

# Getting SCREEN-8<sup>®</sup> Ready

## Questions to get you ready to start nutrition screening



### What is nutrition risk and nutrition screening?

Nutrition risk is not getting enough nutrition from food and increases the risk of developing health problems. Nutrition screening is used to find out if a client is at risk for nutrition or health concerns by asking specific questions. The tool best used with older adults is called SCREEN-8<sup>®</sup>.

### Why is nutrition screening important to do?

Screening older adults in the community can identify nutrition or health concerns early. This can prevent more serious health problems, such as malnutrition. It can keep older adults stronger and healthier as they age.



### Does it take long to do the SCREEN-8<sup>®</sup>?

No. There are 8 quick questions to ask, plus 2 extra questions about financial strain and access to food. Training is available to make sure everyone is asking the questions the same way.

### What happens after I ask the questions?

After you check off all the client's answers on the form, add up the score. The score can help guide you to the next steps: provide information and/or refer the client.



### How can I make this work at my site?

Check out the Success Guide for ideas to implement a team approach to nutrition screening.