

Health to Heal Inc.

Geriatric Malnutrition Risk Assessment

1. How old are you?

1. 50 – 59 2. 60 – 69 3. 70 – 79 4. 80 – Up

2. What is your living situation?

1. Visiting With Family 2. Facility 3. Family 4. Alone

3. Who prepares your food and meals for you every day?

1. Cafeteria 2. Delivery 3. Caregiver 4. Self

4. Do you feel like you have a good diet?

1. Great 2. Good 3. Adequate 4. Poor

5. How would you rate your desire to eat?

1. Strong 2. Good 3. Adequate 4. Weak

6. How would you rate your feelings of fullness (satiety) throughout each day?

1. Occasionally 2. Most of the time 3. Never 4. Always

7. How often do you find yourself hungry?

1. Always Hungry 2. Often Hungry 3. Occasionally Hungry 4. Never Hungry

8. How would you rate your fluid intake every day?

1. Great 2. Good 3. Adequate 4. Poor

9. How many servings of Fruits and Vegetables to you eat every day?

1. 6 – 8 2. 4 – 5 3. 2 – 3 4. 0 – 1

10. (Interviewer) Compare total daily fluid intake from 24-Hour Diet Recall?

1. 90% – Up 2. 80% – 90% 3. 70% – 80% 4. 70% – Below

11. (Interviewer) Compare total daily protein intake from 24-Hour Diet Recall?

1. 80% – Up 2. 65% – 79% 3. 50% – 64% 4. 49% – Below

11 – 23 No Risk for Malnutrition

24 – 30 Moderate Risk for Malnutrition

31 – 44 High Risk for Malnutrition

Score

References:

Anorexia of Aging: Risk Factors, Consequences, and Potential Treatments

Francesco Landi, Riccardo Calvani, Matteo Tosato, Anna Maria Martone, Elena Ortolani, Giulia Savera, Alex Sisto, and Emanuele arzetti, Published online 2016 Jan 27

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772033/>