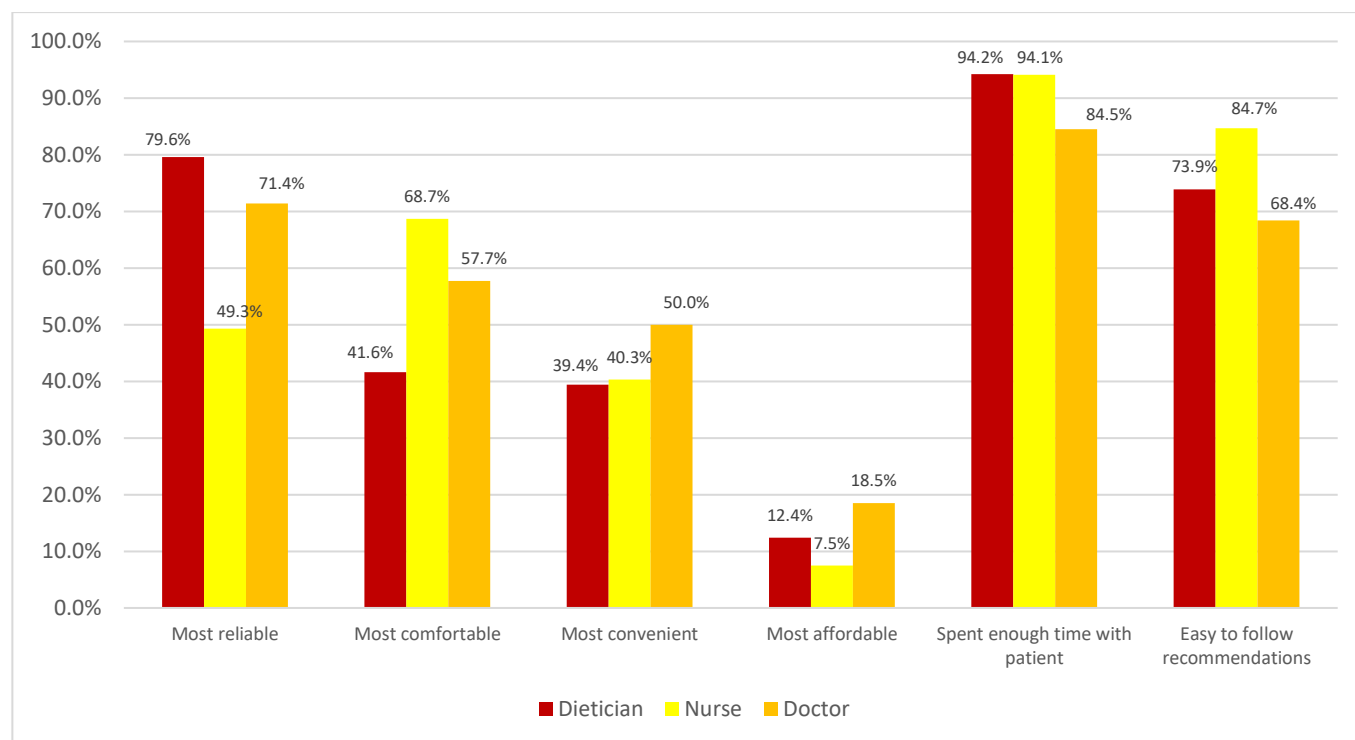


Supplementary materials to: Chie ZY, Lee XYS, Ng X, et al.
 Patients' preferences for nutrition care from health professionals in public primary care setting: A cross-sectional study in Singapore. Ann Acad Med Singap 2025;54:508-11.
 DOI: <https://doi.org/10.47102/annals-acadmedsg.2025105>.

Table S1. Summary of sociodemographic data of patients.

Sociodemographic variables	No. (%)
Sex	
Male	210 (48.1)
Female	228 (51.9)
Ethnicity	
Chinese	248 (56.7)
Malay	131 (29.8)
Indian	51 (11.6)
Others	8 (1.9)
Mean age, years	56.3 (range: 23–83 years)
Chronic conditions	
Hyperlipidaemia	311 (75.5)
Hypertension	299 (68.3)
Diabetes mellitus	252 (57.5)
All 3 chronic conditions	163 (37.1)
Others	4 (0.8)
Educational level	
Secondary level education and below	197 (45)
Post-secondary level education and above	241 (55)
Household income per month, Singapore dollars	
Below SGD2000	49 (11.1)
From SGD2000–5999	151 (34.5)
More than SGD6000	238 (54.4)

Fig. S1. Factors affecting patients' preferences as well as perceptions towards the nutrition care provided by healthcare professionals.



Appendix S1. Sample of the research questionnaire.

Title of Questionnaire: Patients' preferences for nutrition care from health care professionals in public primary care setting: A cross-sectional study

We seek your help to answer the following questions so as to better understand patients' preferences for nutrition counselling in primary care setting. There are a total of 22 Questions. We appreciate you going through the questions slowly and complete the form without any blanks. This survey will only take 10 mins of your time.

Gender: ☐ Male₁ ☐ Female₂

Ethnicity: ☐ Chinese₁ ☐ Malay₂ ☐ Indian₃ ☐ Eurasian₄ ☐ Others₅: _____

Are you 21 years old and above?

☐ Yes (Please proceed with the questionnaire)

☐ No (Please end the questionnaire here)

Age: _____(as of last Birthday)

Highest education level:

☐ Primary & below₁

☐ Secondary/'N'/'O' level ₂

☐ 'A' level/diploma/University & above₃

☐ Others₄

Household income (per month):

☐ <\$2000₁

☐ \$2000-\$5999₂

☐ ≥\$6000₃

Medical History

1.Do you have any of the following conditions? (You may tick one or more of the boxes)

☐ High blood pressure₁

☐ High cholesterol₂

☐ Diabetes₃

☐ Others₄: _____

Nutrition counselling

2a. Which of the following is your MOST preferred source of information for nutrition issues?
(Please tick one box only)

☐ Dietician₁

☐ Nurse₂

☐ Doctor₃

2b. Why did you choose the above source of information for nutrition issues? (You may tick one or more boxes) ?

☐ Most reliable₁

☐ Most familiar₂

☐ Most comfortable₃

☐ Most convenient₄

☐ Most affordable ₅

☐ Others, pls specify ₆ : _____

2c. Have you ever had nutritional counselling from a healthcare professional?

(You may tick one or more of the boxes)

☐ No ₁ (If No, please jump to question 2h)

☐ Yes ₂

2d. If you answered “Yes” for 2c, which healthcare professional did you see?

(You may tick one or more of the boxes)

- ☐ Dietician₁
- ☐ Nurse₂
- ☐ Doctor₃
- ☐ Other₄, pls specify: _____

2e. If you answered “Yes” for 2c, which of the following conditions have you received nutrition counselling for?

(You may tick one or more of the boxes)

- ☐ High blood pressure₁
- ☐ High cholesterol₂
- ☐ Diabetes₃
- ☐ Others₄: _____

2f. If you answered “Yes” for 2c, do you think your healthcare professionals spend enough time discussing with you about your nutritional needs?

☐ No ₁

☐ Yes ₂

2g. If you answered “Yes” for 2c , how EASY do you find it to follow the recommendation after the nutritional counselling?

- ☐ Not at all easy ₁
- ☐ Slightly easy ₂
- ☐ Somewhat easy ₃

☐ Easy ₄

☐ Very easy ₅

2h. Which of the following is your most preferred source of information for nutrition issues OUTSIDE healthcare setting? (Please tick one box only)

☐ Family or friends₁

☐ Books/ Magazine/ Newspaper₂

☐ Internet / TV Programme ₃

☐ Others, pls specify ₄ : _____

2i. How IMPORTANT do you think nutritional counselling is for your chronic disease management or general health?

☐ Not at all important ₁

☐ Slightly Important ₂

☐ Somewhat important ₃

☐ Important ₄

☐ Very Important ₅

2j. How USEFUL do you think nutritional counselling is for your chronic disease management or general health?

☐ Not at all useful ₁

☐ Slightly useful ₂

☐ Somewhat useful ₃

☐ Useful ₄

☐ Very useful ₅

2k. How would you rate patients' access to getting nutritional advice from healthcare professionals?

- ☐ Not at all accessible ₁
- ☐ Slightly accessible ₂
- ☐ Somewhat accessible ₃
- ☐ Accessible ₄
- ☐ Very accessible ₅

2l. Which of the following topics on nutrition is/are relevant to you? (You may tick one or more boxes)

- ☐ How to better manage chronic diseases with better nutrition ₁
- ☐ How to improve general health ₂
- ☐ How to prevent diseases ₃
- ☐ Safe usage on health supplements/traditional medicinal supplements ₄
- ☐ How to avoid Drug- food interaction ₅
- ☐ How to do personalised meal planning ₆
- ☐ How to read food label ₇
- ☐ Others, pls specify ₈: _____

2m. Which of the following areas do you think your healthcare professionals need to improve in to provide patients with better nutrition advice? (You may tick one or more boxes)

- ☐ More counselling time from dietician ₁
- ☐ More counselling time from nurse ₂
- ☐ More counselling time from doctor ₃
- ☐ Better knowledge of nutrition guidelines for different cultures ₄
- ☐ Better knowledge of nutrition guidelines for different age groups ₅
- ☐ Better knowledge of where relevant resources can be accessed (e.g. websites) ₆
- ☐ Better skills to conduct nutrition assessment (e.g. to screen malnutrition risk) ₇
- ☐ Better skills to identify food and nutrition-related problems ₈
- ☐ Better counselling skills ₉
- ☐ Better motivational skills ₁₀
- ☐ Others (Pls specify) ₁₁ : _____

2n. Which of the following ways do you think will be useful to you to learn more about nutrition care? (You may tick one or more boxes)

- ☐ Public workshops or seminar on nutrition ₁
- ☐ List of recommended useful resources ₂
- ☐ Useful handphone APPs (Applications i.e. Healthy 365 ) ₃
- ☐ List of recommended food products ₄
- ☐ Others, pls specify ₅ : _____

2o. Which communication mode do you prefer for nutrition counselling? (Please tick 1 box)

- ☐ Face to face nutrition consult₁

☐ Remote Tele-nutrition consult (through online platform)₂

☐ Others (Pls specify)₃: _____