



For each question, check only 1 box that describes you best. Your answer should reflect your usual eating habits.

Has your weight changed in the past 6 months?

- Yes, I gained more than 10 pounds 0 points
- Yes, I gained 6-10 pounds 2 points
- Yes, I gained about 5 pounds 4 points
- No, my weight stayed within a few pounds 8 points
- Yes, I lost about 5 pounds 4 points
- Yes, I lost 6-10 pounds 2 points
- Yes, I lost more than 10 pounds 0 points
- I don't know how much I weigh or if my weight has changed 0 points

Points = _____

Do you skip meals?

- Never or rarely 8 points
- Sometimes 6 points
- Often 4 points
- Almost every day 0 points

Points = _____

How would you describe your appetite?

- Very good 8 points
- Good 6 points
- Fair 4 points
- Poor 0 points

Points = _____

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

- Never 8 points
- Rarely 6 points
- Sometimes 4 points
- Often or always 0 points

Points = ____

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

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

Points = ____

How much fluid do you drink in a day?

- 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 = ____

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

- Never or rarely 0 points
- Sometimes 2 points
- Often 3 points
- Almost always 4 points

Points = ____

Which statement best describes meal preparation for you?

- I enjoy cooking most of my meals 4 points
- I sometimes find cooking a chore 2 points
- I usually find cooking a chore 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 = _____

0–21 High Nutrition Risk

You are at greater risk of developing health problems related to your nutrition. See the pamphlet about meeting with a dietitian or call 811 and ask to talk to the dietitian.

22–37 Moderate Nutrition Risk

You might be at a greater risk of developing health problems related to your nutrition. See the pamphlets about nutrition and hydration for older adults, group classes, and information on low cost or free food. You can also meet with a dietitian or call 811 and ask to talk to a dietitian.

38 + Low Nutrition Risk

You are at low risk of developing health problems related to your nutrition. Consider reading the pamphlets and attending a group class to stay healthy.