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## Predictors of physicians' practices related tonutritional counseling and management in Riyadh City

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**Background:** A growing interest has become increasing in the role of physicians as effective resources for the promotion of good nutritional practices, however, the factors that impede their Nutritional Counseling & Management practice (NC&M) are not clearly understood in Saudi Arabia.

**Objectives:** The objectives of the study were to investigate physicians' practices concerning NC&M and to explore some determinants that predict such practices.

**Results:** Data of 266 physicians working in big hospitals in Riyadh showed that only 7.9% of the respondents reported that they were practicing all aspects of NC&M; including nutritional assessment, therapy, and education. Those who practiced any one of these aspects ranged between 13.9–40.2%, meanwhile, 28% frankly reported that they did not practice NC&M. Physicians attitude and perceived efficacy towards NC&M was moderately high as the mean scores were greater than their midpoint. Their perceived barriers of NC&M were considerably moderate; as the mean total score was found to be near the midpoint of that scale. Among the seven independent variables entered the binary logistic regression of physicians practice of NC&M, only the knowledge, attitude, and self-efficacy scores were significantly associated with their NC&M practice. These three predictors contributed by 23.5% of the variation of physician practice of NC&M.

**Conclusions:** Physicians knowledge, self-efficacy, attitudes and other factors should be stressed in any intervention warranted to improve their nutritional practices.

### Biography

May N Al - Muammar is an associate professor of Nutrition at King Saud University. She completed her PhD on 2003 from King Saud University and her masters on 1992 from Iowa State University. She is the dean of the college of Applied medical sciences in King Saud University, Riyadh, for the last two years till present. She has published more than 25 papers in reputed journals and is a member of various scientific associations including Saudi Dietetic association, American School Health Association and Sheikh Ali Bin Sulaiman Alshehri Chair for Research and Treatment of Obesity

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