

Details of Metrics

Metric	Definition	Source
No. of peer-reviewed articles	Number of peer-reviewed articles from the project published in academic journals	Admin records, CVs
No. of article citations	Number of times a published article from the project is referenced in other peer-reviewed publications as captured by Scival. This data is aggregated across all publications	SciVal
Field-Weighted Citation Index	Citations, as captured in Scival, normalised by discipline, publication year and document type. A score of 1.00 represents the global average	SciVal
No. of views	Number of times an article is accessed on the publisher's website, aggregated across all publications	Journal websites
Proportion of articles open access	The proportion of project articles which can be accessed by the general public without payment or journal subscription	SciVal
No. of webinars for primary health network	Number of virtual presentations delivered via the primary health network	Admin records
No. of oral conference presentations	Number of presentations about the project delivered at academic/professional conferences	Admin records, CVs
No. of poster presentations	Number of posters about the project presented at academic/professional conferences	Admin records, CVs
No. of plain language summaries distributed	Number of plain English summaries of project outcomes prepared and distributed to participants	Admin records
No. of Australian Eating Survey questionnaires completed	Number of questionnaires assessing dietary habits completed by participants	Admin records
No. of training packages developed	Number of training packages developed for training research staff, dietitians or participants involved in the trial	Admin records
No. of training packages disseminated	Number of training packages provided to research staff, dietitians or participants	Admin records
No. of "how to" guides/videos	Number of guides or videos developed to teach research staff or participating practices how to complete tasks for the study	Admin records
No. of research templates developed	Number of templates or scaffolds developed for use in the research project	Admin records

No. of site data summaries/reports	Number of summaries of data from each practice which were provided as a written report to the relevant practice	Admin records
No. of clinical resources developed	Number of clinical tools developed to support dietitians and practices support patients receiving telehealth medical nutrition therapy	Admin records
No. of resources developed for personalised nutrition questionnaire toolkit	Number of educational resources developed for inclusion in a toolkit to provide information to help patients achieve their dietary goals	Admin records
No. of media releases	Number of media releases featuring Healthy Rural Hearts	Admin records, Web search
No. of mentions (paper/online)	Number of media impressions from established online and print media featuring Healthy Rural Hearts	Admin records, Web search
No. of radio and television interviews	Number of radio or television interviews with members of the Healthy Rural Hearts team discussing the project	Admin records, Web search
No. of rural dietitians trained in MNT for CVD	Number of dietitians who lived in areas classified as regional or rural (Modified Monash Model (MM) regions 3-6) and received dedicated training to deliver medical nutrition therapy for people with cardiovascular disease as part of the project.	Admin records
No. of dietitians who delivered MNT as part of the trial	Number of dietitians who delivered at least one medical nutrition therapy session to study participants.	Admin records
No. of participants supported to access and use the telehealth service	Number of participants who received education or support from the research team to use telehealth services	Admin records
No. of PhD scholarships awarded	Number of students completing their PhD as part of the project who received a competitive scholarship	Admin records
No. of clinical trial recruiters trained	Number of research staff trained to recruit participants to clinical trials	Admin records
No. of general practice staff involved in practice-based research network	Number of general practice staff participating in the project who were linked to the practice-based research network	Admin records
No. of protocols and procedures developed for rural research	Number of research protocols and procedures developed for clinical trials being conducted in areas surrounding the University of Newcastle's Department of Rural Health	Admin records
No. dietitians living in MM3-6 regions involved in trial	Dietitians delivering medical nutrition therapy as part of the trial who lived in areas classified as rural (MM regions 3-6)	Admin records
No. researchers living in MM3-6 regions involved in trial	Number of academic researchers participating in the trial who lived in areas classified as regional or rural (MM regions 3-6)	Admin records

No. of instances of patients receiving MNT	Number of occasions when a study participant received a medical nutrition therapy appointment delivered by a dietitian.	Research data
Proportion of dietetic consultations offered via telehealth	Number of dietetic consultations delivered via telehealth divided by the total number of consultations	Research data
No. participants seeking additional nutrition advice	Number of participants independently accessing dietitian services in addition to services supplied for the project	Research data
No. participants living in MM3-6 regions consenting to trial	Number of participants who completed consent forms for the trial and who lived in areas classified as regional or rural (MM region 3-6)	Research data
No. participants living in MM3-6 regions enrolled in trial	Number of participants who met eligibility criteria, were enrolled in the trial and who lived in areas classified as regional or rural (MM Region 3-6)	Research data
No. participants maintaining or reducing their CVD risk score (total, proportion)	Number of trial participants who maintained or reduced their CVD risk scores. Participant CVD risk score was calculated from baseline data and data at completion of the trial using the Australian CVD risk calculator (www.cvdcheck.org.au/calculator) based on the following attributes: • Age • Sex • Smoking status • Systolic blood pressure • Ratio of total cholesterol to HDL cholesterol • Use of blood pressure, lipid-modifying or anti-thrombotic medications • Socio-Economic Indexes for Areas (SEIFA) quintile • Presence of diabetes Scores are reported as estimated probability (%) of a cardiovascular event within the next 5 years. Threshold for improvement was no change or a reduction in possibility at 12-months compared to baseline.	Research data
Participants improving their patient activation measure (total, proportion)	Participant's knowledge, skills and confidence in managing their own health as assessed in a validated 10-item survey. Threshold for improvement was any increase in score at 12-months compared to baseline.	Research data

Participants improving their health literacy (total, proportion)	Participant's functional, communicative and critical health literacy as assessed using the All Aspects of Health Literacy Scale (AAHLS). Threshold for improvement was any increase in score at 12-months compared to baseline.	Research data
Participants improving their quality of life (total, proportion)	Participant's health care-related quality of life as measured by the PROMIS Global-10, a validated 10-question survey. Threshold for improvement was any increase in score at 12-months compared to baseline.	Research data
No. of new grants, fellowships, etc. leveraged	Competitive grants acquired by team members which benefitted from the recipient's involvement in the Healthy Rural Hearts trial (e.g. used data from the project). Note: Self-attribution introduces risk of bias.	Admin records, CV, self-reported attributions
No. of rural staff employed (full time equivalent years; FTE)	Staff members employed on the project who lived in areas classified as regional or rural (MM region 3-6). Full-time equivalent years refers to the total sum of hours worked by all employees divided by the hours worked by one employee on a full-time schedule for one year.	Admin records