

- Despite the potential benefit, the utilization of medical nutrition therapy by patients with type 2 diabetes mellitus was 9.1% at a major medical center

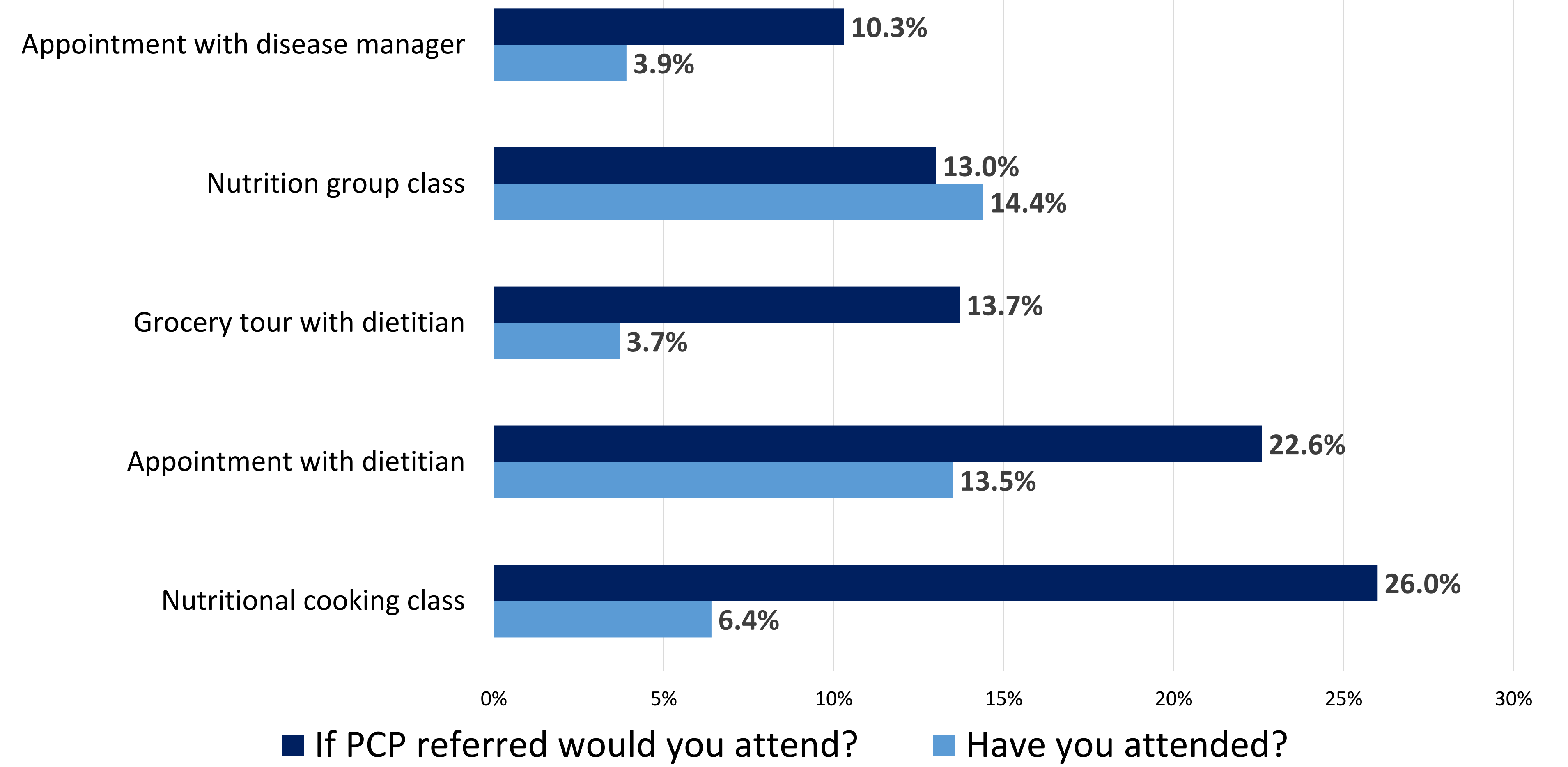
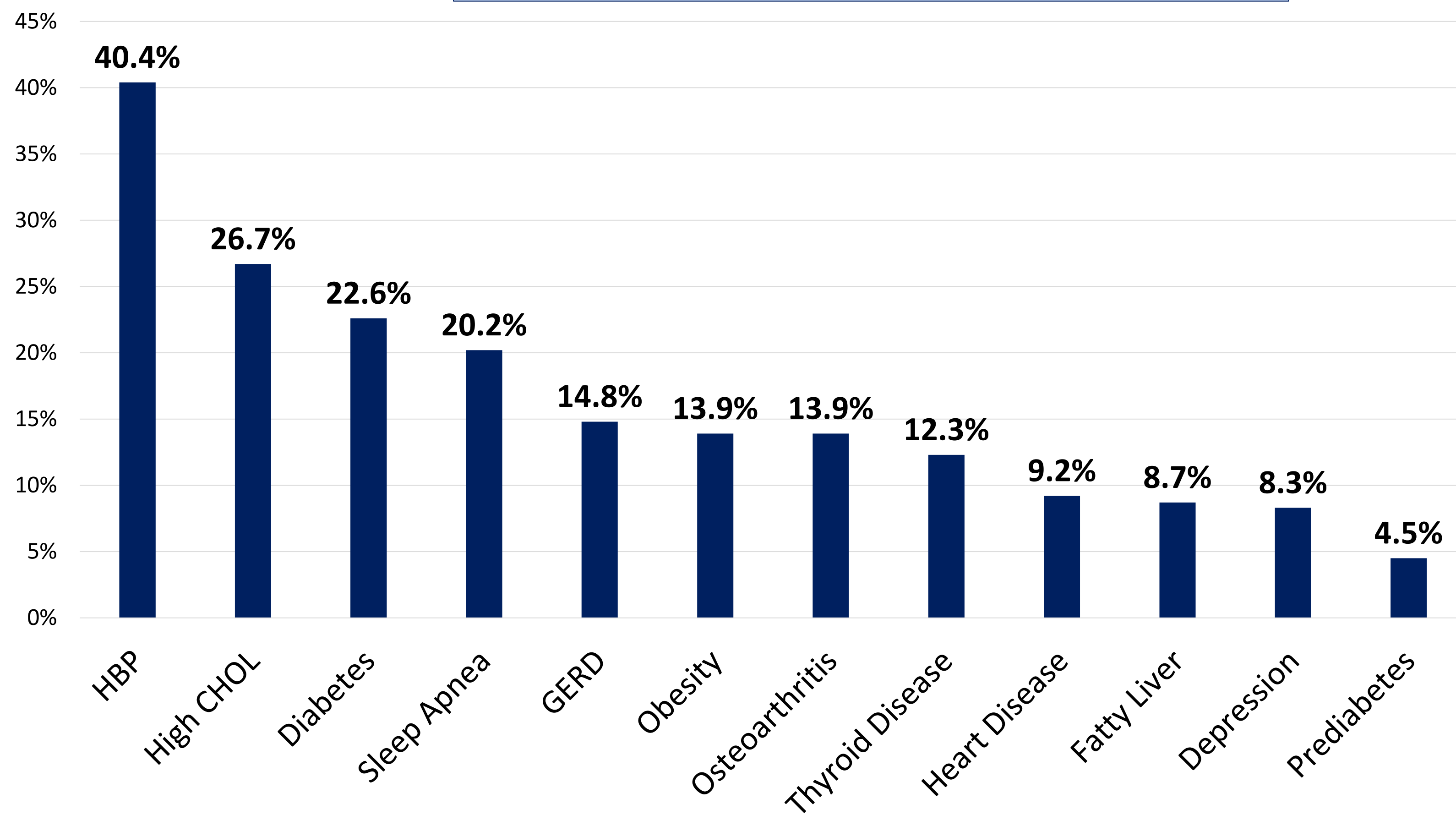
## OBJECTIVES

- To assess current and desired utilization of various medical nutrition therapies in our local military health system
- To assess current and desired nutrition recommendations from primary care providers (PCPs) in our local military health system

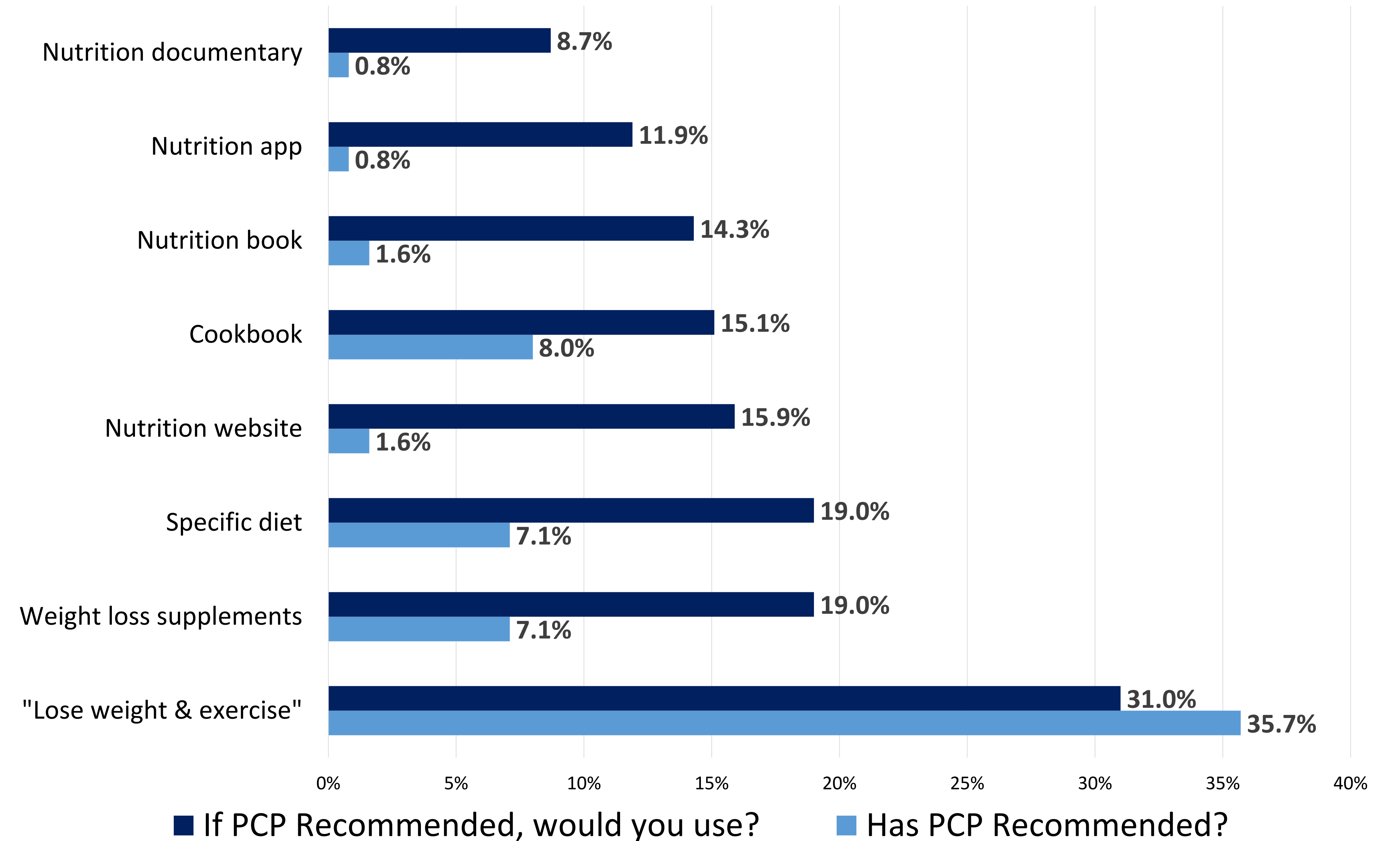
## METHODS

- Surveys distributed to adult patients at Brooke Army Medical Center and Wilford Hall Ambulatory Surgical Center from Sep to Nov 2018
- Surveys provided to patients at time of check in for appointment
- Demographics collected included age, sex, military status and self-reported medical diagnoses including prediabetes and diabetes
- Patients completed a validated dietary assessment and reported current and desired usage of various medical nutrition therapies and nutrition recommendations from primary care providers
- An Excel database was utilized for data entry
- Data analysis was completed using SPSS version 22

**Figure 1. Self-reported Health Conditions**



**Figure 3. Comparing Current versus Desired Nutrition Recommendations from Primary Care Provider**



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