Dietetic professionals may not be properly educating their patients about DGA due to factors influencing their knowledge. Factors including self-efficacy, belief, eating patterns, and behavior are factors that have bidirectional influence on dietary knowledge (Jackson, King, Zhao, & Cogswell, 2016).


As with the 2010 DGA, the 2015 DGA reflects advances in research and understanding of nutrition and health science. Interns may need more education on the DGA. Dietetic programs may be more likely to add competencies focusing on integration of DGA knowledge, especially in areas shown to be lacking by this research.

Dietetic Interns may become aware of the shortfall of knowledge and be more motivated to advance their education. Interns may then be more equipped to counsel their patients.

Self-efficacy: Self-efficacy was correlated with knowledge of the DGA and for sodium. Self-efficacy may support dietetic interns’ ability to recognize and communicate dietary advice, underlining the need for reinforcing self-efficacy in the beginning of a dietetic professionals’ career.

Future Research: This is the first study assessing factors associated with knowledge of the DGA among Dietetic Interns. Further studies with a larger, more representative sample are needed to establish any firm conclusions.

References


