

Supplementary File: NUTCOMP Tool

Section One: Confidence in Knowledge about Nutrition and Chronic Disease

<i>Please rate how confident you are in your knowledge of...</i>	Not Confident at all (1 point)	Not Very Confident (2 points)	Somewhat Confident (3 points)	Very Confident (4 points)	Extremely Confident (5 points)
1. How different body systems are affected by foods and nutrients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How foods and nutrients influence the development and management of chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How an individual's body composition (including size, shape, weight) can impact on the development of chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The Australian Guide to Healthy Eating, including number of recommended serves of food groups and serving sizes for different ages and genders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Guidelines for the nutrition-related management of specific chronic diseases (including type 2 diabetes and cardiovascular disease)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. How foods and nutrients interact with medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The most recently published peer-reviewed evidence regarding nutrition and chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section Two: Confidence in Nutrition Skills

<i>Please rate how confident you are in your ability to...</i>	Not Confident at all (1 point)	Not Very Confident (2 points)	Somewhat Confident (3 points)	Very Confident (4 points)	Extremely Confident (5 points)
1. Interpret data about height, weight and body composition against reference ranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Interpret an individual's biological data (e.g. blood pressure, cholesterol levels) against reference ranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Collect information on the food that an individual usually eats (e.g. diet history, food frequency questionnaire)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use the Australian Guide to Healthy Eating to evaluate the appropriateness of an individual's food intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Determine appropriate food or nutrition goals for an individual with chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Formulate a meal plan for an individual with chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Recommend changes in food choices for an individual with chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Monitor and evaluate changes over time regarding the food an individual usually eats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Maintain clear and concise records regarding the nutrition-related assessment and advice you provide to individuals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Access the most recently published peer-reviewed evidence regarding nutrition and chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Provide nutrition care that results in improvements in the food that an individual usually eats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section Three: Confidence in Communication and Counselling about Nutrition

<i>Please rate how confident you are in your ability to...</i>	Not Confident at all (1 point)	Not Very Confident (2 points)	Somewhat Confident (3 points)	Very Confident (4 points)	Extremely Confident (5 points)
1. Clearly describe what patients/clients can expect from their discussions with you about food or nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Check a patient's/client's understanding of the influence of food and nutrients on their health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Work with patients/clients to identify possible ways to improve the food they usually eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Demonstrate genuine empathy to patients/clients about their food-related experiences and goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Maintain a non-judgemental attitude in discussions with patients/clients about the food they eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Communicate with clients about food and nutrition using culturally appropriate language	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Consider how personal, social, cultural, psychological, and economic factors may influence the foods that a patient/client eats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Identify individuals who need additional support from other health professionals or services regarding the food they eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Communicate with other health professionals about the discussions you've had with patients/clients regarding food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section Four: Attitudes Towards Nutrition Care

<i>Please rate your agreement with the following statements:</i>	Completely Disagree (1 point)	Somewhat Disagree (2 points)	Neither Agree nor Disagree (3 points)	Somewhat Agree (4 points)	Completely Agree (5 points)
1. It is important that all individuals usually eat healthy foods regardless of age, body weight and physical activity levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. If the topic arises, it is important that I encourage my patients/clients to eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. It is important that I take every opportunity possible to encourage my patients/clients to eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Encouraging my patients/clients to eat healthy foods is an	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

effective use of my professional time

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|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 5. Providing specific nutrition recommendations to my patients/clients that can assist with managing their chronic disease is an effective use of my professional time | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Encouraging my patients/clients to eat healthy foods is within my scope of practice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Providing specific nutrition recommendations to my patients/clients that can assist with managing their chronic disease is within my scope of practice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. It is important that I encourage my patients/clients to seek support from other health professionals if I am unable to meet their nutrition-related needs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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Section Five: Previous Nutrition Education and Training (not scored)

1. Which of the following best describes your previous nutrition education?
 - a. I have completed a Certificate or other non-degree course that did not include nutrition content
 - b. I have completed a Certificate or other non-degree course that included some nutrition content
 - c. I have completed a Certificate or other non-degree course that was predominantly focused on nutrition
 - d. I have completed a degree that did not include any nutrition content
 - e. I have completed a degree that included some nutrition content
 - f. I have completed a degree that was predominantly focused on nutrition

2. Have you ever participated in any professional development or continuing education on the topic of nutrition?
 - a. Yes
 - b. No

3. I feel I need further nutrition education to support me in my current role
 - a. Strongly Disagree
 - b. Disagree
 - c. Neither Agree Nor Disagree
 - d. Agree
 - e. Strongly Agree

Section Six: Demographic Information

1. What is your profession? (Tick as many that apply)
 - a. General Practitioner
 - b. Nurse
 - c. Dietitian
 - d. Exercise Physiologist
 - e. Diabetes Educator
 - f. Podiatrist
 - g. Physiotherapist
 - h. Psychologist
 - i. Other (Please list _____)

2. How many years have you been working in this profession? _____ Years

3. What is your gender?
 - a. Male
 - b. Female

4. What is your age range?
 - a. 24 years or younger
 - b. 25-34 years
 - c. 35-44 years
 - d. 45-54 years
 - e. 55-64 years
 - f. 65 years or older
 - g. Prefer not to say