constant supervision of interviewers. Field supervisors were present at all times to ensure accurate interviewing and recording of responses. Ten percent of each interviewer's work was unobtrusively monitored for quality control in accordance with the standards set out by the Canadian Association of Marketing Research Organizations (CAMRO).

ENGLISH QUESTIONNAIRE

**Draft Questionnaire (6) - Final
PN4628**

Code list source of this respondent.

- 1 - Family medicine physicians
- 2 - Obstetrics/gynecologists
- 3 - Pediatricians
- 4 - Dieticians of Canada
- 5 - Canadian Public Health Association
- 6 - WHON Association
- 7 - Canadian Pediatric Nurses Association
- 8 - Midwives
- 9 - Other (**SPECIFY**) _____

INTRODUCTION

Hello, my name is _____. I am calling from Environics Research Group Limited. Is this (**name of professional**) or the office of (**name of professional**)? **IF YES, CONTINUE. IF NO, DETERMINE IF APPROPRIATE FOR SURVEY.**

We are conducting a brief survey of health professionals across Canada on behalf of Health Canada (registration number: HC-005-435-0005) about issues related to women's nutrition, pre-natal and infant nutrition. Does your work (or the work of name of professional) involve any of the following:

	<u>Yes</u>	<u>No</u>
a) women in their child bearing years between 18 and 40 years old?	1	2
b) pregnant women?	1	2
c) infants under 2 years old?	1	2

IF NO TO ALL, POLITELY TERMINATE. IF YES TO (a), (b) OR (c), CONTINUE.

IF OFFICE OF THE RESPONDENT.

May I speak with _____?

When can I call back to speak with her/him?

SCHEDULE CALL BACK.

IF APPROPRIATE RESPONDENT ... (REPEAT INTRO IF NECESSARY).

The survey we are conducting will provide data that will help Health Canada and its partners develop initiatives and materials to assist health professionals in their work. We would greatly appreciate if you could take a few minutes of your time to answer some questions about nutrition-related topics. Your individual answers will be kept confidential and will not be released to Health Canada or anyone else.

1. First, I would like to confirm what your profession is:

- 1 - Family medicine physician
- 2 - Obstetrician/gynecologist
- 3 - Pediatrician
- 4 - Dietician/Nutritionist
- 5 - Public health/community health nurse
- 6 - Pediatric nurse
- 7 - Midwife
- 8 - Other (**SPECIFY**) _____

2. Women in their child-bearing years, pregnant women and parents with infants can learn about good nutrition from their doctors and other health professionals as well as from other sources like the media, friends, pre-natal classes, books, and so on.

IF INTRO (a) = YES

- a) Thinking about your own work (**USE 'PRACTICE' FOR PHYSICIANS ONLY, USE 'WORK' FOR OTHER RESPONDENTS**), do you frequently, sometimes, rarely or never provide advice or information about nutrition to women between 18 and 40?

- 1 - Frequently
- 2 - Sometimes
- 3 - Rarely
- 4 - Never
- 5 - DK/NA

IF INTRO (b) = YES

- b) Thinking about your own work (**USE 'PRACTICE' FOR PHYSICIANS ONLY, USE 'WORK' FOR OTHER RESPONDENTS**), do you frequently, sometimes, rarely or never provide advice or information about nutrition to pregnant women?

IF INTRO (c) = YES

- c) Thinking about your own work (**USE 'PRACTICE' FOR PHYSICIANS ONLY, USE 'WORK' FOR OTHER RESPONDENTS**), do you frequently, sometimes, rarely or never provide advice or information about infant nutrition to the parents of infants?

ASK ALL

3. Thinking about your own work, how often do you discuss or inform women before they become pregnant, about issues and actions that might affect a healthy pregnancy outcome such as nutrition, smoking behaviour, alcohol consumption, or others? Would you say frequently, sometimes, rarely, or never?

- 1 - Frequently
- 2 - Sometimes
- 3 - Rarely
- 4 - Never
- 5 - DK/NA

4. There are many reasons why health professionals may or may not be talking to women before they become pregnant about issues and actions that might affect a healthy pregnancy outcome, such as nutrition, smoking behaviour, alcohol consumption, or others. Does each of the following statements apply to you or not?

READ AND ROTATE

- a) There is not enough time in your work to talk to women about these topics.

- 1 - Yes
- 2 - No
- 3 - DK/NA

- b) There are other sources of information on these topics that you refer women to.
- c) There is not enough solid information available about these topics.
- d) Many of your clients are not interested in these topics.
- e) Many of your clients already have a good knowledge about these topics.
- f) Information about these topics is not available in a form that is useful for your clients.

5. On a specific topic, would you say you frequently, sometimes, rarely or never talk to women before they become pregnant about the role of folic acid in decreasing the risk of neural tube defects?

- 1 - Frequently
- 2 - Sometimes
- 3 - Rarely
- 4 - Never
- 5 - DK/NA

6. a) Are you aware of or have you heard about any guidelines about nutrition for pregnant women and women in their child-bearing years that have been recently prepared by Health Canada?

- 1 - Yes **ASK (b)**
- 2 - Maybe **ASK (b)**
- 3 - No **GO TO Q.7**
- 4 - DK/NA **GO TO Q.7**

b) Have you seen or read these guidelines?

- 1 - Yes, seen or read guidelines **ASK (c)**
- 2 - No **GO TO Q7**
- 3 - DK/NA **GO TO Q7**

READ IF NECESSARY: This document, developed by Health Canada in consultation with health professionals is entitled "Nutrition for a Healthy Pregnancy - National Guidelines for the Childbearing Years", and was released in 1999.

c) Overall, what was your opinion about the nutrition guidelines? Did you think it was a very helpful, somewhat helpful, not very helpful or not at all helpful document?

- 1 - Very helpful **ASK (d)**
- 2 - Somewhat helpful **ASK (d)**
- 3 - Not very helpful **ASK (d)**
- 4 - Not at all helpful **ASK (d)**
- 5 - DK/NA **ASK (d)**

d) Why do you say that?

2 - DK/NA

7. **IF NOT AWARE OF GUIDELINES, OR AWARE BUT NOT READ OR SEEN:** In fact, Health Canada in consultation with health professionals has developed a set of national guidelines for nutrition entitled "Nutrition for a Healthy Pregnancy - National Guidelines for the Childbearing Years", which was released in 1999.

a) Do you think that a set of national guidelines on the topic of nutrition for pregnant women and women in their childbearing years would be very helpful, somewhat helpful, not very helpful or not at all helpful for you in your work?

- 1 - Very helpful **ASK (b)**
- 2 - Somewhat helpful **ASK (b)**
- 3 - Not very helpful **ASK (b)**
- 4 - Not at all helpful **ASK (b)**
- 5 - DK/NA **ASK (d)**

b) Why do you say that?

2 - DK/NA

ASK ALL

8. In your opinion, how appropriate is it for Health Canada to be involved in creating a set of national guidelines about nutrition for pregnant women and women in their childbearing years in consultation with health professionals? Is it ... **READ**

- 1 - Very appropriate
- 2 - Somewhat appropriate
- 3 - Not very appropriate, or
- 4 - Not at all appropriate for Health Canada?
- 5 - DK/NA

9. a) Are you aware of or have you heard of any guidelines about infant nutrition recently released by Health Canada?

- 1 - Yes **ASK (b)**
- 2 - Maybe **ASK (b)**
- 3 - No **GO TO Q.10**
- 4 - DK/NA **GO TO Q.10**

b) Have you seen or read these guidelines?

- 1 - Yes, seen or read guidelines **ASK (c)**
- 2 - No **GO TO Q.10**
- 3 - DK/NA **GO TO Q.10**

READ IF NECESSARY: This document, developed by Health Canada in collaboration with the Canadian Pediatric Society and Dieticians of Canada, is entitled "Nutrition for Health Term Infants" and was released in 1998.

c) Overall, what was your opinion about the infant nutrition set of guidelines? Did you think it was a very helpful, somewhat helpful, not very helpful or not at all helpful document?

- 1 - Very helpful **ASK (d)**
- 2 - Somewhat helpful **ASK (d)**
- 3 - Not very helpful **ASK (d)**
- 4 - Not at all helpful **ASK (d)**
- 5 - DK/NA **ASK (d)**

d) Why do you say that?

2 - DK/NA

10. **IF NOT AWARE OF GUIDELINES OR AWARE BUT NOT READ OR SEEN:** In fact, Health Canada in collaboration with the Canadian Pediatric Society and Dieticians of Canada has developed a statement of principles for infant nutrition entitled "Nutrition for Healthy Term Infants", which was released in 1998.

a) Do you think that a set of national guidelines on the topic of infant nutrition would be very helpful, somewhat helpful, not very helpful or not at all helpful to you in your work?

- 1 - Very helpful **ASK (b)**
- 2 - Somewhat helpful **ASK (b)**
- 3 - Not very helpful **ASK (b)**
- 4 - Not at all helpful **ASK (b)**
- 5 - DK/NA **ASK (b)**

b) Why do you say that?

2 - DK/NA

ASK ALL

11. In your opinion, how appropriate is it for Health Canada to be involved in creating a set of national guidelines about infant nutrition in consultation with partners and health professionals? Is it ...**READ**

- 1 - Very appropriate
- 2 - Somewhat appropriate
- 3 - Not very appropriate, or
- 4 - Not at all appropriate for Health Canada?
- 5 - DK/NA

12. Health Canada and its partners want to understand how health professionals want to be informed about the new guidelines and to help them provide advice to their clients.

When looking at tools that are directed to health professionals, would each of the following be very useful, somewhat useful, not very useful or not at all useful for you personally in your work?

READ AND ROTATE

a) A copy of the complete guidelines.

- 1 - Very useful
- 2 - Somewhat useful
- 3 - Not very useful
- 4 - Not at all useful
- 5 - DK/NA

b) Summaries of the guidelines.

c) Articles in professional publications or highlights documents.

13. When looking at opportunities for continuing education about the guidelines, would the following activities be very useful, somewhat useful, not very useful or not at all useful for you personally in keeping up-to-date?

READ AND ROTATE

a) Continuing education events, such as professional conferences, with sections devoted to the topic.

- 1 - Very useful
- 2 - Somewhat useful
- 3 - Not very useful
- 4 - Not at all useful
- 5 - DK/NA

- b) In-service or workshop sessions
- c) Electronic discussion groups
- d) Updates on websites
- e) Continuing education self-assessment tools (such as quizzes in professional journals)

14. And when looking at tools that health professionals might use to provide advice to clients, are each of the following very useful, somewhat useful, not very useful or not at all useful for you personally:

READ AND ROTATE

a) Fact sheets or brochures to give to clients

- 1 - Very useful
- 2 - Somewhat useful
- 3 - Not very useful
- 4 - Not at all useful
- 5 - DK/NA

- b) Ready to use teaching tools to give to clients
- c) Posters for your office
- d) Videos to show clients in an office or teaching setting

15. a) Is the Internet a good vehicle for you to find information about the guidelines?

- 1 - Yes **ASK (b)**
- 2 - No **GO TO NEXT QUESTION**
- 3 - DK/NA **ASK (b)**

b) Which of the following types of documents would you like to access through a website?

i) Short factsheets (about 3 pages long)

- 1 – Yes
- 2 – No
- 3 – DK/NA

- ii) Executive summaries
- iii) Full length reports

c) What is the maximum number of pages that you would be willing to print from a website?

READ

- i) 10
- ii) 25
- iii) 50
- iv) 100
- v) over 100

16. What kinds of tools, either those already mentioned or others, would be most useful for helping you to provide advice to your clients about nutrition?

- 2 - None
- 3 - DK/NA

17. And finally, I would like to ask, for statistical purposes only, what year were you born?

Year _____
2 - DK/NA

18. RECORD RESPONDENT'S GENDER - **DO NOT ASK**

- 1 - Male
- 2 - Female

19. RECORD LANGUAGE OF INTERVIEW

- 1 - English
- 2 - French

Thank you very much for your participation in the survey.

Region and province are system-coded.

20. **NOTE TO INTERVIEWER:** Enter here other relevant comments made by the respondent during the course of the interview.

FRENCH QUESTIONNAIRE

Le 30 mars 2000

**Questionnaire préliminaire (6) - Final
PN4628**

Code list source of this respondent.

- 1 - Médecins de famille
- 2 - Gynécologues-obstétriciens
- 3 - Pédiatres
- 4 - Diététistes du Canada
- 5 - Association canadienne de la santé publique
- 6 - WHON Association
- 7 - Association canadienne des infirmières en pédiatrie
- 8 - Sages-femmes
- 9 - Autre (PRÉCISER) _____

INTRODUCTION

Bonjour, je m'appelle _____ et je travaille pour Environics Research Group Limited. Est-ce que vous êtes (nom du professionnel) ou est-ce que j'ai rejoint le bureau de **(nom du professionnel)**?
SI OUI, CONTINUER. SI NON, DÉTERMINER SI APPROPRIÉ.

Nous faisons un bref sondage auprès des professionnels de la santé dans l'ensemble du Canada pour le compte de Santé Canada (numéro d'inscription : HC-005-435-0005) au sujet de questions reliées à la nutrition des femmes, de la nutrition prénatale et de la nutrition des enfants. Est-ce que vous (ou le travail du nom du professionnel) avez affaire avec les catégories suivantes :

	Oui	Non
a) des femmes en âge d'avoir des enfants et étant âgées de 18 à 40 ans?	1	2
b) des femmes enceintes?	1	2
c) des enfants de moins de 2 ans?	1	2

SI NON À TOUTES LES CATÉGORIES, REMERCIER ET TERMINER. SI OUI À (a), (b) OU (c), CONTINUER.

SI BUREAU DU RÉPONDANT

Est-ce que je pourrais parler à _____ ?

À quel moment est-ce que je pourrais le/la rappeler?

ORGANISER LE RAPPEL.

SI LE RÉPONDANT SATISFAIT AUX EXIGENCES... (RÉPÉTER L'INTRODUCTION SI NÉCESSAIRE).

Le sondage que nous menons fournira des données qui permettront à Santé Canada et à ses partenaires d'élaborer des initiatives et du matériel pour aider les professionnels dans leur travail. Nous vous serions reconnaissants de bien vouloir prendre quelques minutes de votre temps pour répondre à quelques questions reliées à la nutrition. Vos réponses demeureront confidentielles et ne seront transmises ni à Santé Canada ni à personne d'autre.

1. Pour commencer, j'aimerais confirmer quelle est votre profession :

- 1 - Médecin de famille
- 2 - Gynécologue/obstétricien
- 3 - Pédiatre
- 4 - Diététiste/Nutritionniste
- 5 - Infirmière en santé publique/en santé communautaire
- 6 - Infirmière en pédiatrie
- 7 - Sage-femme
- 8 - Autre (**PRÉCISER**) _____

2. Les femmes en âge d'avoir des enfants, les femmes enceintes et les parents de jeunes enfants peuvent en savoir plus au sujet de la bonne nutrition grâce aux renseignements que leur donnent leurs médecins et d'autres professionnels de la santé, ainsi que par d'autres sources comme les médias, les amis, les cours prénataux, les livres, etc.

SI INTRO (a) = OUI

a) Si on pense à votre propre travail (**UTILISER «PRATIQUE» POUR LES MÉDECINS SEULEMENT, UTILISER «TRAVAIL» POUR LES AUTRES RÉPONDANTS**), est-ce que vous donnez fréquemment, à l'occasion, rarement ou jamais des conseils ou des informations sur la nutrition à des femmes de 18 à 40 ans?

- 1 - Fréquemment
- 2 - À l'occasion
- 3 - Rarement
- 4 - Jamais
- 5 - NSP/PR

SI INTRO (b) = OUI

b) Si on pense à votre propre travail (**UTILISER «PRATIQUE» POUR LES MÉDECINS SEULEMENT, UTILISER «TRAVAIL» POUR LES AUTRES RÉPONDANTS**), est-ce que vous donnez fréquemment, à l'occasion, rarement ou jamais des conseils ou des informations sur la nutrition à des femmes enceintes?

SI INTRO (c) = OUI

c) Si on pense à votre propre travail (**UTILISER «PRATIQUE» POUR LES MÉDECINS SEULEMENT, UTILISER «TRAVAIL» POUR LES AUTRES RÉPONDANTS**), est-ce que vous donnez fréquemment, à l'occasion, rarement ou jamais des conseils ou des informations sur la nutrition des nourrissons à des parents ayant des nourrissons?

DEMANDER À TOUS

3. Si on pense à votre propre travail, à quelle fréquence discutez-vous avec des femmes avant qu'elles deviennent enceintes ou leur donnez-vous des informations au sujet des problèmes et des comportements qui peuvent avoir un effet sur le résultat d'une grossesse saine, comme la nutrition, le tabagisme, la consommation d'alcool ou d'autres questions? Diriez-vous que c'est fréquemment, à l'occasion, rarement ou jamais?

- 1 - Fréquemment
- 2 - À l'occasion

- 3 - Rarement
- 4 - Jamais
- 5 - NSP/PR

4. Il y a plusieurs raisons pour lesquelles les professionnels de la santé peuvent ou non parler aux femmes avant qu'elles deviennent enceintes des problèmes et des comportements qui peuvent avoir un effet sur le résultat d'une grossesse saine, comme la nutrition, le tabagisme, la consommation d'alcool ou d'autres questions. Est-ce que chacun des énoncés suivants s'applique à votre cas, ou non?

LIRE EN ROTATION

- a) Dans le cadre de votre travail, vous n'avez pas assez de temps pour aborder ces sujets avec les femmes.

- 1 - Oui
- 2 - Non
- 3 - NSP/PR

- b) Il existe d'autres sources d'information que vous conseillez à ces femmes.
- c) Il n'y a pas suffisamment d'informations confirmées qui sont disponibles sur ces sujets.
- d) La plupart de vos patientes ne sont pas intéressées à ces sujets.
- e) La plupart de vos patientes sont suffisamment informées sur ces sujets.
- f) Les informations sur ces sujets ne sont pas disponibles sous une forme utile à vos patientes.

5. Et en ce qui concerne un sujet bien précis, diriez-vous que vous parlez fréquemment, à l'occasion, rarement ou jamais aux femmes avant qu'elles deviennent enceintes du rôle de l'acide folique dans la diminution du risque d'anomalie du tube neural?

- 1 - Fréquemment
- 2 - À l'occasion
- 3 - Rarement
- 4 - Jamais
- 5 - NSP/PR

6. a) Est-ce que vous êtes au courant ou est-ce que vous avez entendu parler d'un guide sur la nutrition destiné aux femmes enceintes et aux femmes en âge d'avoir des enfants, récemment préparé par Santé Canada?

- 1 - Oui **POSER (b)**
- 2 - Peut-être **POSER (b)**
- 3 - Non **PASSER À Q.7**
- 4 - NSP/PR **PASSER À Q.7**

- b) Est-ce que vous avez vu ou lu ce guide?

- 1 - Oui, a vu ou lu ce guide **POSER (c)**
- 2 - Non **PASSER À Q7**
- 3 - NSP/PR **PASSER À Q7**

LIRE SI NÉCESSAIRE : Ce document, préparé par Santé Canada en collaboration avec des professionnels de la santé, est intitulé «Nutrition pour une grossesse en santé – lignes directrices nationales à l'intention des femmes en âge de procréer» et a été publié en 1999.

c) Dans l'ensemble, quelle a été votre opinion au sujet de ce guide sur la nutrition? Est-ce que vous avez pensé que c'était un document très utile, assez utile, pas très utile ou pas utile du tout?

- | | |
|-----------------------|------------------|
| 1 - Très utile | POSER (d) |
| 2 - Assez utile | POSER (d) |
| 3 - Pas très utile | POSER (d) |
| 4 - Pas du tout utile | POSER (d) |
| 5 - NSP/PR | POSER (d) |

d) Pourquoi?

2 - NSP/PR

7. **SI N'EST PAS AU COURANT DU GUIDE OU EST AU COURANT MAIS NE L'A PAS LU OU VU :** En fait, Santé Canada a préparé en collaboration avec des professionnels de la santé un ensemble de lignes directrices pour la nutrition, et ce guide intitulé «Nutrition pour une grossesse en santé – lignes directrices nationales à l'intention des femmes en âge de procréer» a été publié en 1999.

a) Est-ce que vous pensez qu'un guide sur la nutrition destiné aux femmes enceintes et aux femmes en âge d'avoir des enfants vous serait très utile, assez utile, pas très utile ou pas du tout utile dans le cadre de votre travail?

- | | |
|-----------------------|------------------|
| 1 - Très utile | POSER (b) |
| 2 - Assez utile | POSER (b) |
| 3 - Pas très utile | POSER (b) |
| 4 - Pas du tout utile | POSER (b) |
| 5 - NSP/PR | POSER (b) |

b) Pourquoi?

2 - NSP/PR

DEMANDER À TOUS

8. D'après vous, dans quelle mesure est-il approprié que Santé Canada ait créé en collaboration avec des professionnels de la santé un guide sur la nutrition pour les femmes enceintes et les femmes en âge d'avoir des enfants? Est-ce que c'est... **LIRE**

- 1 - Très approprié

- 2 - Assez approprié
- 3 - Pas très approprié, ou
- 4 - Pas du tout approprié pour Santé Canada?
- 5 - NSP/PR

9. Est-ce que vous êtes au courant ou est-ce que vous avez entendu parler du guide sur la nutrition des nourrissons récemment publié par Santé Canada?

- 1 - Oui **POSER (b)**
- 2 - Peut-être **POSER (b)**
- 3 - Non **PASSER À Q.10**
- 4 - NSP/PR **PASSER À Q.10**

b) Est-ce que vous avez vu ou lu ce guide?

- 1 - Oui, a vu ou lu le guide **POSER (c)**
- 2 - Non **PASSER À Q.10**
- 3 - NSP/PR **PASSER À Q.10**

LIRE SI NÉCESSAIRE : Ce document, préparé par Santé Canada en collaboration avec la Société canadienne de pédiatrie et les Diététistes du Canada, s'intitule «La nutrition du nourrisson né à terme et en santé» et a été publié en 1998.

c) Dans l'ensemble, quelle a été votre opinion du guide sur la nutrition des nourrissons? Est-ce que vous avez pensé que c'était un document très utile, assez utile, pas très utile ou pas du tout utile?

- 1 - Très utile **POSER (d)**
- 2 - Assez utile **POSER (d)**
- 3 - Pas très utile **POSER (d)**
- 4 - Pas du tout utile **POSER (d)**
- 5 - NSP/PR **POSER (d)**

d) Pourquoi?

2 - NSP/PR

10. **SI N'EST PAS AU COURANT DU GUIDE OU EST AU COURANT MAIS NE L'A PAS VU OU LU** : En fait, Santé Canada, en collaboration avec la Société canadienne de pédiatrie et les Diététistes du Canada, a préparé un énoncé de principe sur la nutrition des nourrissons qui s'intitule «La nutrition du nourrisson né à terme et en santé» et qui a été publié en 1998.

a) Est-ce que vous pensez que ce guide sur la nutrition des nourrissons vous serait très utile, assez utile, pas très utile ou pas du tout utile dans le cadre de votre travail?

- 1 - Très utile **POSER (b)**

2 - Assez utile	POSER (b)
3 - Pas très utile	POSER (b)
4 - Pas du tout utile	POSER (b)
5 - NSP/PR	POSER (b)

b) Pourquoi?

2 - NSP/PR

DEMANDER À TOUS

11. D'après vous, dans quelle mesure est-il approprié que Santé Canada ait créé en collaboration avec des partenaires et des professionnels de la santé un guide sur la nutrition des nourrissons? Est-ce que c'est... **LIRE**

- 1 - Très approprié
- 2 - Assez approprié
- 3 - Pas très approprié, ou
- 4 - Pas du tout approprié pour Santé Canada?
- 5 - NSP/PR

12. Santé Canada et ses partenaires veulent comprendre de quelle façon les professionnels de la santé veulent être informés au sujet des nouvelles lignes directrices et veulent les aider à donner des conseils à leurs clients.

Si on pense aux outils conçus pour les professionnels de la santé, est-ce que chacun des outils suivants vous serait très utile, assez utile, pas très utile ou pas du tout utile, dans le cadre de votre travail?

LIRE EN ROTATION

a) Un exemplaire de tous les guides.

- 1 - Très utile
- 2 - Assez utile
- 3 - Pas très utile
- 4 - Pas du tout utile
- 5 - NSP/PR

b) Des résumés des guides.

c) Des articles dans les publications professionnelles ou des documents présentant les points saillants.

13. Si on pense aux possibilités de perfectionnement au sujet des guides, est-ce que les activités suivantes vous seraient personnellement très utiles, assez utiles, pas très utiles ou pas très utiles pour que vous restiez à jour?

LIRE EN ROTATION

- a) Des activités de perfectionnement, comme des conférences avec des professionnels, dont certains aspects seraient consacrés à ce sujet.

- 1 - Très utile
- 2 - Assez utile
- 3 - Pas très utile
- 4 - Pas du tout utile
- 5 - NSP/PR

- b) Des séances ou des sessions dans votre lieu de travail
- c) Des groupes de discussion électroniques
- d) Des mises à jour sur les sites web
- e) Des outils d'autoévaluation continue (comme des jeux-questionnaires dans les revues professionnelles)

14. Si on pense aux outils que les professionnels de la santé pourraient utiliser pour donner des conseils aux patients, est-ce que chacun des outils suivants vous serait personnellement serait très utile, assez utile, pas très utile ou pas très utile?

LIRE EN ROTATION

- a) Des feuillets d'information ou des dépliants à donner aux patients.

- 1 - Très utile
- 2 - Assez utile
- 3 - Pas très utile
- 4 - Pas du tout utile
- 5 - NSP/PR

- b) Des outils d'éducation que les patients peuvent utiliser immédiatement
- c) Des affiches dans votre bureau
- d) Des vidéos à présenter aux clients dans votre bureau ou lors d'une séance de formation

15. Est-ce que l'Internet est un bon véhicule pour vous lorsque vous voulez obtenir des informations sur les guides?

- 1 - Oui **POSER (b)**
- 2 - Non **PASSER À LA QUESTION SUIVANTE**
- 3 - NSP/PR **POSER (b)**

- b) Auquel des types de documents suivants aimeriez-vous avoir accès sur un site web?

- i) De brefs faits saillants (environ 3 pages)

- 1 - Oui
- 2 - Non
- 3 - NSP/PR

- ii) Des résumés
- iii) Des rapports complets

c) Quel est le nombre de maximum de pages que vous seriez prêt à imprimer à partir d'un site web?
LIRE

- i) 10
- ii) 25
- iii) 50
- iv) 100
- v) plus de 100

16. Quels sont les genres d'outils, que ce soit ceux qui viennent d'être mentionnés ou d'autres, qui vous seraient le plus utile pour vous aider à donner des conseils à vos patients au sujet de la nutrition?

- 2 - Aucun
- 3 - NSP/PR

17. Et enfin, je voudrais savoir, à des fins statistiques seulement, en quelle année vous êtes né?

Année _____
2 - NSP/PR

18. **INSCRIRE LE SEXE DU RÉPONDANT - NE PAS DEMANDER**

- 1 - Homme
- 2 - Femme

19. **INSCRIRE LA LANGUE DE L'ENTREVUE**

- 1 - Anglais
- 2 - Français

Merci beaucoup d'avoir collaboré à ce sondage.

La région et la province sont précodées.

20. **NOTE À L'INTERVIEWEUR** : Inscrire ici tout autre commentaire pertinent fait par le répondant pendant l'entrevue.
