

ABSTRACT

THE KNOWLEDGE AND PRACTICES OF CALIFORNIA REGISTERED DIETITIANS REGARDING HERBAL SUPPLEMENTS

This study determined the knowledge and practices of Registered Dietitians (RDs) in California regarding herbal supplements. A random sample of 500 Registered Dietitians in California was surveyed. A total of 287 usable surveys were returned for a response rate of 57%. Sixty-two percent of respondents felt that RDs should be the primary source of herbal supplement information for consumers. However, a majority of the respondents did not feel comfortable counseling others about herbal supplements. RDs scored an average of 78% correct on herbal supplement knowledge questions. Most RDs indicated that additional herbal supplement information would be at least somewhat helpful in their current position. Results of this study indicate that there is a need and desire for further education and training on the role of herbal supplements in the dietetics profession.

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