

Master Class

Dealing with controversies in heart health education



Results of the online questionnaire to understand the issues of the experts in order to fine tune the master class

Questionnaire answered by 16 out of 34 (47%) participating experts



The experts strongest beliefs

Replace SAFA with PUFA (or more PUFA), (n=5)

(LC) omega – 3 are important for HH (n=8)

Fat Quality is more important than fat quantity are important (n=8)

Eliminate trans fat to improve HH (n=2)

Physical Exercise and Diet are important (n=3)

Personal variations in response to dietary fats is important (n=2)



Q1: Please mention your strongest beliefs in the area of lipid nutrition and heart health. For example, fat quality of the diet is more important than fat quantity. (Please indicate maximum 3 beliefs and at least 1)

The controversies they face

Fat is bad, fat makes you fat
(n=8)

High Carb low fat
diet is good (n=3)

Butter is healthy,
margarine is artificial and
unhealthy (n=4)

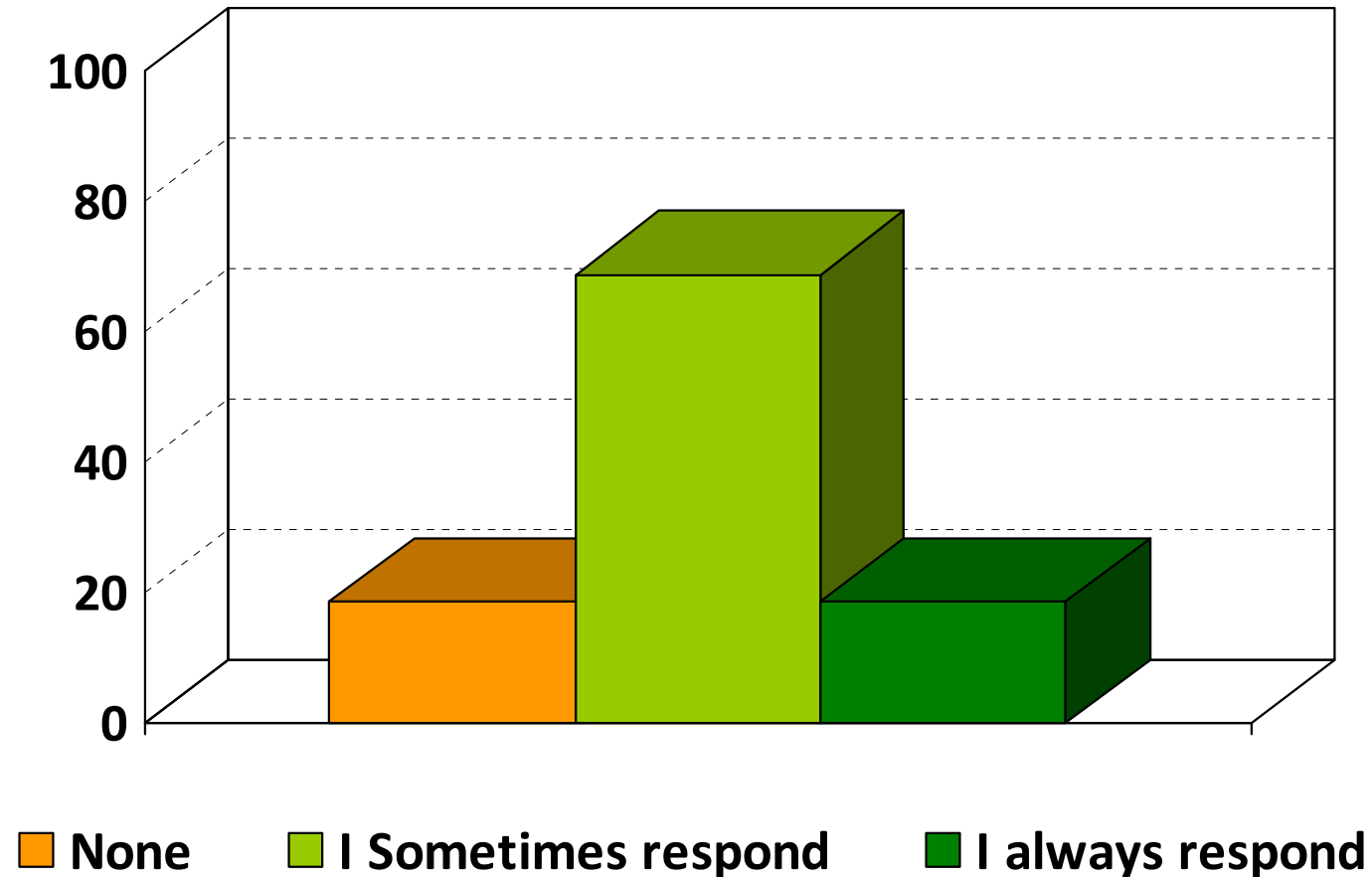
Unclear of role of
SAFA in HH
(n=4)

Dietary & plasma
cholesterol and HH
(n=3)



Q2: Which are the most frequent controversies on lipid nutrition and heart health that you face? Think broad from discussions at work to conversations during birthday parties. (Please indicate maximum 3 controversies and at least 1)

Their behavior when it comes to controversies



Q3: What is your experience with responding on a controversial topic, e.g. sending a letter to a newspaper, responding to a blog?

If your answer was 'none' to question 3, what is holding you back from responding?



"No time - and I'm afraid a subject will rise more attention, when I will react"

"I am not in contact with media"



If your answer was 'sometimes' or 'always' to question 3, what do you think has been the effect of your response?



Generally considered as a positive action (n=3)

"Not very impressive effect. People in newspapers and other media do not want to abandon/deny their beliefs/good stories regarding controversial issues of diets"

"I hope it has some effect"

"I haven't the slightest idea!"

"I tried to have a wise position in TV and mass-media, but is difficult to evaluate the public influence"

"Depending on the situation but mainly a clarification"

"Not very important"

"Influential, particularly submissions on regulatory issues"

"In my country I am expert and people believe me. On newspapers, TV and radio I try explain very often which problems we have with diet and fat in the diet to relationship to heart disease."

The dilemma's they face

Effectiveness?
(n=6)

Lack of time/priority
(n=5)

Insecure about own
response and expertise or
reaction of outside world
(n=4)

No dilemma's
N=3



Q6: Which are the dilemmas that you face before you decide to respond or not to respond to controversial topics (Please indicate maximum 3 dilemmas and at least 1)

Their sources of support

Scientific literature
(n=12)

Internet
(n=1)

Experience
(self and peers)
(n=7)



Guidelines and
recommendations of
external bodies
(n=4)

Q7: Which sources of support do you use to form an opinion on a controversy? (Please indicate maximum 3 sources and at least 1)

What they want to learn

Convincing and simple
messaging
(n=4)

Define an approach to deal
with controversies, (n=4)

Learn from
others, (n=1)



Q8: Please indicate what you would like to learn during this master class?