

Appendix A

Directions

Please complete the survey below and return it to the researchers in the prepaid addressed envelope by January 2nd, 2026. Please do not include your name or address on the survey or return envelope. The anticipated duration of participation is approximately 15 minutes. Confidentiality protections are described in the consent form. You are one of approximately 600 participants invited to participate in this study.

Background

Evidence-based research has established a link between obesity, inflammation, and lymphedema. To effectively treat lymphedema, clinicians may need to assess and educate patients about healthy behaviors that reduce obesity risk factors. We are requesting that you review and provide feedback on a nutrition screening instrument that may assist lymphedema clinicians in teaching, supporting, intervening, and monitoring health behaviors for patients and clients.

Picture Your Plate™ is a brief 48-question dietary assessment questionnaire developed to assess how well an individual's eating habits align with current evidence-based recommendations. These recommendations promote a dietary pattern that reduces cardiovascular disease risk and promotes overall health. Picture Your Plate™ is a version of the DRA (Dietary Risk Assessment) originally published in 1991. It provides a total score ranging from 0 to 96, with sub-scores for specific categories of food choices.

This tool was designed to meet cardiac rehabilitation programs' needs for content and ease of use (requiring only 15-20 minutes to administer). However, it is also useful for various populations

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since it aligns with overall nutrition recommendations and is not tied to any single dietary pattern.

Picture Your Plate is available at no cost with permission from: <https://karencollinsnutrition.com/>

Reference: <https://karencollinsnutrition.com/picture-your-plate/>

1. What is your professional credential? (Circle all that apply)

- Physician
- Nurse Practitioner
- Nurse
- Physical Therapist
- Physical Therapist Assistant
- Occupational Therapist
- Certified Occupational Therapist Assistant
- Massage Therapist
- Other: _____

2. How many years have you been practicing as a lymphedema clinician?

- 0-5 years
- 6-10 years
- 11-15 years
- 16-20 years
- 20+ years

3. In your professional opinion, what body mass index (BMI) should trigger a referral from a lymphedema

clinician to a dietitian for patients with lymphedema? *Reference:*

<https://www.who.int/europe/news-room/fact-sheets/item/a-healthy-lifestyle---who-recommendations>

- BMI below 18.5 (Underweight)

- BMI 18.5–24.9 (Normal weight)
- BMI 25.0–29.9 (Pre-obesity)
- BMI 30.0–34.9 (Obesity class I)
- BMI 35.0–39.9 (Obesity class II)
- BMI above 40 (Obesity class III)
- BMI should not be used as an indicator for dietitian referral

4. Do you have experience using Picture Your Plate as a nutritional questionnaire or screening instrument for patients with lymphedema?

- Yes
- No

5. If yes, please rate the usefulness of Picture Your Plate as a nutritional questionnaire or screening instrument for patients with lymphedema:

- Not effective
- Somewhat effective
- Moderately effective
- Very effective
- Not applicable

6. If you are not currently using Picture Your Plate, after reviewing the tool (see Attachment A- pink paper), do you think it would be applicable for use in your clinical practice as a nutritional questionnaire or screening instrument for patients with lymphedema?

- Yes
- No

7. If you answered "No" to the previous question, why? (Mark all that apply)

- Time consuming
- Not within my scope of practice
- Lack of training on using Picture Your Plate in clinical practice
- Other: _____

8. Picture Your Plate™ offers interim guidance for interpreting scores (see Attachment B-blue paper). In your professional opinion, what Picture Your Plate™ score should trigger a referral from a lymphedema clinician to a dietitian for patients with lymphedema?

- Picture Your Plate™ score below 40 (unhealthy dietary patterns with much room for improvement)
- Picture Your Plate™ score 41-50 (unhealthy dietary pattern with much room for improvement)
- Picture Your Plate™ score 51-60 (healthier dietary pattern with some room for improvement)
- Picture Your Plate™ score greater than 60 (healthy dietary pattern that may have some specific eating behaviors that could be improved)

9. Are you currently using different nutritional assessment instruments for patients with lymphedema?

- No
- Yes

10. If yes, what nutritional assessment instruments are you currently using for patients with lymphedema?

11. Which outcome measures do you use frequently during your initial evaluation for patients with lymphedema, circle all that apply?

- 30 seconds sit to stand
- 6-minute walk test
- Timed Up and Go
- Five times sit-stand
- Lower Extremity Functional Scale
- Other

12. Which outcome measures in your professional do you think negatively correlate with greater BMI, circle all that apply?

- 30 seconds sit to stand
- 6-minute walk test
- Timed Up and Go
- Five times sit stand
- Lower Extremity Functional Scale
- Other

THIS PROJECT HAS BEEN REVIEWED BY THE UNIVERSITY OF ST. AUGUSTINE FOR HEALTH SCIENCES INSTITUTIONAL REVIEW BOARD FOR THE PROTECTION OF HUMAN SUBJECTS.

IF YOU HAVE QUESTIONS OR CONCERNS, PLEASE CONTACT THE INSTITUTION-WIDE IRB CHAIR, DR. MOHAN GANESAN, EMAIL: MGANESAN@USA.EDU, PHONE: 760-410-5279.