

Nutrition Check-up for Older Adults

Eating well can help you stay healthy, live longer, and have a better quality of life. The Nutrition Check-up for Older Adults (for people 55 and older) helps to understand how your eating habits might affect your health.

Do I have your permission to ask you some questions about your eating habits?

Answer each question about your usual eating habits. The first 8 questions have a point value. When you are done, we will add up your points to get your nutrition risk score.

Name: _____ Date: _____

1. Has your weight changed in the past 6 months? (1 pound = 0.5 kilograms)

- | | |
|---|----------|
| <input type="checkbox"/> Yes, I gained more than 10 pounds | 0 points |
| <input type="checkbox"/> Yes, I gained 6–10 pounds | 2 points |
| <input type="checkbox"/> Yes, I gained about 5 pounds | 4 points |
| <input type="checkbox"/> No, my weight stayed within a few pounds (within 3 pounds) | 8 points |
| <input type="checkbox"/> Yes, I lost about 5 pounds | 4 points |
| <input type="checkbox"/> Yes, I lost 6–10 pounds | 2 points |
| <input type="checkbox"/> Yes, I lost more than 10 pounds | 0 points |
| <input type="checkbox"/> I don't know how much I weigh or if my weight has changed | 0 points |

Points = _____

2. Do you skip meals?

- | | |
|--|----------|
| <input type="checkbox"/> Never or rarely (once a week or less; grazing meal pattern) | 8 points |
| <input type="checkbox"/> Sometimes (2–4 times each week) | 6 points |
| <input type="checkbox"/> Often (5–6 times each week) | 4 points |
| <input type="checkbox"/> Almost every day (includes having 1 to 2 meals each day) | 0 points |

Points = _____

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3. How would you describe your appetite?

- Very good 8 points
- Good 6 points
- Fair (sometimes do not feel like eating at mealtime) 4 points
- Poor (often do not feel like eating at mealtime) 0 points

Points = _____

4. Do you cough, choke, or have pain when swallowing food or fluids?

- Never 8 points
- Rarely (once a week or less) 6 points
- Sometimes (2–4 times a week) 4 points
- Often or always (5–6 times a week or at least daily) 0 points

Points = _____

5. How many pieces or servings of vegetables and fruit do you eat in a day?

They can be canned, fresh, or frozen.

(1 serving = $\frac{1}{2}$ cup of vegetables or fruit, 1 medium fruit, or 1 cup salad)

- 5 or more 4 points
- 4 3 points
- 3 2 points
- 2 1 point
- Less than 2 0 points

Points = _____

6. How much fluid do you drink in a day? (1 cup = 250 mL)

Examples are water, tea, coffee, herbal drinks, juice, and soft drinks, but **not** alcohol.

- 8 or more cups 4 points
- 5–7 cups 3 points
- 3–4 cups 2 points
- About 2 cups 1 point
- Less than 2 cups 0 points

Points = _____

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7. Do you eat one or more meals a day with someone?

- Never or rarely (once a week) 0 points
- Sometimes (2–4 times a week) 2 points
- Often (5–6 times a week) 3 points
- Almost always (at least daily) 4 points

Points = _____

8. Which statement best describes meal preparation for you? (select one only)

- I enjoy cooking most of my meals (most days) 4 points
- I **sometimes** find cooking a chore (some days of the week) 2 points
- I **usually** find cooking a chore (most days of the week) 0 points
- I'm **satisfied** with the quality of food prepared by others 4 points
- I'm **not satisfied** with the quality of food prepared by others 0 points

Points = _____

Total Points = _____

The next 2 questions ask about how easy or hard it is for you to get healthy food. Your answers can help us connect you to support if needed.

9. Do you have difficulty getting your groceries?

Difficulties could include health issues, not having enough money, no way to get to the store, bad weather, or needing help from someone else to shop.

- Yes
- No

10. Eating well can be difficult when you don't have enough money. Is it ok if I ask you about your financial situation? If no, end here.

Do you ever have difficulty making ends meet at the end of the month?
(or do you ever have difficulty paying for bills and basic needs like food?)

- Yes
- No

If you're facing financial challenges, there may be community resources that can help.

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Nutrition Risk Score: 0–21 High Nutrition Risk

Based on your answers today, the score shows high nutrition risk. This means that you are at a greater risk of developing health problems related to your nutrition. I would like to offer you a referral to a dietitian (and/or another appropriate referral).

Nutrition Risk Score: 22–37 Moderate Nutrition Risk

Based on your answers today, you may be at nutrition risk. This means that you might be at greater risk of developing health problems related to your nutrition. I would like to offer you some resources and supports.

Nutrition Risk Score: 38+ Low Nutrition Risk

Based on your answers today, you are at low nutrition risk. This means that you are at a low risk of developing health problems related to your nutrition. If you are interested, I can offer you some resources and supports to help you stay healthy.

Referrals (check all that apply):

- Dietitian
- Healthcare Provider
- Physician
- Other: _____

- Referral declined

For more resources and support



- Visit ahs.ca/OlderAdultNutrition
- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.
- Call 211 Alberta. They may be able to connect you with more programs and supports in your area.