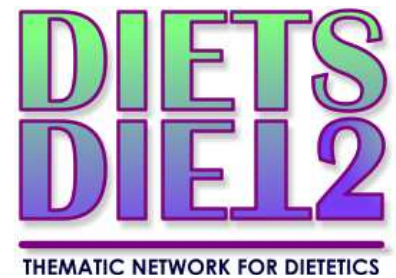




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**The EU Thematic Network:  
'Dietitians ensuring education, teaching and  
professional quality' in Europe  
(DIETS2)**

**Proceedings of the  
5th DIETS/EFAD Conference  
Barcelona, Spain,  
October 2011**

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OF DIETITIANS



“This project has been funded with support from the European Commission.  
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**Title:** Proceedings of the 5th DIETS/EFAD Conference held in Barcelona, Spain, October 2011  
**Editor:** Professor Anne de Looy  
**Copy-editor:** Terry Hyde  
**Date of Publication:** October 2012  
**Contact Address for Publication Requests:** Professor Anne de Looy, School of Health Professions, Faculty of Health, Plymouth University, England PL4 8AA, UK (+44) (0)1752 238817

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## Nutritional Knowledge and Calcium Intake of Health Professionals

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### Description/Abstract

#### Introduction

It has been demonstrated that greater nutritional knowledge leads to better eating habits, but there are no studies on the relationship between nutritional knowledge and calcium intake.

#### Objectives

To verify if the calcium intake of health professionals is influenced by their nutritional knowledge.

#### Methodology

103 workers from three Oporto hospitals completed two previously validated questionnaires: Food Frequency Questionnaire (FFQ), General Nutritional Knowledge Questionnaire (GNKQ) and a questionnaire about socio-demographic data.

#### Results

The relation between nutritional knowledge and calcium intake was analysed using the Kruskal-Wallis test. Individuals who had a calcium intake within DRI's\* had a significantly higher score in GNKQ Total Score and in the Section 2.

#### Conclusion

It appears that nutritional knowledge influences calcium DRIs compliance in health professionals.

\*Dietary References Intake

### Key References

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Hankey CR, Eley S, Leslie WS, Hunter CM & Lean MEJ (2003) Eating habits, beliefs, attitudes and knowledge among health professionals regarding the links between obesity, nutrition and health *Public Health Nutrition* 7(2) 337–343

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### Outcomes that may inform future practice

Professionals whose calcium intake was within the recommended values had a higher score in GNKQ Total Score and in the Section 2. These are coherent results, as the 2<sup>nd</sup> section is the one where knowledge about the content of calcium in dairy products is assessed. It appears that NK influences calcium DRI's compliance in health professionals.