

## **Supplementary Material**

### **How do patients want to receive nutrition care? Qualitative findings from Australian health consumers**

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**Appendix S1. Nutrition Care definition:** I will be asking you questions about receiving ‘**nutrition care**’ for chronic disease management/prevention.

‘Nutrition care’ is: *any practice by a healthcare worker (e.g. Doctor, nurse, dietitian) that helps people to eat healthy.*

Main Topic Questions	Probing Questions	Inquiry Logic
<i>Experience of receiving nutrition care</i>		
<p>1. To get started, I would like you to think back to a time you received nutrition care in general practice in the past year. Can you tell me about this experience?</p>	<ul style="list-style-type: none"> <li>• <b>Who</b> provided this nutrition care? (eg. Dietitian, nurse, GP)               <ul style="list-style-type: none"> <li>○ Have you ever seen a dietitian before? Why?</li> </ul> </li> <li>• How did this experience of care make you <b>feel</b>?</li> <li>• What was <b>good</b> about the care you received? Why?</li> <li>• What was <b>bad</b> about the care you received? Why?</li> <li>• Was there ever a time <b>you wanted to receive</b> nutrition care but didn’t? Why not?               <ul style="list-style-type: none"> <li>○ How did this make you feel?</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Allow participants to openly discuss an experience of receiving care and reflect on the positive and negative aspects of this experience</li> <li>• Encourage participants to explain in detail who, when, where and how their nutrition care was delivered</li> <li>• Explore perceived barriers to accessing nutrition care within the current model</li> </ul>
<i>Preferences for <u>how</u> nutrition care should be provided</i>		
<p>2. Now that you’ve shared some of your own experience, can you tell me how you think nutrition care <b>should</b> be delivered?</p> <p>(...would prefer nutrition care to be delivered?)</p>	<ul style="list-style-type: none"> <li>• <b>When</b> should this care be offered?</li> <li>• <b>How often</b> should this care be offered?</li> <li>• Can you talk about <b>where</b> this care should be offered? (i.e., GP clinic vs other)</li> <li>• Can you tell me <b>how</b> this care should be delivered? (e.g. Group, individual, embedded in other activities)</li> <li>• What are some <b>barriers</b> people might face in accessing nutrition care? (eg. Cost, time)</li> <li>• What do you think about the <b>cost</b> of nutrition care? Who should be responsible for paying for this? How much should it cost?</li> </ul>	<ul style="list-style-type: none"> <li>• Explore what the nutrition care process should look like in terms of when, where and how it is accessed</li> <li>• Understand patients’ preferred mode of nutrition care delivery</li> </ul>
<i>Preferences for <u>who</u> should provide nutrition care</i>		
<p>3. <b>Who</b> should be responsible for <b>providing</b> nutrition care?</p>	<ul style="list-style-type: none"> <li>• <b>Health professionals?</b> Which ones?               <ul style="list-style-type: none"> <li>○ Have you ever seen a dietitian? Why/why not?</li> <li>○ Would you ever see a dietitian? Why/why not?</li> <li>○ What do you think a dietitian’s role is in providing nutrition care?</li> <li>○ How do you perceive dietitians?</li> </ul> </li> <li>• <b>Non-health professionals?</b> Which ones?</li> <li>• Who do you think should <b>get</b> nutrition care?</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what participants think about who is/are most appropriate to provide nutrition care</li> <li>• Understand participants’ perception of the role of dietitians</li> </ul>

Now that you've talked about your own experiences and preferences. I am going to ask you your opinion about how nutrition care is delivered in 3 different examples. These are examples of how people can currently receive nutrition care in Australia.

- **Example 1:** This is an example of someone who is **healthy**. They want to learn more about nutrition to stay healthy and avoid health problems later in life. To get nutrition care, this person can either: i) visit their GP for nutrition advice in a usual 15 minute appointment. This would be free in a bulk-billed practice, or might cost a small fee; OR ii) they can see a dietitian in private practice and pay between \$40-120 for 1hr
- **Example 2:** In this example, an individual has just been told they have prediabetes. This means they are at **high risk of type 2 diabetes**. They want to receive nutrition advice to avoid diabetes. Similar to the first example, they can either: i) visit their GP for nutrition advice in a usual 15 minute appointment. This would be free in a bulk-billed practice, or might cost a small fee; OR ii) they can see a dietitian in private practice and pay between \$40-120 for 1hr
- **Example 3:** In this example, an individual has just been told they have **type 2 diabetes**. They require ongoing support so their GP places them on a management plan which includes 5 free or low-cost allied health visits, 2 long GP appointments and 2 long nurse appointments per year. They can receive nutrition care in any of these appointments. OR they can see a dietitian in private practice to get more nutrition care and pay between \$40-120 for 1hr

4. What do you think about this [1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> ] example to receive nutrition care?	<ul style="list-style-type: none"> <li>• What do you like/dislike about this option? Why?</li> <li>• Is there anything missing? Anything to be improved?</li> <li>• Any other thoughts about this current options?</li> </ul>	<ul style="list-style-type: none"> <li>• Explore participants' views on the current nutrition care options</li> </ul>
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Thank you for sharing your views today on receiving nutrition care in the primary care setting. Have we missed anything? Was there anything further you would like to add?

I just have a few personal details to ask you:

- What is your age?
- What is your preferred gender (i.e., male, female, prefer not to say)
- What community advisory group are you from? (eg. GC PHN, Health consumers Qld)
- Have you ever seen a dietitian?
- Are you currently living with a chronic disease?

**Generic probes:** 'would you explain further'; 'would you give an example