

# Dietitians and Nutritionists Behaviour on Social Media: A Scoping Literature Review

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## Objective of study

To better understand how Registered Nutritionists and Dietitians (RNDs) are using social media to communicate with their audiences.

## Background

- The users are more active on the online content search and content creation<sup>1</sup>. RNDs are easily produce high-quality content<sup>2</sup>.

1. Saeedini-Kahr, J. (2006). The Wisdom of patients: health care meets online social media. Oakland: California HealthCare Foundation. 2. Saboia, I., Pisco Almeida, A. M., Sousa, P., & Pernencar, C. (2018). I am with you: a retrospective analysis of the Instagram opinion leaders on eating behavior change. Proceedings: CENTERIS 2018 - International Conference on ENTERprise Information Systems / ProjMAN 2018 - International Conference on Project Management / HCIS 2018 - International Conference on Health and Social Care Information Systems and Technologies, 39-104. <https://doi.org/10.1007/978-98-98-10104-4>



## Databases

Cochrane library, Medline, PsycInfo, PubMed – PMC (569), Scopus (46), Web of Science (2214) and Scielo (0).

## Keywords arrangement

("nutritionist\*" OR "dietician\*" OR "dietitian\*") AND ("social media\*" OR "digital media\*" OR "Facebook\*" OR "Instagram\*" OR "online network\*" OR "social network\*" OR "twitter\*").

## Range date

Studies published between 2013 and 2018



## Main results

### 1) Are there studies that analyse the role of RDNs on social media for professional purposes?

- This topic remains largely unstudied (represents 0,278% of the total records identified).
- This study addresses a recent theme of research: there are no references founded on the range date – the two first years – from 2013 to 2014.

### 2) How are RDNs using digital media to communicate professionally with the public?

It can be concluded that, from the 9 initial studies, only 4 are more aligned to understand how RDNs are using digital media to communicate professionally with the public in terms of quantitative data.

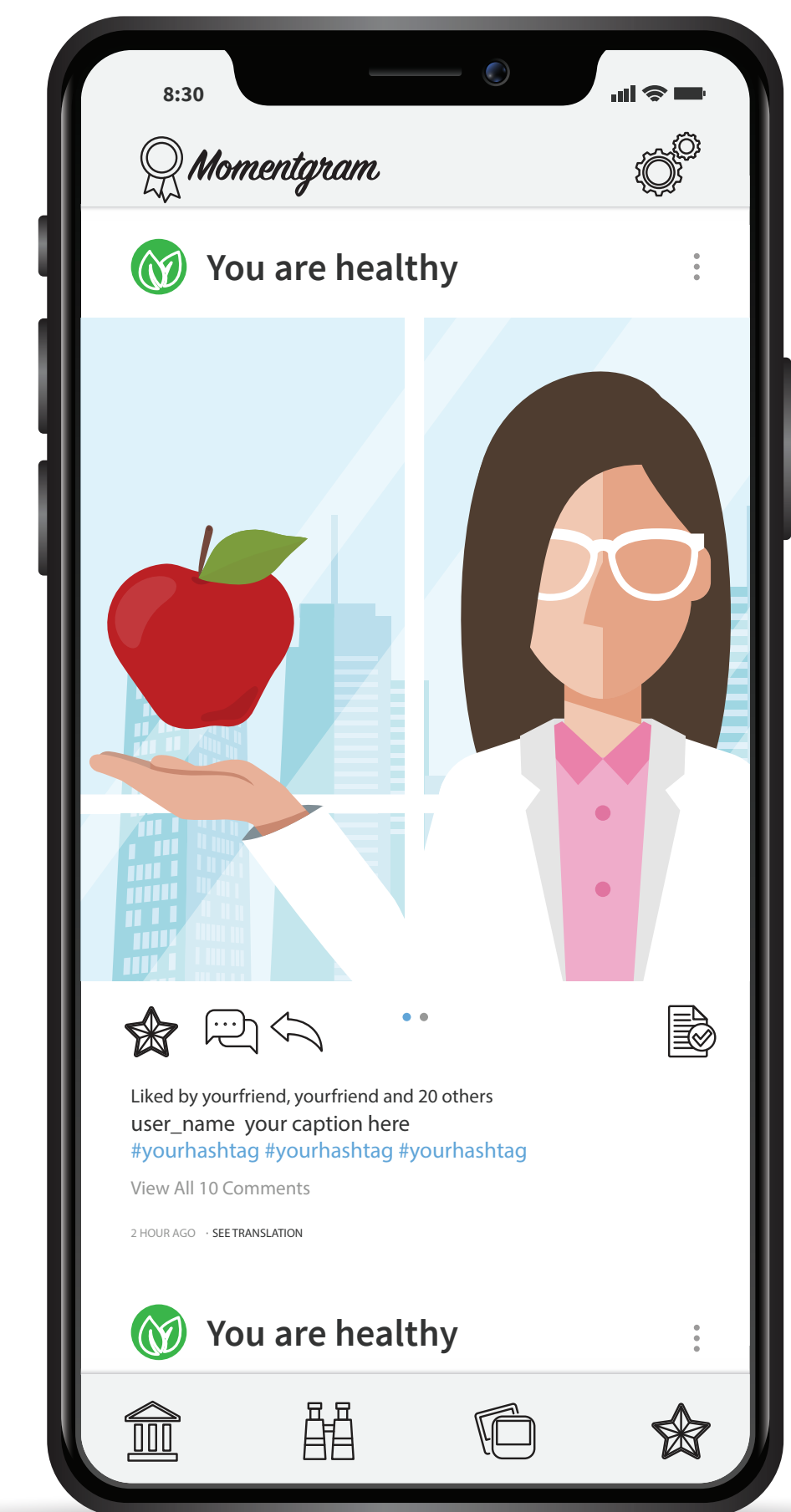


## Main conclusion

It is needed to deep knowledge about RDNs contexts and attitudes related to social media, such as: their profile, the most used social media, their reason to use, and their common behaviour and attitudes.

## Future work

Conception, planning and submission of a survey for a RDNs database. Their objective could be to understand how RDNs are using social media to communicating with an audience on commercial social media with millions of users.



Records identified through database searching: **2877**  
Studies included in a literature review: **9<sup>3-10</sup>**

3. Dumas, A., Lapointe, A., & Desroches, S. (2018). Users, Uses, and Effects of Social Media in Dietetic Practice: Scoping Review of the Quantitative and Qualitative Evidence. *Journal of Medical Internet Research*, 20(1), 1-17. <https://doi.org/10.2196/med.2018.20181>. 4. Appetite Communications, & Dietitian Connection. (2018). A "healthy diet" of social media: Trends in dietitians' social media habits. Retrieved from [https://appetitecommunications.com/wp-content/uploads/2018/12/2018\\_dieticians\\_social\\_media\\_usage\\_report.pdf](https://appetitecommunications.com/wp-content/uploads/2018/12/2018_dieticians_social_media_usage_report.pdf). 5. Knight, A., Brown, F., & Redinger, D. (2017). Social media use by registered dietitians and pre-registration dietetic students in the UK and Ireland in Proceedings of the Nutrition Society (Vol. 16, Pt. 2). <https://doi.org/10.1093/ajph/107.2.200>. 6. Haynes, A., & Sheoraink, P. (2016). Use of an Experiential Learning Assignment to Prepare Future Health Professionals to Utilize Social Media for Nutrition Communications. *Canadian Journal of Dietetic Practice and Research: A Publication of Dietitians of Canada - Revue Canadienne de La Pratique et de La Recherche En Dietetique - Une Publication Des Dietetistes Du Canada*, 77, 30-36. <https://doi.org/10.14464/cjdr-2015-032>. 7. Havel, R. A., Heime, D., Williams, T. K., Adams, J. K., & Fleming, M. (2014). Assessing the validity of social media for disseminating evidence-based nutrition practice guidelines through content analysis of Facebook messages and health professional experience. *Journal of Medical Internet Research*, 16(11). <https://doi.org/10.2196/med.2014.2611>. 8. Magliola, A. F., & Eskens, S. (2015). Digital and social media opportunities for dietary behaviour change. Proceedings of the Nutrition Society, in Conference on 'Changing dietary behaviour: physiology through to practice'. Symposium 3: Novel methods for modifying dietary change (pp. 139-146). <https://doi.org/10.1017/S0000066314001258>. 9. Androulidou, N. A., & Senti, A. M. (2015). Nourishing healthcare information over Facebook. *Proceedings - Social and Behavioral Sciences*, 173, 383-389. <https://doi.org/10.1016/j.probsoc.2015.01.384>. 10. Hammi, B., & Rehal, L. (2015). Striving for excellence: Investigating the practical aspects of dietetic practice. *South African Journal of Clinical Nutrition*, 28(2), 89-91. <https://doi.org/10.1002/16010668.2015.11743417>

## Although, there are many crucial gaps:

- Only one study detailed the RDN profile<sup>4</sup>;
- Only one describe on detail the type of usage of social media (findings are mainly limiting their report to associate social media as a communication tool)<sup>7</sup>;
- The type of online behaviour carried out by RDNs was not described, i.e. it was not possible to understand if they are posting new contents or sharing other contents;
- Only one study presented a RDN opinion about social media, which is sceptical in relation to the efficiency of social media<sup>7</sup>.

This research is a part of a doctoral project. Our guide question is:

*How do opinion leaders influence changing eating behaviour on online social networks?*

Any question, please contact  
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Apoio de:

