

# How to Start a Nutrition Check-up Program for Older Adults

This resource will help you set up a nutrition screening program for older adults in your community organization.

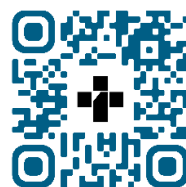
Eating well can help older adults stay healthy, live longer, and have a better quality of life. Not getting enough food or nutrients puts someone at nutrition risk. Having nutrition risk means there is a chance of developing health problems like muscle loss, osteoporosis, frailty and falls.



The Nutrition Check-up for Older Adults is a short and easy-to-use screening tool for people aged 55 and older. It helps identify whether someone is at low, medium, or high nutrition risk. Based on a person's nutrition risk, nutrition resources as well as local food and nutrition supports are recommended for clients to access. Your dietitian will help you every step of the way. Not sure who to contact? Email [publichealth.nutrition@ahs.ca](mailto:publichealth.nutrition@ahs.ca).



Hear Linda's story in this 4-minute video  
[Nutrition Screening: Let's Talk About It](#)



[ahs.ca/NutritionScreening](https://ahs.ca/NutritionScreening)

With support from your dietitian, follow these steps to start using the Nutrition Check-up for Older Adults in your community. Everything you need is found on [ahs.ca/NutritionScreening](https://ahs.ca/NutritionScreening).



### Discuss within your organization:

- Who will offer the Nutrition Check-up?
- Which older adults will be invited to be screened?
- How will the Nutrition Check-up be integrated into daily operations?



### Choose the format that works best for your organization.

#### Online format

- Nutrition risk score auto-calculates.
- Personalized report is generated with suggested resources.

#### Printable format

- Complete paper form and calculate nutrition risk score.
- Offer resources based on nutrition risk score.
- Customize a list of local supports with your dietitian.

**An older adult can complete either format independently or with support from your organization.**



### Prepare for nutrition screening:

- Review the Nutrition Screener Training Video.
- Practice the Nutrition Check-up on your own before using with older adults.
- Familiarize yourself with nutrition resources and local supports.



### Begin your Nutrition Check-up program.

Seek feedback to identify ways to improve the process.



### Contact your dietitian or [publichealth.nutrition@ahs.ca](mailto:publichealth.nutrition@ahs.ca) with feedback or questions.

Thank you for the care and support you are providing to older Albertans.