

## NEEDS ASSESSMENT: ENCOURAGING LEGUME CONSUMPTION

Survey - December 1999

Please answer each question with an "x" or a number in front of each choice. It may be easier to answer the questions when your window is enlarged to fill the screen.

1. Do you counsel clients?

Yes

No (please return to ndesroch@uoguelph.ca)

Questions 2 to 6 are about you.

2. In total, how many years have you practiced as a dietitian? Do not include years you did not practice, for example, while raising a family or pursuing further education.

years

3. Which province/territory do you practice in? Place an "x" in front of your answer:

- 1. British Columbia
- 2. Alberta
- 3. Saskatchewan
- 4. Manitoba
- 5. Ontario
- 6. Quebec
- 7. Newfoundland
- 8. New Brunswick
- 9. Nova Scotia
- 10. Prince Edward Island
- 11. Yukon
- 12. Nunavut
- 13. North West Territories

4. a) For what conditions do you counsel or teach most often (at least once per month)? Rank (1-3) the top three conditions in descending order.

- a) Diabetes
- b) Obesity
- c) Cardiovascular disease
- d) Renal
- e) Pregnancy
- f) Cancer
- g) Osteoporosis
- h) Healthy eating throughout the lifecycle
- i) GI disorders
- j) None of the above

b) If you counsel or teach in other areas, please indicate the two most common conditions:

5. What are the ethnic background(s) of your clients? Put an "x" beside all that apply.

- a) East or Southeast Asian (e.g. Chinese, Japanese, etc.)
- b) South Asian (e.g. East Indian, Pakistani, etc.)
- c) West Asian (e.g. Armenian, Israeli, etc.)
- d) Arab (e.g. Egyptian, Iraqi, etc.)
- e) Aboriginal Origins (e.g. Inuit, Metis, North American Indian)
- f) Caribbean (e.g. Cuban, Jamaican, etc.)
- g) African (e.g. Ethiopian, Somali, etc.)
- h) European (e.g. French, English, etc.)
- i) Latin, Central and South American (e.g. Guatemalan, Mexican)
- j) Other, specify:

6. Does your client's ethnic background affect whether or not you recommend legumes?

- Yes
- No

**Questions 7 and 8 relate to legume consumption among your clients.**

7. What do you believe to be the degree of acceptability of the following legumes to your average client? Fill in the number (1-5) in front of each legume, that best describes the acceptability. "1" means highly unacceptable and "5" means highly acceptable. Fill in "0" if you have no idea whether the legume would be acceptable to the average client.

- a) Split peas
- b) Kidney beans
- c) Chick peas
- d) Lima beans
- e) Navy beans
- f) Lentils
- g) Pinto beans
- h) Peanuts
- i) Soyfoods (example: tofu, soy flour)
- j) Black beans
- k) Romano beans

8. What do you believe your average client thinks of legumes in general? Fill in the number (1-5) in front of each statement. "1" means strongly disagree and "5" means strongly agree.

- a) Most legumes taste good
- b) Legumes are too costly
- c) Legumes have poor eye appeal
- d) Don't know how to cook with legumes
- e) Legumes are difficult to find in a grocery store
- f) Not familiar with different types of legumes
- g) Do not see health benefits of consuming legumes
- h) Legumes are foods for poor people
- i) Legumes cause flatulence
- j) Recipes with legumes are too time-consuming to make
- k) Family refuses to eat legumes when clients makes them
- l) Legumes are not part of a typical Canadian diet

**Questions 9 to 11 relate to YOUR, the Dietitian's, legume consumption.**

9. How often do you incorporate 1/2 cup (125 mL) of legumes in your diet? Put an "x" in front of your choice.

- 1. Never
- 2. Once to three times per month
- 3. Once or twice times per week
- 4. Three to four times per week
- 5. Five or more times per week

10. How acceptable are the following legumes to you? Fill in the number (1-5) in front of each legume. "1" means highly unacceptable and "5" means highly acceptable.

- a) Split peas
- b) Kidney beans
- c) Chick peas
- d) Lima beans
- e) Navy beans
- f) Lentils
- g) Pinto beans
- h) Peanuts
- i) Soyfoods (example: tofu, soy flour)
- j) Black beans
- k) Romano beans

11. What do you think of legumes in general? Fill in the number (1-5) in front of each statement, that best describes the level of your agreement/disagreement with the following statements. "1" means strongly disagree and "5" means strongly agree.

- a) Legume consumption has several health benefits.
- b) I do not have sufficient knowledge about legumes to encourage my clients to consume them.
- c) Resources on legumes are not readily available (e.g.: cookbooks, pamphlets...).
- d) Clients do not want to hear about legumes.
- e) Legumes have poor eye appeal.
- f) Most legumes taste good.
- g) Some legumes taste good.
- h) I am not familiar with different types of legumes.
- i) I feel that other foods (fruits, vegetables) are more important than legumes.
- j) There is not enough time to inform clients about legumes...
- k) Legumes should not be promoted because they lack the sulfur-containing amino acids.

**Questions 12 to 16 relate to the promotion of legumes in your area of practice.**

12. Do you recommend legumes to clients for the following health conditions? Fill in the number (1-5) in front of each condition. "1" means you rarely recommend legumes and "5" means you always recommend legumes. Fill in "0" if you do not counsel or teach clients with the condition.

- a) Diabetes
- b) Hypertension
- c) Obesity
- d) Pregnancy
- e) Renal disease
- f) Cardiovascular disease
- g) Osteoporosis
- h) GI problems
- i) Healthy eating throughout the lifecycle
- j) Other, please specify:

13. Which of the following legumes do you recommend most often? Rank (1-5) the top five legumes in descending order. If you rank more than one legume equally, assign them the same number.

- a) Split peas
- b) Navy beans
- c) Kidney beans
- d) Lentils
- e) Chick peas
- f) Pinto beans
- g) Lima beans
- h) Peanuts
- i) Soyfoods
- j) Romano beans
- k) Black beans
- l) Other, specify:

14. How often do you recommend the following legume-containing grocery products to your clients? Fill in the number (1-5) in front of each product. "1" means you rarely recommend the product and "5" means you often recommend the product.

- a) Dried legumes (example: soup mix)
- b) Canned bean products
- c) Hummous (pre-made)
- d) Refried beans
- e) Processed or pre-packaged dinners containing legumes
- f) Tofu
- g) Other, please specify:

15. What methods do you currently use (in individual or group counseling) to encourage legume consumption among your clients? Fill in the number (1-5) in front of each method. "1" means you rarely use the method and "5" means you often use the method.

- a) Recipes
- b) Newsletters
- c) Pamphlets, reference sheets
- d) Supermarket tours
- e) Videos
- f) Audiotapes
- g) Informing client directly
- h) Other, please specify:

16. Overall, are you content with the current resources available to encourage legume consumption? Put an "x" beside your choice.

- 1. Very satisfied
- 2. Somewhat satisfied
- 3. No opinion
- 4. Somewhat dissatisfied
- 5. Very dissatisfied

**Questions 17 to 20 concern your opinions about effective ways to encourage legume consumption.**

17. What kinds of resources do you feel would be most helpful to you to encourage your clients to consume legumes? Fill in the number (1-5) in front of each resource. "1" means the resource is not needed at all and "5" means that the resource is very needed.

- a) Recipes
- b) Newsletters
- c) Pamphlets, reference sheets
- d) Conferences with other professionals
- e) Workshops/courses on legumes
- f) Supermarket tours
- g) Videos
- h) Audiotapes
- i) More research on legumes
- j) Internet information sites
- k) Food demonstrations
- l) Other, specify:

18. What kinds of resources do you feel would be most helpful for your clients to increase their legume consumption? Fill in the number (1-5) in front of each resource. "1" means the resource is not needed at all and "5" means the resource is very needed.

- a) Recipes
- b) Pamphlets
- c) Focus groups
- d) Workshops/courses on legumes
- e) Supermarket tours
- f) Videos
- g) Audiotapes
- h) Internet information sites
- i) Food demonstrations
- j) Other, specify:

19. What strategies do you feel would increase consumption of legumes among your clients?  
**Rank** (1-5) the top five strategies in descending order, from most important to least important.

- a) More convenience forms of legumes in the grocery store
- b) More recipes
- c) Decreased flatulence
- d) Increased perceived status of legumes
- e) Legumes with better taste
- f) Legumes with better eye-appeal
- g) More information and resources available to clients
- h) Food demonstrations or samples in grocery stores
- i) Cooking classes
- j) Nothing will increase legume consumption
- k) Other, specify:

20. Your suggestions or comments concerning legume consumption:

Thank you,  
Natale Desrochers (ndesroch@uoguelph.ca)