

## Post Course Survey

### Demographics

#### 1. Age

- a. 21-25
- b. 26-30
- c. 30-40
- d. Over 40

#### 2. Gender?

- a. Male
- b. Female
- c. Transgender man/trans man
- d. Transgender woman/trans woman
- e. Genderqueer/gendernonconforming/neither exclusively male nor female
- f. Additional gender category (or other): Please specify
- g. Additional gender category (or other): Please specify

#### 3. Race/Ethnicity (Wendy)

- a. White
- b. Black or African
- c. American Indian or Alaska native
- d. Asian
- e. Asian Indian
- f. Chinese
- g. Filipino
- h. Japanese
- i. Korean
- j. Vietnamese
- k. Other Asian
- l. Pacific Islander
- m. Native Hawaiian
- n. Guamanian or Chamorro
- o. Samoan
- p. Other pacific islander
- q. Other
- r. Don't know/Not sure
- s. Prefer not to say

#### 4. Identified Role?

- a. M1
- b. M2
- c. M3
- d. M4

e. Other

How many sessions did you attend:

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

Did you attend mostly over zoom or in person

- a. Zoom
- b. In person

Which sessions did you attend?

- a. Introduction to Culinary Medicine
- b. Cardiovascular Disease
- c. Diabetes
- d. Cancer
- e. Nutrition through the lifecycle

Please state the degree to which you agree or disagree with the following statement: Participation in this course improved my understanding of how the following disease states are linked to diet?

1. Obesity

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

2. Cardiac disease

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

3. Diabetes Mellitus

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

4. Cancer Prevention and Survivorship

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

5. Nutrition through the lifecycle

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Please state the degree to which you agree or disagree with the following statement: Participation in this course have improved my confidence in counseling patients to overcome the following common barriers to healthy eating

1. Lack of patient confidence in ability to prepare healthy food

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

2. Unwillingness to give up unhealthy foods that the patient craves

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

3. Belief that eating healthy on a budget is impossible

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree

- e. Strongly Disagree
4. Perception of insufficient time to eat healthy
- a. Strongly Agree
  - b. Agree
  - c. Neutral
  - d. Disagree
  - e. Strongly Disagree
5. Participation in this course improved my confidence in taking a patient diet history
- a. Strongly Agree
  - b. Agree
  - c. Neutral
  - d. Disagree
  - e. Strongly Disagree
7. Participation in this course improved my confidence in offering practical nutritional advice to your future patients.
- a. Strongly Agree
  - b. Agree
  - c. Neutral
  - d. Disagree
  - e. Strongly Disagree
8. I feel this course contributed significantly to my medical education.
- a. Strongly Agree
  - b. Agree
  - c. Neutral
  - d. Disagree
  - e. Strongly Disagree
9. I feel others in medical school would benefit from taking this course during their medical education training.
- f. Strongly Agree
  - g. Agree
  - h. Neutral
  - i. Disagree
  - j. Strongly Disagree
10. I will use information I learned in this course in my future clinical practice.
- a. Strongly Agree

- b. Agree
  - c. Neutral
  - d. Disagree
  - e. Strongly Disagree
11. I will use knowledge I have learned in this course in my own life. Yes
- i. Strongly Agree
  - ii. Agree
  - iii. Neutral
  - iv. Disagree
  - v. Strongly Disagree
12. On a scale of 1-5 (1 being not important, 5 being very important) How important do you think it is to integrate this information into the core nutrition curriculum?
- a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5

Rank the recipes from most favorite to least favorite.

- Yogurt and no bake granola
- Air fryer egg frittatas
- Hummus w/ carrot sticks
- Crispy Tofu and noodles w/ peanut sauce
- Yogurt bark
- Air-fryer apple crisps
- Chocolate covered, peanut butter stuffed dates
- Black bean and kale stuffed sweet potatoes
- Golden lentil soup
- DIY smoothie bar

Did this course meet your expectations?

- a. Yes
- b. No
- c. Exceed Expectation
- d. Unsure

Would you recommend this program to your peers?

- a. Yes
- b. No
- c. Unsure

Would you participate in an advanced integration culinary medicine elective offered in your 4th year?

- a. Yes
- b. No
- c. Unsure

What was the most meaningful thing you learned in this training?

What can we do to improve the curriculum?

Any other comments or thoughts, please share.