

### Dr. Painter Presentation Survey Results

**Question 1:** Overall, how would you rate Dr. Painter's presentation (Poor = 1, Fair = 2, Average = 3, Good = 4, Excellent = 5)

Poor	0	1
Fair	0	2
Average	0	3
Good	10	4
Excellent	149	5
Average Score:	4.9	

#### Comments:

Very Funny

A little over my head with the medical stats

May be to technical for those who do not have a science background

A lot of excellent information to assist in changing to a more healthy lifestyle

So much information. Great job!

Dr. Painter was very detailed in explaining the types of foods that are healthy

Both informative and enjoyable.

A lot of information presented so it seemed overloaded. Grade level was higher than 7th grade for this group.

Informative and entertaining.

Interesting, educational and you could not get bored

Wonderful to hear how foods work in our system.

I'm an aspiring nutritionist so it was wonderful getting a professional point of view.

I really learned of the food choices that are good for you.

The presentation was very interactive. Very informative.

Kept you interested in the topic - provided amazing material

Very engaging.

Made the session informative and funny.

He made the information easy to understand and enjoyable.

Loved the sense of humor. (2)

His humor was great. You can capture an audience better when people are laughing.

High energy level. Strong knowledge base.

Really learned some new info I can easily add to my diet.

Very good - good humor. At the appropriate level - easy to understand.

Easy to understand explanations. Questions were well covered.

I learned so much. Very personable and wonderful explanations.

Eye opening information.

This was amazing. I learned a lot. Dr. Painter made this easy to follow and understand.

Great informative session.

Some parts too technical.

What we should eat.

Session had the right amount of participation and humor.

Entertaining and informative at the same time.

I disagree with his recommendation that soy sold in this country has not been genetically altered. I believe he was dishonest about soy.

Very informative. Held my attention the entire time.

Great speaker and great information. Thank you.

Clear explanations - understandable- demystifying. Provided case studies that are contrary to historical "promotion" of what is heart healthy.

Those were great cookies.

Great information. A good eye opener.

Extremely thorough and interesting.

I appreciate Florida Blue hosting the event. He had some good info I have not heard before.

Such candor about such a serious subject.

Valuable information to lower LDL.

Honest, real information that we can use. Kept everyone interested.

The whole presentation was great. I will be applying everything I learned.

Super fun and super educational.

One of the best presenters we have ever had.

The session was much more than I expected.

**Question 2:** What was a main point of Dr. Painter's presentation that you could apply?

Making better food choices

Everything (6)

Nuts and Raisins (3)

Omega 3 reducing inflammation (3)

Top 10 foods to help lower LDL

The types of seafood that are healthier for you

The insight on grapes vs. red wine was helpful

Review of body mechanisms to increase effectiveness of my teaching skills.

The ability to eat raisins without feeling guilty because I was worried about the sugar.

Changed my perception on food and its chemical capabilities

Wine and nuts are good for you.

Nutrition and proper changes in diet.

Lifestyle and dietary changes. Easy to incorporate

Very informative and fun. (2)

How to change snacking during the day.

He gave a good insight of what foods are good for you and how you can incorporate it in your daily diet.

Becoming healthy which influences the energy a person has to manage the day.

Good explanation of LDL - HDL

Seeing how fast our body reacts to the changes is motivating.

Eat more raisins.

Don't focus on removing items from diet so much as adding the good stuff. (3)

Foods recommended to reduce blood pressure.

Diet changes.

Just by adding the right food I can lower my cholesterol and maybe get off my meds.

The ratio for LDL and HDL.

Foods that are actually good for you with proven results.

Snacking with raisins or nuts.

What we should eat.

Please bring in more communications on HDL vs. LDL; articles by Dr. Painter.

How food can change cholesterol levels.

Do not eliminate fat from your diet. (2)

Natural sugar is okay.

Eat healthier, especially those 10 types of foods.

Higher level of awareness. If this works for me I will share with others.

The color coding system at Florida Blue and how this relates to the presentation.

Loved learning about new foods and misconceptions about other items.

Cutting cholesterol out of your diet does little to help.

How to balance foods, fats, cholesterol.

Teach our group members tips on reducing Cholesterol through healthy foods.

Incorporate into health coaching presentations

Avoiding fat and cholesterol not necessarily the answer.

Wow! What we have been told is not true! Low fat diets don't work to reduce cholesterol.

Keep LDL 2 to 1 to HDL

**Question 3:** Did Dr. Painter's presentation change your perception of raisins?

Yes	129
No	20

**Comments:**

Already knew raisins were good for you(8)  
Gave me more insight on what raisins do  
I love raisins.  
The process of how raisins are made - the sugar in it.  
Never knew the science behind why raisins were good for you.  
The health elements they contain. (4)  
Nutritional value as opposed to fresh grapes.  
How it helps LDL reduction (5)  
Switching the dried cranberries in my salad to raisins.  
I will now eat them everyday.  
Will be buying raisins.  
That they are more than just sugar.  
I only ate them when needing a bowel movement. Now I see other health benefits.  
Still going to be hard to eat, though.  
I'm going to eat more of them.  
I was always told they had no/little nutritional value but this presentation has data to dispute that theory.  
I thought they were bad due to the sugar.  
I still don't like raisins.  
Never thought to eat raisins for a snack. I will now.  
I always avoided them because I thought they had too much sugar.  
I am a diabetic and it seems they can only help.  
Still concerned that they are a major cause of tooth decay in children.  
My dietician has told me to stay away due to sugar content. I can't wait to share what I've learned.  
Didn't know anything about raisins other than them being dried grapes.  
Good for blood pressure and cholesterol.  
Nutritional and health values. I had no idea.

**Question 4:** Would you recommend Dr. Painter and this presentation to others in your industry?

Yes	159
No	0

**Contact Information:**

Jacksonville Area Diabetic Educators Annual Conference