

## ABSTRACT

### ATTITUDES OF DIETETIC STUDENTS TOWARD WEIGHT MANAGEMENT STRATEGIES

The objective of this study was to determine the attitudes of dietetic students toward weight management strategies. A survey was conducted to assess the attitudes of dietetic students regarding self-monitored weight loss programs, pharmacotherapy, popular/fad diets, commercial weight loss programs, and surgical procedures. The study population included 258 dietetic student members of the American Dietetic Association in California. Seventeen out of 50 evidence-based practice statements had fewer than 75% of respondents in agreement. For statements that did not meet the acceptable criterion established for this study, additional didactic and/or applied experience may be necessary. The results of this study reflect students' attitudes about the current methods used to treat obesity and further education on weight management strategies is needed in dietetic education programs.

Lisa Ann Shanoian  
December 2006