



# Mediterranean Diet Toolkit: Supporting Patients to Reduce CVD Risk and Improve Mental Health

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Dietitians of Canada

November 2018

[www.dietitians.ca](http://www.dietitians.ca) | [www.dietetistes.ca](http://www.dietetistes.ca)

# Acknowledgements

This Mediterranean Diet Toolkit was originally developed by the Dietitians of Canada Ontario Primary Health Care Action Group (DC-ON PHCAG). Special thanks to Michele MacDonald Werstuck, Lee Kapuscinski and Denis Tsang for their leadership and expertise in developing this toolkit.

The toolkit includes the tools you need to successfully implement the Mediterranean diet with your patients and clients:

- Key research articles
- Slide deck
- Validated Medi Diet tool
- Patient resources
- Custom EMR templates for Telus Practice Solutions

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# Introduction

There are many healthy ways to eat but one eating pattern in particular seems to have a tremendous amount of research showing benefits on a variety of health conditions. From cardiovascular protection to diabetes prevention and management to delaying dementia, the Mediterranean diet (Medi diet) offers positive benefits on both physical and mental health (1-20).

Systematic reviews and meta-analyses of over 4 million subjects show that increasing adherence to the mediterranean style of eating by 2 points (out of 14) is associated with:

- 8-9% reduction in overall mortality (17,18)
- 9-10% reduction in mortality from CVDs (17,18)
- 4-6% reduction in incidence of, or mortality, from cancer (17,18)
- 13% reduction in incidence of Parkinson disease and Alzeheimers (17)
- 31% reduction in risk of metabolic syndrome (2,10)
- 32% reduced risk of depression (8,9)



Ranked as one of the top two healthiest, enjoyable and easiest to sustain eating patterns, the Mediterranean Diet gets a thumbs up from health experts in nutrition, diabetes (16), and cardiovascular disease (1). The Canadian Cardiovascular Society Dyslipidemia Guidelines 2016 reports the Mediterranean Diet reduces CVD events by 28-30% (as much as statin therapy) and recommends all individuals are offered advice about healthy eating and activity and adopt the Mediterranean dietary pattern to reduce their CVD risk (1).

The Primary Prevention of CVD with a Mediterranean Diet (PREDIMED) study reduced the incidence of major cardiovascular events so clearly that the study was cut short and the diet has become best practice for cardiac and diabetes care including diabetes prevention metabolic syndrome management (3,4,5,10,14).

When it comes to mental health, systematic review of 22 studies on depression with 17,175 participants and 2092 cases of depression reported a 32% reduced risk of depression in subjects following a Mediterranean style of eating (8,9).

# The Mediterranean Diet: What is it? How can I use it in my practice?

## What is it?

- A pattern of eating that offers many positive benefits on health (heart health and beyond)
- Based on dietary patterns of several areas in the Mediterranean including Southern Italy, Greece and Crete where inhabitants lived very long, healthy lives.

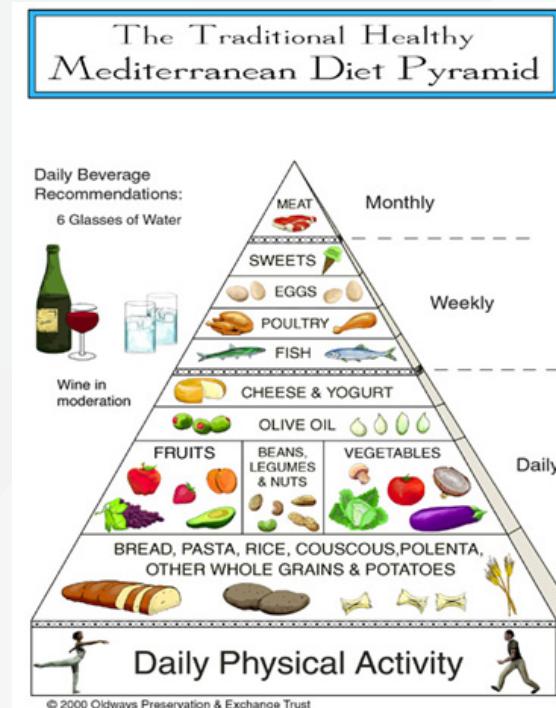
## Key Features of the Mediterranean Diet:

- Rich in healthy fats from extra-virgin olive oil, nuts, seeds, omega-3 fish
- High in fibers from daily vegetables and fruits, whole grain breads, pasta and beans, peas, lentils
- With a focus on fresh, local foods, cooking from scratch and avoiding processed foods
- Making homemade meals with family
- Eating small portions of high quality food

## How can I use the Mediterranean Diet in my practice?

The Mediterranean Diet has evidence to benefit many populations seen in family practice. Think about your patients. The senior with dementia, a teen at risk of depression, your patient with pre-diabetes, declining renal function and early heart disease. All of these patients could benefit from adopting the Mediterranean diet.

We have simplified the process for you and created a Mediterranean Diet toolkit complete with a validated Mediterranean Diet Adherence and Screening tool with instructions on how to use it in practice and how to add it to your electronic medical records. This 14 item Medi Diet Adherence and Screening Tool has been modified with permission to meet the needs of the Canadian population with appropriate serving sizes and is based on the tool used for the PREDIMED studies (4,5).



# Sharing the Mediterranean Diet benefits with the interprofessional team

## Family Practice:

- Add Medi Diet tool to counseling/ add to EMR
- Add to existing clinics in house ( eg. diabetes, memory, INR clinics)
- Get team members to use the Medi Diet tool as a screening tool, scores <9/14 offer referral to RD for assistance to help raise score by 2 adherence points

## Public Health

- Advocate to add to public health websites, resource lists
- Share with clients



## Hospital

- Use in ambulatory clinics (eg. diabetes, cardiac clinics)
- Send home with patients/ nutrition discharge

## Home care

- Use Medi diet tool in community screening, geriatric assessment

## Food is medicine, it works!

- There are many different healthy eating patterns but the Mediterranean Diet is the only way that has evidence showing impact on mortality and morbidity
- Help your patients adopt components of the Mediterranean Diet
- Share the benefits of raising the Mediterranean Diet scores by 2 adherence points



# Presentation Slide Deck



## Mediterranean Diet Toolkit: Supporting Patients to Reduce CVD Risk and Improve Mental Health.

Created by members of Dietitians of Canada Ontario Primary Health Care Action Group (PHCAG)

Michele MacDonald Werstuck, Lee Kapuscinski, Denis Tsang

November 2018



## Using The Mediterranean Diet in Your Daily Practice

PowerPoint File

[DOWNLOAD \(PPT\)](#)

**SCREENING**

# Screening Tool



## Mediterranean Diet Score Tool + Adherence Screener

The Mediterranean diet or Medi diet offers positive benefits on physical and mental health. Answer the following questions, giving yourself 1 point for each “yes” answer.

Research shows that raising your score by 2 points is linked with improved health including lower mortality rates and reduced risk of cancer, heart disease, diabetes, alzheimers and depression. Studies show higher Medi diet scores are associated with 32% reduced risk of depression. Once you have your baseline score, look at your “No” answers and pick two areas you can work on to improve your Medi diet score by 2 points. Speak with the Registered Dietitian in your family doctors office to learn more about the Medi diet and ways to improve your health through foods and nutrition.

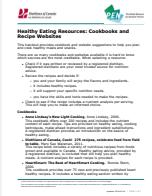
| <b>Question</b>   | <b>Yes</b> | <b>No</b> | <b>Nutrition Issue to Discuss in Response</b>  |
|---|------------|-----------|--|
| 1 Is olive oil the main source of fat for cooking?  |            |           | <b>Choose Healthy Fats</b><br>Olive oil is high in monounsaturated fat and a healthy choice for cooking and preparing foods.   |
| 2 Do you have 4 tablespoons (60 ml) or more of olive oil each day?  |            |           | Add olive oil to your meals.   |
| 3 Do you eat 4 servings of vegetables each day? (1 serving is ½ c raw or cooked or 1 c of raw salad greens)                                       |            |           | <b>Eat plenty of fruits and vegetables</b><br>Eating a wide variety of fruits and vegetables every day provides vitamins, minerals, phytochemicals and fibre and offers protection for heart disease and cancer. |
| 4 Do you have 3 whole fruits or 1.5 c fruit each day?   |            |           |  |
| 5 Do you eat less than 1 serving of red meat, hamburger, sausage or processed meats daily?  |            |           | <b>Choose lean meats and consider cooking methods</b><br>Processed meats are often high in saturated fat and salt and are best replaced with white meat, fish or vegetarian sources of protein.                  |
| 6 Do you eat 1 tablespoon (15 ml) or less of butter, margarine or cream each day?   |            |           | Choose plant-based alternatives.   |
| 7 Do you have < 1 can (355 ml or 12 oz) of sugar sweetened beverages each day?  |            |           | Excess sweet drinks can effect blood sugars and heart disease risk. Limit sweet drinks.  |
| 8 Do you drink 3 glasses or more of wine per week? (1 serving is 150 ml or 5 oz)  |            |           | <b>Drinking alcohol comes with risks. Discuss with your health care provider.</b>  |
| 9 Do you have 3 servings or more of legumes (peas, beans, or lentils) each week? (1 serving is ½-2/3 c)   |            |           | <b>Include soluble fibre</b><br>Legumes are high in soluble fibre, protein and other important nutrients and a budget-friendly way to get more protein.  |
| 10 Do you have 3 servings or more of fish or seafood each week? Fish serving is 3.5-5 oz or 100-150 g, seafood serving 4-5 pieces                 |            |           | <b>Eat more oily and white fish</b><br>Fish is an excellent source of protein and vitamin D. Choose fish high in omega-3 fats like salmon, trout, sardines, anchovies and herring.                               |
| 11 Do you eat commercial baked goods such as cookies, doughnuts or cake less than 2 times per week?   |            |           | <b>Eat less processed food</b><br>Baked goods are often high in saturated fat, salt and sugar. Choose fruit or unsalted nuts or seeds for a healthy snack.   |
| 12 Do you eat nuts 3 or more times per week? 1 serving is 30 g or 1 oz  |            |           | <b>Snack on unsalted nuts</b><br>Nuts are rich in unsaturated fat, phytosterols, fibre, vitamin E and iron, e.g. walnuts, almonds, hazelnuts.  |
| 13 Do you choose chicken or turkey more often than beef, pork, hamburger or sausage?  |            |           | Choose lean proteins with little or no visible fat or skin.  |
| 14 Do you consume vegetables, pasta or rice dishes with a homemade sauce of sauted garlic, onions, olive oil and tomatoes 2 or more times a week? |            |           | Homemade sauces of garlic, onions, olive oil, and tomato are consumed often in the Mediterranean style of eating.  |
| <b>TOTAL SCORE</b> (total number of ‘yes’ answers)  |            |           |  |

Adapted from: Alison Hornby and Katherine Paterson and [www.Predimed.es](http://www.Predimed.es), Int J Epidemiol 2012 Apr;41(2):377-385, J Nutr Jun;41(6):1140-5, and N Engl J Med 2019; 3278:e34 DOI: 10.1056/NEJMoa1800389

## RESOURCES



# Patient Resources



## Healthy Eating Resources: Cookbooks and Recipe Websites

PEN® Handout

[DOWNLOAD \(PDF\)](#)



## The Mediterranean Diet: A Guide to Healthy Eating

PEN® Handout

[DOWNLOAD \(PDF\)](#)



## Mediterranean Diet Sample Menu (1500 kcal)

PEN® Handout

[DOWNLOAD \(PDF\)](#)



## Mediterranean Diet Sample Menu (2000 kcal)

PEN® Handout

[DOWNLOAD \(PDF\)](#)



## Cookspiration – Be inspired to cook anytime day or night.

Website & App

[LEARN MORE](#)



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# Introduction

An electronic charting template (aka. encounter assistant/custom form) with the capacity to collect administrative and clinical outcome data has been developed for Telus Health Practice Solution Suite (PSS).

An accompanying outcome data dictionary can be found in this section for broader and standardized implementation using other electronic medical record systems.

Data collection and analysis guides, sample outcome data reporting templates and instructions on importing electronic charting template into PSS are also available in the appendix section of this toolkit.

To obtain the latest version of the encounter assistant/custom form file for PSS, please email your request to Denis Tsang at [DenisTsangRD@gmail.com](mailto:DenisTsangRD@gmail.com).

**DOWNLOAD**



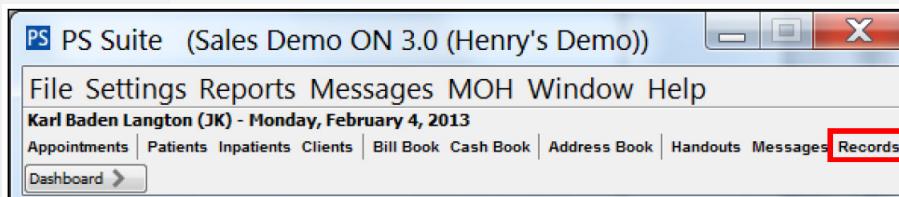
# How to Install Custom Forms in PSS

This guide shows you how to install a custom form into PSS.

## How to Import a Custom Form in PSS

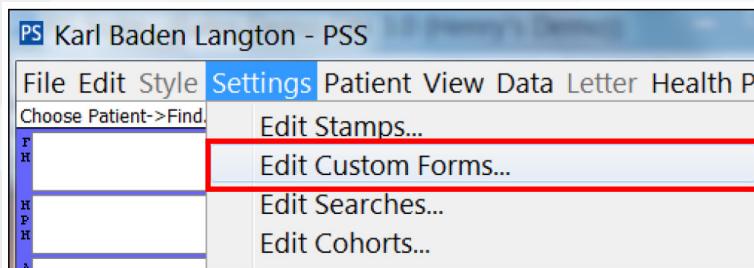
1. Log onto PSS
2. Navigate into the patient record portion of PSS by clicking on the Records button on the far right side of the main PSS menu (Refer to Figure 1 below).

**Fig. 1**



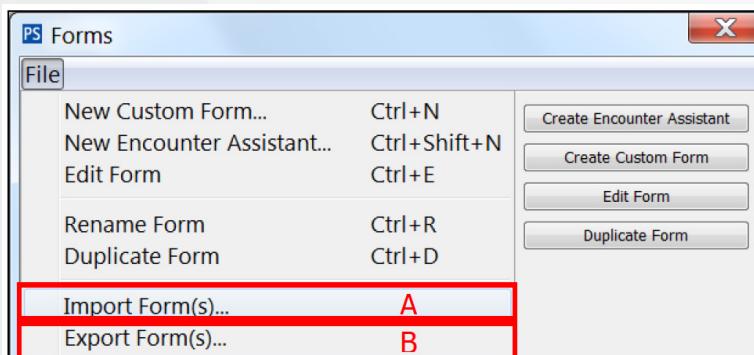
3. Once you are in the *Records* window, click on Settings and then select Edit Custom Forms (Refer to Figure 2 below).

**Fig. 2**



4. Once in the *Custom Forms* window, click on **File** and select **Import Form(s)** (Refer to Figure 3A).

**Fig. 3**



5. Navigate to the form you would like to import and click on **Choose**. The form name should now be visible in the left hand column of the *Forms* window.
6. Exporting forms can be done in a similar fashion, from the *Forms* window, click on **Export Forms** (Refer to Figure 3 B above) and then continue from step 5.



# Outcome Indicator Dictionary

## Mediterranean Dietary Pattern Scoring Instrument

| 1. Age                       |  |
|------------------------------|--|
| <b>Indicator Description</b> | Age distribution of individual patients with a baseline and/or re-assessment using the Mediterranean Dietary Pattern Scoring Instrument.   |
| <b>Type</b>                  | Process/Outcome indicator  |
| <b>Unit of Analysis</b>      | 1. Absolute count<br>2. Percentage   |
| <b>Data Element</b>          | <p><b>Numerator:</b><br/>Number of individual patients aged:</p> <ul style="list-style-type: none"> <li>• &lt;18</li> <li>• 18-34</li> <li>• 35-49</li> <li>• 50-64</li> <li>• 65-79</li> <li>• 80+</li> </ul> <p><b>Denominator:</b><br/>Total number of individual patients with a baseline and/or re-assessment completed.</p>        |
| <b>Data Source</b>           | <p>In-house EMR data exported to Excel spreadsheet.</p> <p><b>Numerator:</b><br/>Number of individual patients within a particular age range in the “Age” column, after duplicates are removed in the “PATIENT_ID” column.</p> <p><b>Denominator:</b><br/>Number of counts in the “PATIENT_ID” column, after duplicates are removed.</p> |

## Mediterranean Dietary Pattern Scoring Instrument (cont.)

| 2. Gender                    |   |
|------------------------------|---|
| <b>Indicator Description</b> | Gender distribution of individual patients with a baseline and/or re-assessment using the Mediterranean Dietary Pattern Scoring Instrument.   |
| <b>Type</b>                  | Process/Outcome indicator   |
| <b>Unit of Analysis</b>      | 1. Absolute count<br>2. Percentage  |
| <b>Data Element</b>          | <p><b>Numerator:</b><br/>Number of individual patients self-identified as:</p> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul> <p><b>Denominator:</b><br/>Total number of individual patients with a baseline and/or re-assessment completed.</p>  |
| <b>Data Source</b>           | <p>In-house EMR data exported to Excel spreadsheet.</p> <p><b>Numerator:</b><br/>Number of counts of “TRUE” in the “Male” <b>or</b> “Female” column, after duplicates are removed in the “PATIENT_ID” column.</p> <p><b>Denominator:</b><br/>Number of counts in the “PATIENT_ID” column, after duplicates are removed.</p> |

## Mediterranean Dietary Pattern Scoring Instrument (cont.)

| 3. Reason for Assessment     |  |
|------------------------------|--|
| <b>Indicator Description</b> | Distribution of reason for baseline and re-assessment using the Mediterranean Dietary Pattern Scoring Instrument.  |
| <b>Type</b>                  | Process indicator  |
| <b>Unit of Analysis</b>      | 1. Absolute count<br>2. Percentage   |
| <b>Data Element</b>          | <p><b>Numerator:</b><br/>Number of baseline and re-assessment initiated due to:</p> <ul style="list-style-type: none"> <li>• MI/Stroke</li> <li>• CVD (excluding MI/Stroke)</li> <li>• Diabetes</li> <li>• Pre-Diabetes</li> <li>• Chronic Kidney Disease</li> <li>• Metabolic Syndrome</li> <li>• Cognitive Impairment</li> <li>• Mental Health</li> </ul> <p><b>Denominator:</b><br/>Total number of baseline and re-assessment completed.</p> |
| <b>Data Source</b>           | <p>In-house EMR data exported to Excel spreadsheet.</p> <p><b>Numerator:</b><br/>Number of counts of “TRUE” in the “MI_Stroke”, “CVD”, “DM”, “PreDM”, “CKD”, “MetS”, “Cognitive” <b>or</b> “Mental” column.</p> <p><b>Denominator:</b><br/>Number of counts of “TRUE” in the “Baseline_Ax” <b>and</b> “Re_Ax” column.</p>  |

## Mediterranean Dietary Pattern Scoring Instrument (cont.)

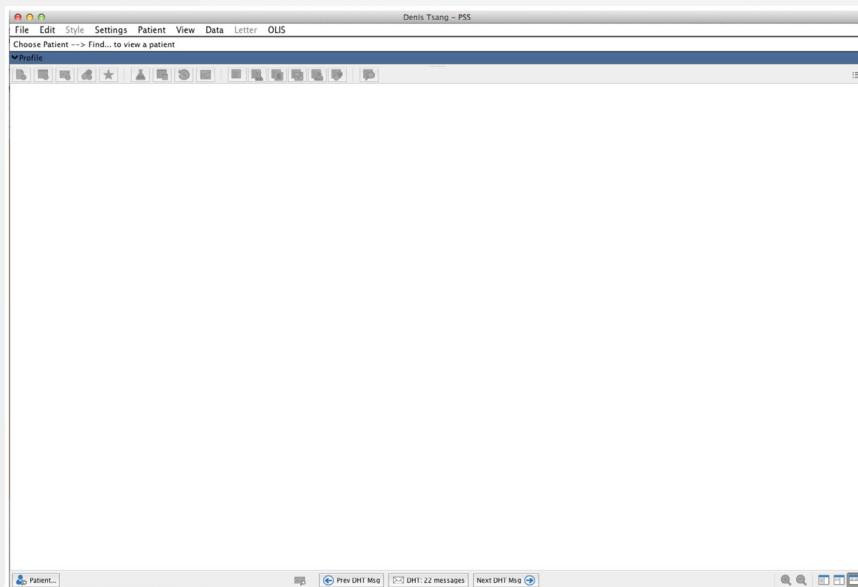
| 4. Score Difference between Baseline and Re-Assessment |   |
|--|---|
| <b>Indicator Description</b>                           | Degree of improvement in adherence score to the Mediterranean Diet Pattern between baseline and re-assessment.  |
| <b>Type</b>  | Outcome indicator   |
| <b>Unit of Analysis</b>                                | 1. Absolute count<br>2. Percentage  |
| <b>Data Element</b>                                    | <p><b>Numerator:</b><br/>Number of individual patients with 2-14 point increase in Mediterranean Diet Pattern Score between baseline and re-assessment.</p> <p><b>Denominator:</b><br/>Total number of individual patients with a re-assessment completed.</p>  |
| <b>Data Source</b>                                     | <p>In-house EMR data exported to Excel spreadsheet.</p> <p><b>Numerator:</b><br/>Number of counts of value 2 to 14 in the “Score_Diff” column, after duplicates are removed in the “PATIENT_ID” column.</p> <p><b>Denominator:</b><br/>Number of counts of “TRUE” in the “Re_Ax” column, after duplicates are removed in the “PATIENT_ID” column.</p> |



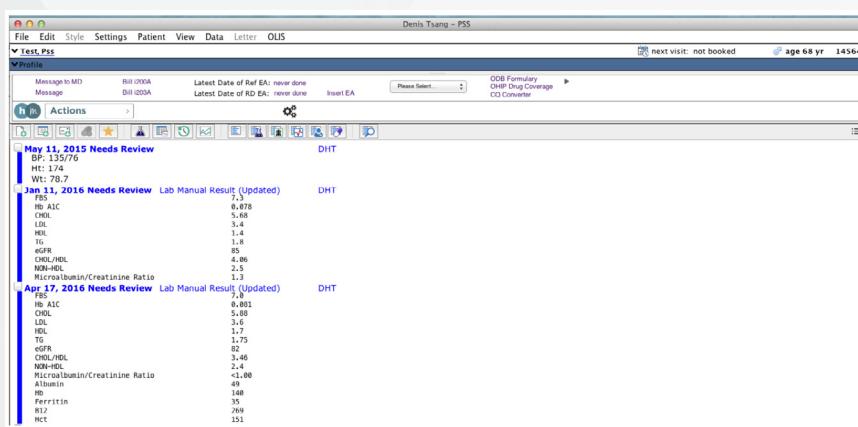
# Data Collection & Analysis Guide

## Step-by-Step Guide to Extract Data from the “Mediterranean Dietary Pattern Scoring Instrument (v.1 - Jan 2018)” Encounter Assistant

1. Log in to the “Patient Record” interface (see Figure 1).

**Fig. 1**

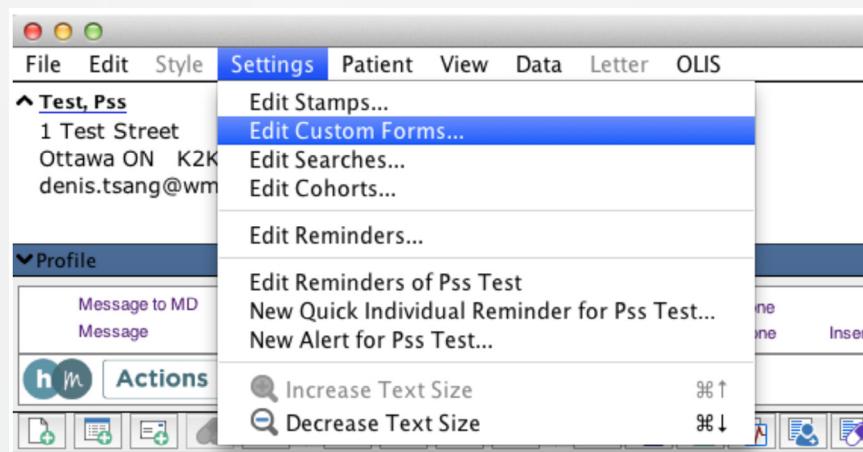
2. Open a dummy account (see Figure 2).

**Fig. 2**

Developed by Denis Tsang. Reviewed by Michele MacDonald Werstuck and Lee Kapuscinski.

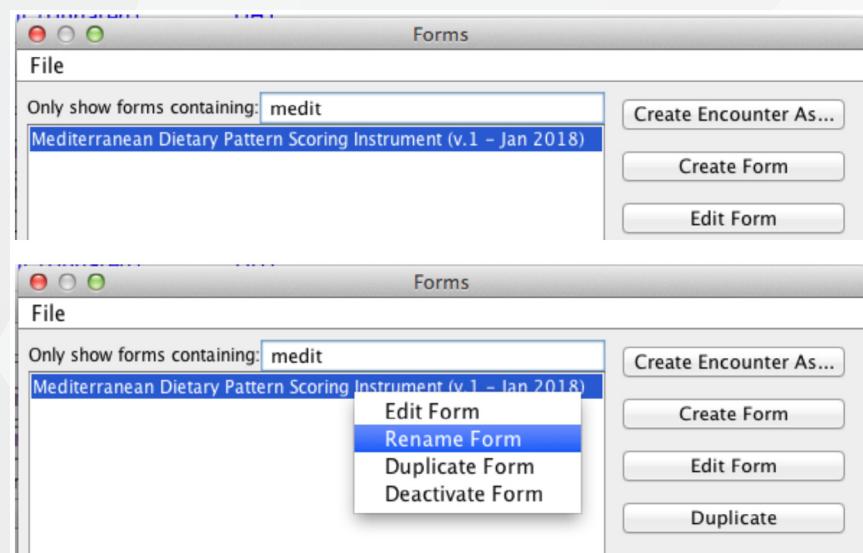
- 3.** Open the “Edit Custom Forms” window by following the path indicated below (see Figure 3).

**Fig. 3**



- 4.** Type “medit” to select the “Medi Diet Pattern Scoring” encounter assistant. Right-Click on the name and select “Rename Form” (see Figure 4).

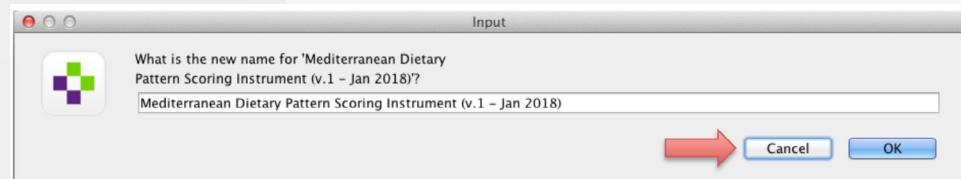
**Fig. 4**



- 5.** Copy the full name of the encounter assistant, then Click “Cancel” (see Figure 5).

Note: **Do not rename** – this step is **just** to copy the name

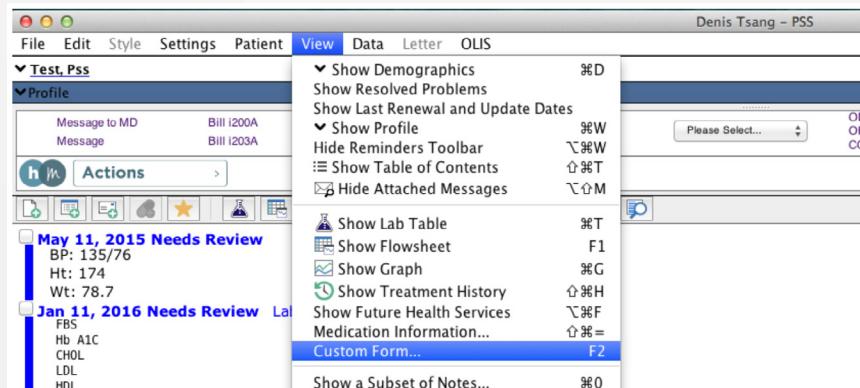
**Fig. 5**



**6. Return** to the top toolbar menu.

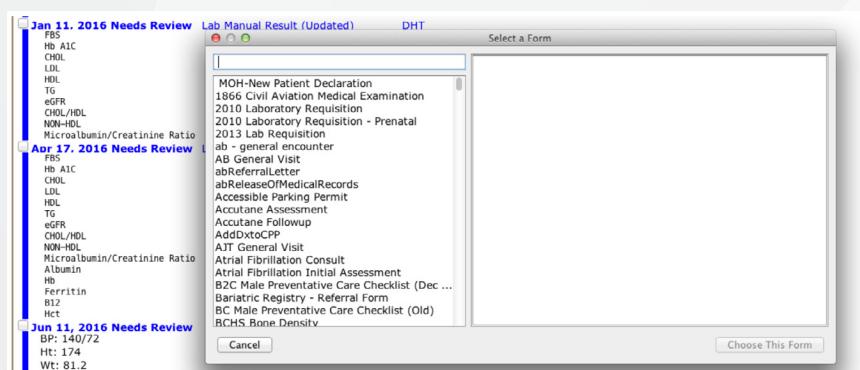
**View** a custom form by following the path indicated below or by pressing F2 (see Figure 6).

**Fig. 6**



**7.** A “Select a Form” window will open (see Figure 7).

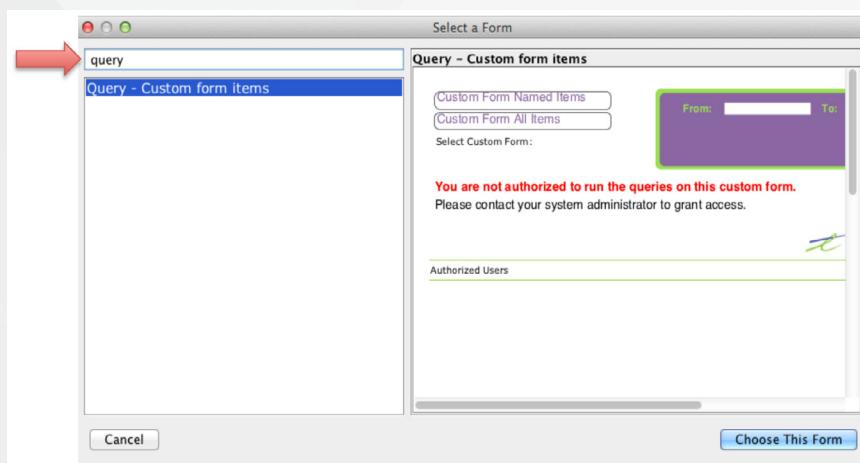
**Fig. 7**



**8. Type** “query” to select the “Query – Custom form items” custom form.

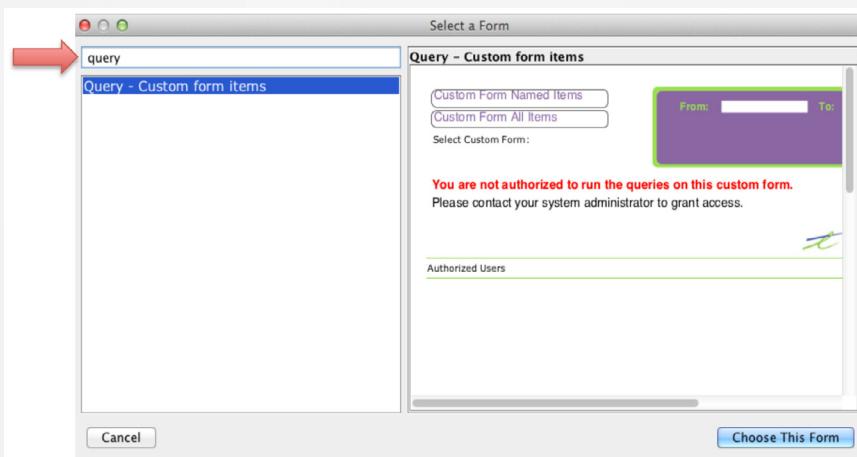
**Click** “Choose This Form” (see Figure 8).

**Fig. 8**



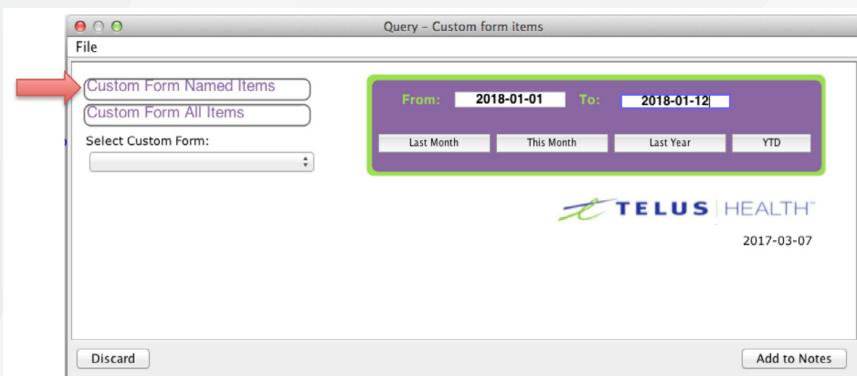
**9.** “Query – Custom form items” window will open (see Figure 9).

**Fig. 9**



**10. Enter** date (yyyy-mm-dd) in the “From” and “To” fields to indicate time period of data extraction.  
**Click** “Custom Form Named Items” (see Figure 10).

**Fig. 10**

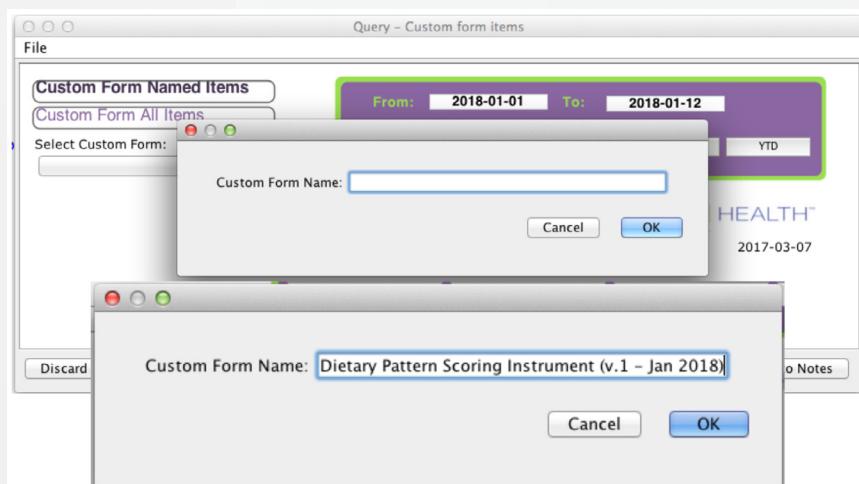


**11.** A separate window will open.

**Paste** the full name of the encounter assistant (performed in step 5) into the “Custom Form Name” field.

**Click** “OK” (see Figure 11).

**Fig. 11**



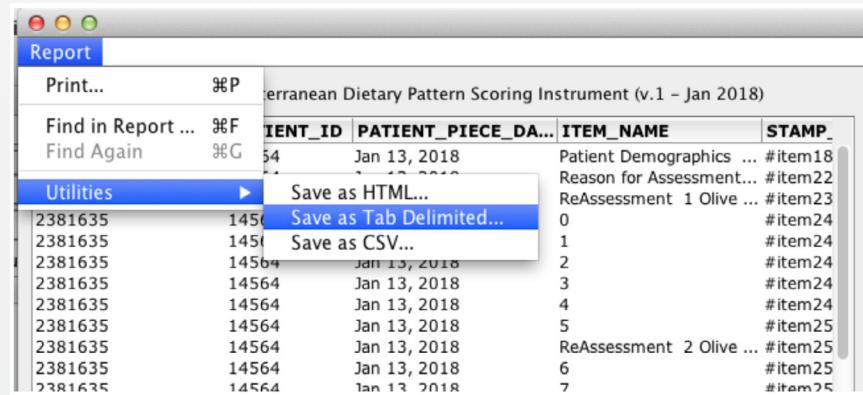
**12.** A window with *unformatted* data from extraction will open (see Figure 12).

**Fig. 12**

| Report  |            |                     |                                  |        |  |
|---|------------|---------------------|----------------------------------|--------|--|
| Custom Form Name: : Mediterranean Dietary Pattern Scoring Instrument (v.1 – Jan 2018) |            |                     |                                  |        |  |
| PATIENT_PIECE_ID  | PATIENT_ID | PATIENT_PIECE_DA... | ITEM_NAME                        | STAMP_ |  |
| 2381635   | 14564      | Jan 13, 2018        | Patient Demographics ... #item18 |        |  |
| 2381635   | 14564      | Jan 13, 2018        | Reason for Assessment... #item22 |        |  |
| 2381635   | 14564      | Jan 13, 2018        | ReAssessment 1 Olive ... #item23 |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 0 #item24                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 1 #item24                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 2 #item24                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 3 #item24                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 4 #item24                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 5 #item25                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | ReAssessment 2 Olive ... #item25 |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 6 #item25                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 7 #item25                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 8 #item25                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 9 #item25                        |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 10 #item26                       |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 11 #item26                       |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 12 #item26                       |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 13 #item26                       |        |  |
| 2381635   | 14564      | Jan 13, 2018        | 14 #item27                       |        |  |
| 2381635   | 14564      | Jan 13, 2018        | ReAssessment 3 Tree ... #item27  |        |  |
| 2381635   | 14564      | Jan 13, 2018        | ReAssessment 4 Fresh... #item29  |        |  |
| 2381635   | 14564      | Jan 13, 2018        | ReAssessment 5 V... #item31      |        |  |

**13. Save** unformatted data for next step by following the path indicated below (see Figure 13).

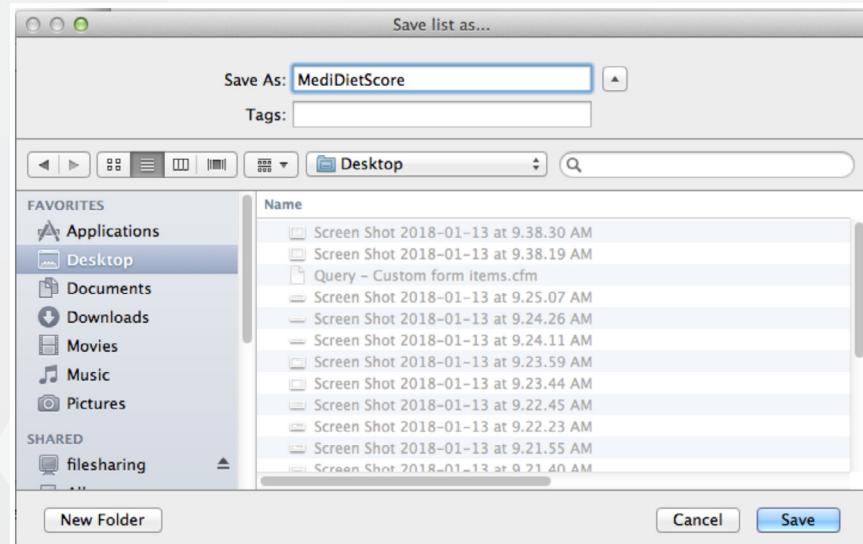
**Fig. 13**



| PATIENT_ID | PATIENT_PIECE_DATE | ITEM_NAME                                     | STAMP   |
|------------|--------------------|---|---------|
| 2381635    | 14564              | Patient Demographics ... #item18              | #item24 |
| 2381635    | 14564              | Reason for Assessment... #item22              | #item24 |
| 2381635    | 14564              | ReAssessment 1 Olive ... #item23              | #item24 |
| 2381635    | 14564              | 0 #item24                                     | #item24 |
| 2381635    | 14564              | 1 #item24                                     | #item24 |
| 2381635    | 14564              | 2 #item24                                     | #item24 |
| 2381635    | 14564              | 3 #item24                                     | #item24 |
| 2381635    | 14564              | 4 #item24                                     | #item24 |
| 2381635    | 14564              | 5 #item25                                     | #item25 |
| 2381635    | 14564              | Jan 13, 2018 ReAssessment 2 Olive ... #item25 | #item25 |
| 2381635    | 14564              | 6 #item25                                     | #item25 |
| 2381635    | 14564              | 7 #item25                                     | #item25 |

**14. Create** a file name and save to the computer for future retrieval (see Figure 14).

**Fig. 14**



**15. Open** a web browser (eg. Chrome, Safari, Firefox).

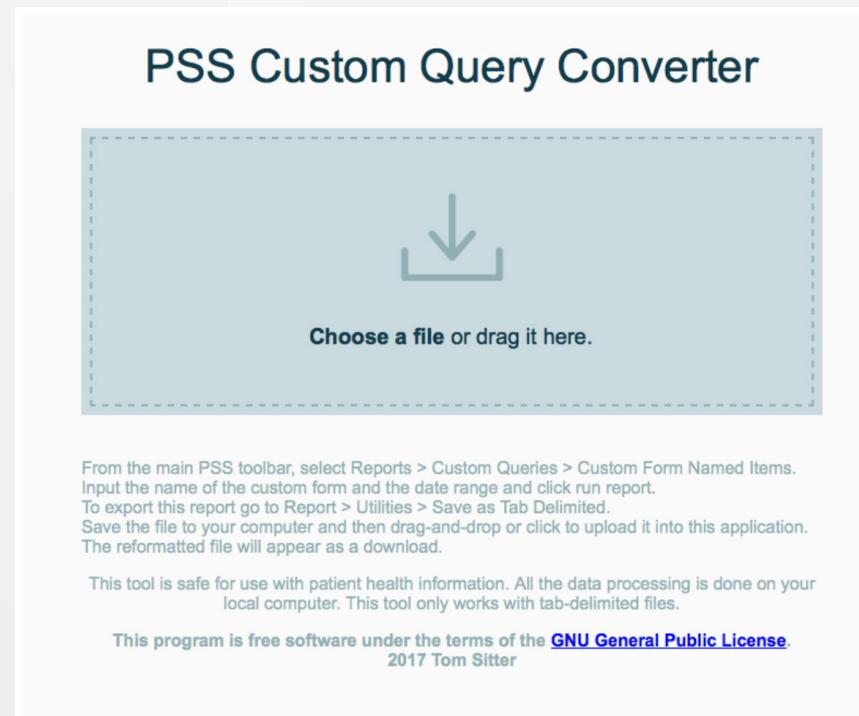
Visit web page at <https://tomsitter.github.io/PSS-custom-query-converter/>

**Fig. 15**



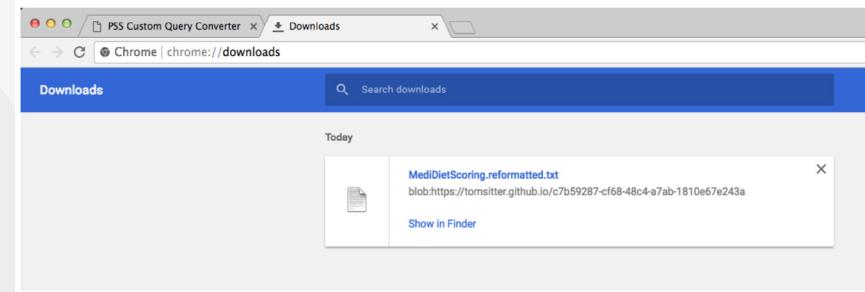
- 16. Choose or Drag** the file saved from Step 14 into the PSS Custom Query Converter (*developed by Thomas Sitter, QIDSS*) for formatting (see Figure 16).

**Fig. 16**



- 17.** The reformatted file will be saved automatically to your computer (mostly likely in the download folder defaulted by the browser) (see Figure 17).

**Fig. 17**



- 18. Open** the reformatted file with Microsoft Excel.

Raw data is now available for analysis by manipulating the filter/sort function in the spreadsheet.

\*Refer to the indicator list for guidance on data analysis and reporting



# Data Extraction & Configuration Testing

| Mediterranean Dietary Pattern Assessment Process and Outcome Indicator Reporting Template |           |         |         |         |         |         |         |         |     |         |
|---|-----------|---------|---------|---------|---------|---------|---------|---------|-----|---------|
| Process/Outcome Indicator   | 2018-2019 |         |         |         |         |         |         |         |     |         |
|   | Q1        |         | Q2      |         | Q3      |         | Q4      |         | YTD |         |
| <b>Age</b>  |           |         |         |         |         |         |         |         |     |         |
| Total   | 0         | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0   | #DIV/0! |
| <18   | N         | %       | N       | %       | N       | %       | N       | %       | N   | %       |
| 18-34   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 35-49   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 50-64   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 65-79   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 80+   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| <b>Gender</b>   |           |         |         |         |         |         |         |         |     |         |
| Total   | 0         | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0   | #DIV/0! |
| Male  | N         | %       | N       | %       | N       | %       | N       | %       | N   | %       |
| Female  | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| <b>Reason for Assessment</b>  |           |         |         |         |         |         |         |         |     |         |
| Total   | N         | %       | N       | %       | N       | %       | N       | %       | N   | %       |
| MI/Stroke   | 0         | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0   | #DIV/0! |
| CVD (excluding MI/Stroke)   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| Diabetes  | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| Pre-Diabetes  | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| Chronic Kidney Disease  | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| Metabolic Syndrome  | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| Cognitive Impairment  | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| Mental Health   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| <b>Score Difference between Baseline and Re-Assessment</b>                                |           |         |         |         |         |         |         |         |     |         |
| Total   | N         | %       | N       | %       | N       | %       | N       | %       | N   | %       |
| 2 (Improvement)   | 0         | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0       | #DIV/0! | 0   | #DIV/0! |
| 3   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 4   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 5   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |
| 6   | #DIV/0!   |         | #DIV/0! |         | #DIV/0! |         | #DIV/0! |         | 0   | #DIV/0! |

## Mediterranean Dietary Pattern Scoring Assessment Indicator List

Excel Document

[DOWNLOAD \(XLSX\)](#)



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