

## REAP instrument

Hieronder vindt u de REAP vragenlijst die door de patiënt kan ingevuld worden.

TOPIC	In an average week, how often do you:	Usually/ often	Some- times	Rarely/ never	Does not apply to me
MEALS	1. Skip breakfast? 2. Eat <u>4 or more</u> meals from sit-down or take out restaurants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
GRAINS	3. Eat <u>less than 3 servings</u> of whole grain products a day? <b>Serving</b> = 1 slice of 100% whole grain bread; 1 cup whole grain cereal like Shredded Wheat, Wheaties, Grape Nuts, high fiber cereals, oatmeal, 3-4 whole grain crackers, ½ cup brown rice or whole wheat pasta.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
FRUITS & VEGETABLES	4. Eat <u>less than 2-3 servings</u> of fruit a day? <b>Serving</b> = ½ cup or 1 med. fruit or 4 oz. 100% fruit juice 5. Eat <u>less than 3-4 servings</u> of vegetables/potatoes a day? <b>Serving</b> = ½ cup vegetables/potatoes, or 1 cup leafy raw vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
DAIRY	6. Eat or drink less than 2-3 servings of milk, yogurt, or cheese a day? Serving = 1 cup milk or yogurt, 1 ½ - 2 ounces cheese 7. Use <u>2% (reduced fat)</u> or whole milk instead of skim (non-fat) or 1% (low-fat) milk? 8. Use <u>regular cheese</u> (like American, cheddar, Swiss, Monterey jack) instead of low fat or part skim cheeses as a snack, on sandwiches, pizza, etc?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Rarely use milk <input type="radio"/> rarely eat cheese



SWEETS	19. Eat <u>regular sweets</u> like cake, cookies, pastries, donuts, muffins, and chocolate instead of <u>low fat or fat-free sweets</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> rarely eat sweets
	20. Eat <u>regular ice cream</u> instead of sherbet, sorbet, low fat or fat-free ice cream, frozen yogurt, etc.?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> rarely eat frozen desserts
	21. Eat <u>sweets</u> like cake, cookies, pastries, donuts, muffins, chocolate and candies more than 2 times per day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> rarely eat sweets
SOFT DRINKS	22. <u>Drink 16 ounces or more</u> of non-diet soda, fruit drink/punch or Kool-Aid a day? <b>Note: 1 can of soda = 12 ounces</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
SODIUM	23. Eat high sodium <u>processed foods</u> like canned soup or pasta, frozen/package meals (TV dinners, etc.), chips? 24. <u>Add salt</u> to foods during cooking or at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
ALCOHOL	25. Drink <u>more than</u> 1-2 alcoholic drinks a day? (one drink = 12 oz. beer, 5 oz. Wine, one shot of hard liquor or mixed drink with 1 shot)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
ACTIVITY	26. Do <u>less than</u> 30 total minutes of physical activity 3 days a week or more? (Examples: walking briskly, gardening, golf, jogging, swimming, biking, dancing, etc.) 27. Watch <u>more than</u> 2 hours of television or videos a day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Do you ...			Yes		No
28. Usually shop and prepare your own food?			<input type="radio"/>		<input type="radio"/>
29. Ever have trouble being able to shop or cook?			<input type="radio"/>		<input type="radio"/>
30. Follow a special diet, eat or limit certain foods for health or other reasons?			<input type="radio"/>		<input type="radio"/>

**31. How willing are you to make changes in what, how or how much you eat in order to eat healthier?  
(Circle the number that best describes how you feel)**

**Very willing**  
**5**

**4**

**3**

**2**

**Not at all willing**  
**1**

Hieronder vindt u de huisartsensleutel van de REAP vragenlijst. Overweeg het doorverwijzen van patiënten naar een diëtist bij 5 of meer vinkjes in de ‘usually/often’ categorie.

Question(s)	Patients at risk	Further evaluation and treatment	Counseling points / Further info
Meal pattern Q# 1	Patient skipping breakfast	<ul style="list-style-type: none"> <li>Consider risk for undernutrition</li> <li>Explore etiology including medical and psychiatric conditions, socioeconomic issues, shopping and cooking capabilities, degree of life stress</li> <li>Further w/u, treatment, referral as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>If skipped meals are due to poverty or lack of facilities, refer pt to community resources, i.e. congregate meal programs, Meals on Wheels, food bank and pantries</li> <li>Skipping breakfast is correlated with obesity as well as a higher fat overall diet</li> <li>Normalizing meal pattern may help with weight management</li> </ul>
Dining out Q# 2	Patients eating out often	<ul style="list-style-type: none"> <li>Query reasons for frequent restaurant meals</li> <li>If lack of shopping/ cooking knowledge and skills, or time are a barrier, patient may benefit from referral to a dietitian</li> </ul>	<ul style="list-style-type: none"> <li>Restaurant portions are often larger than necessary contributing to obesity</li> <li>Restaurant meals are often high in saturated fat, sodium, and calories contributing to hypercholesterolemia, hypertension and obesity</li> </ul>
Grains Q# 3	Patient eating < 3 servings whole grains a day	<ul style="list-style-type: none"> <li>Inquire into reasons for low intake or avoidance of whole grains</li> <li>Counsel appropriately (suggest easy ways to incorporate whole grains such as high fiber breakfast cereal, sprinkling wheat germ on yogurt, eating cereal as a snack)</li> </ul>	<ul style="list-style-type: none"> <li>Fortified or whole grain products are a good source of folate and other vitamins and minerals.</li> <li>Adequate folate intake may decrease the risk for CHD and colon cancer and decreases the risk for fetal neural tube defects.</li> <li>Whole grain products are also a good source of fiber and vitamin E.</li> <li>Adequate fiber intake may decrease the risk of hypercholesterolemia and</li> </ul>

			<p>certain cancers</p> <ul style="list-style-type: none"> <li>Higher vitamin E intakes may prevent the development of CHD, and higher intakes of vitamin E from foods are associated with lower CHD mortality.</li> </ul>
<p>Fruits and vegetables Q# 4,5</p>	<p>Patient eating &lt; 3 portions of vegetables and/or &lt; 2 portions of fruits a day</p>	<ul style="list-style-type: none"> <li>Inquire into reasons for low intake (dislike of vegetables and fruits, difficulty with preparation, etc.)</li> <li>Counsel appropriately <ul style="list-style-type: none"> <li>Easy ways to add F &amp; V: have a F or V at each meal and as snack; have fruit and/or tiny carrots for snacks, utilize salad bars, eat larger portions.</li> <li>Importance of eating a variety of vegetables including green leafy, yellow/orange, and cruciferous vegetables</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fruits and vegetables are generally good sources of vitamins and fiber.</li> <li>In observational studies, fruit and vegetable intake has been shown to be inversely associated with risk for cancers and CVD.</li> <li>Fruits and vegetables are high in potassium; diets high in potassium may help to treat hypertension.</li> <li>Whole fruits and vegetables are preferable to juices; juices contain less fiber and are more concentrated calorie sources.</li> </ul>
<p>Adequate calcium/dairy Q# 6</p>	<p>Patient consuming less than two servings/day dairy products (age 18-50) or three servings (age 14-18 or 51+)</p>	<ul style="list-style-type: none"> <li>Inquire into reasons for low intake including lactose intolerance.</li> <li>If patient unable to consume dairy, suggest lactose-reduced/free dairy products, non-dairy high calcium foods (fortified soy milk, fortified rice milk) or consider supplementation.</li> </ul>	<ul style="list-style-type: none"> <li>Dairy products are a good source of calcium and vitamin D.</li> <li>Adequate calcium and vitamin D intakes are important in the prevention and treatment of osteoporosis.</li> <li>High calcium intakes may help to prevent colon cancer.</li> <li>Adequate calcium intakes are an important component of the treatment of hypertension, especially in salt-sensitive individuals.</li> </ul>
<p>High fat, saturated fat choices/prep for dairy and</p>	<p>Patients consuming higher fat/saturated fat diets including:</p>	<ul style="list-style-type: none"> <li>Inquire into reasons for higher fat choices</li> <li>Counsel and refer appropriately <ul style="list-style-type: none"> <li>Lower fat dairy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fat contains 9 calories/gram, as opposed to 4 calories/gram in protein and carbohydrates; high fat diets contribute to</li> </ul>

meats Q# 7-14	<ul style="list-style-type: none"> <li>• Higher fat dairy products</li> <li>• Higher fat cuts of meat</li> <li>• Large amounts of meat</li> <li>• Fried foods</li> </ul>	<p>products</p> <ul style="list-style-type: none"> <li>○ Leaner cuts of meat</li> <li>○ Fish and skinless poultry instead of meat</li> <li>○ Increase intake of vegetarian protein sources (legumes, tofu, soy products, etc)</li> <li>○ Limit meat portion sizes</li> <li>○ Choose baked, broiled, etc. instead of fried foods</li> </ul>	<p>obesity.</p> <ul style="list-style-type: none"> <li>• Diets high in saturated fats have been shown in observational studies to be associated with higher rates of some cancers, and cause hypercholesterolemia</li> </ul>
High fat, saturated fat choices for sweets, snacks, spreads, food prep. Q# 15-20	Patients not making lower fat choices in desserts, snack foods, spreads, food preparation	<p>Counsel appropriately</p> <ul style="list-style-type: none"> <li>• Choose lower fat sweets, frozen desserts and snacks</li> <li>• Choose lower fat spreads, dressings, condiments, etc.</li> <li>• Limit amount of spreads, dressings, fats used</li> <li>• Use non-stick sprays or cook foods without adding fat/oil</li> </ul>	See above
High sugar/calorie sweets and beverages Q# 21,22	Individuals eating sugary sweets often and/or drinking large quantities of high sugar/calorie beverages	<p>Counsel appropriately</p> <ul style="list-style-type: none"> <li>• Eat smaller quantities of sweets</li> <li>• Eat low sugar desserts, fruit, etc.</li> <li>• Choose diet, decaffeinated soft drinks</li> <li>• Drink more water instead</li> </ul>	<ul style="list-style-type: none"> <li>• Sweets and sugary beverages are a major source of calories and contain « empty calories », which replace more nutritious foods.</li> <li>• Caffeine and phosphates in cola-type beverages can decrease Ca<sup>2+</sup> absorption.</li> </ul>
Sodium Q# 23,24	Individuals with a family history of hypertension or patients with blood pressures above optimum range who often eat higher sodium foods	<p>Counsel appropriately</p> <ul style="list-style-type: none"> <li>• Eat high sodium foods less often</li> <li>• Choose low sodium versions of processed foods</li> <li>• Use lemon and herbs instead of salt in cooking and at the table</li> <li>• Eat fruits, vegetables more often</li> </ul>	<ul style="list-style-type: none"> <li>• A proportion of the population (esp. some ethnic groups) is salt sensitive and may develop high blood pressure if eat too much sodium.</li> <li>• Some patients with hypertension may benefit from reduced sodium intakes, esp. as part of an eating pattern high in potassium (from fruits and vegetables) and calcium (low-fat dairy products).</li> </ul>

<p>Alcohol Q# 25</p>	<p>Women consuming &gt; 1 drink per day, Men consuming &gt; 2 drinks/day</p>	<ul style="list-style-type: none"> <li>• Consider further evaluation for alcoholism (i.e. CAGE)</li> <li>• Consider evaluation for binge drinking (i.e. a lot only on weekends)</li> <li>• Recognize potential for underreporting</li> </ul>	<ul style="list-style-type: none"> <li>• Note relationship between alcohol and hypertension</li> <li>• Alcohol is a high calorie food containing few other nutrients. High alcohol intakes may displace more nutrient-dense foods from the diet</li> <li>• Pregnant women or women attempting to become pregnant should not consume any alcohol</li> </ul>
<p>Physical activity Q# 26,27</p>	<p>Sedentary adults</p>	<ul style="list-style-type: none"> <li>• Counsel to increase physical activity to recommended levels (30 or more minutes of moderate physical activity per day 3 or more times a week). See patient survey for examples.</li> <li>• Activity may be incorporated into usual activities: i.e.: walking up and down stairs, walking briskly to and from work, etc.</li> <li>• Counsel to decrease TV/video watching, hours on computer, etc</li> </ul>	<ul style="list-style-type: none"> <li>• Increasing physical activity has been shown to have numerous benefits including improving serum lipid profiles, decreasing blood pressure, contributing to weight loss and maintenance of weight loss, improving bone density, and improving mood.</li> <li>• Moderate physical activity may be as beneficial as more strenuous activity to health.</li> </ul>