

How to Use the Transformative Power of Nutrition to Engage, Excite and Empower Your Residents

PRESENTED BY MARGARET ROCHE, MS, RD, CDE, CSG, FAND

MARCH 19, 2019

SENIOR DINING ASSOCIATION
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**IT'S ALL
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Welcome



www.RocheDietitians.com



“I believe in the transformative power of nutrition.”

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Learning Objectives

- ✓ Understand of how to **ENGAGE** residents with nutritional authority.
- ✓ Get ideas on how to **EXCITE** residents with relatable nutrition programs.
- ✓ Learn strategies to **EMPOWER** residents with self-directed, positive nutrition approaches.



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Nutrition Matters

Food: Fish is good for your brain. Blueberries reduce dementia.

Disease Prevention: Sugar causes dementia, Red meat is bad for your heart

Wellness: Carbs are bad for you

Disease Management: Low sodium foods are important for managing high blood pressure

Yes, but.....



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For You: Nutrition Matters

Food: You can significantly reduce your cholesterol level and thus your risk for heart disease by eating ½ cup of this food daily.

Health Prevention: If you manage your blood pressure in middle age, you protect yourself from dementia later in life.

Wellness: Your demographic has unique nutritional needs (middle aged males living with a partner vs middle aged male living alone)

Disease Management: If you have high blood pressure, you can reduce it by adding 3 of these 5 foods a day.

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For the Older Adult: Nutrition Matters

Food: Eating beans reduces cardiovascular disease risk by significantly reducing cholesterol levels

Health Prevention: People with a higher BMI are more likely to survive a stroke

Wellness: Older Adults have unique nutritional needs AND are at increased risk for nutritional problems; you are not too old for good nutrition



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Engage: What do your residents/family really want?



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Engage: #nutritionauthority

The Halo Effect



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Engage: #nutritionauthority

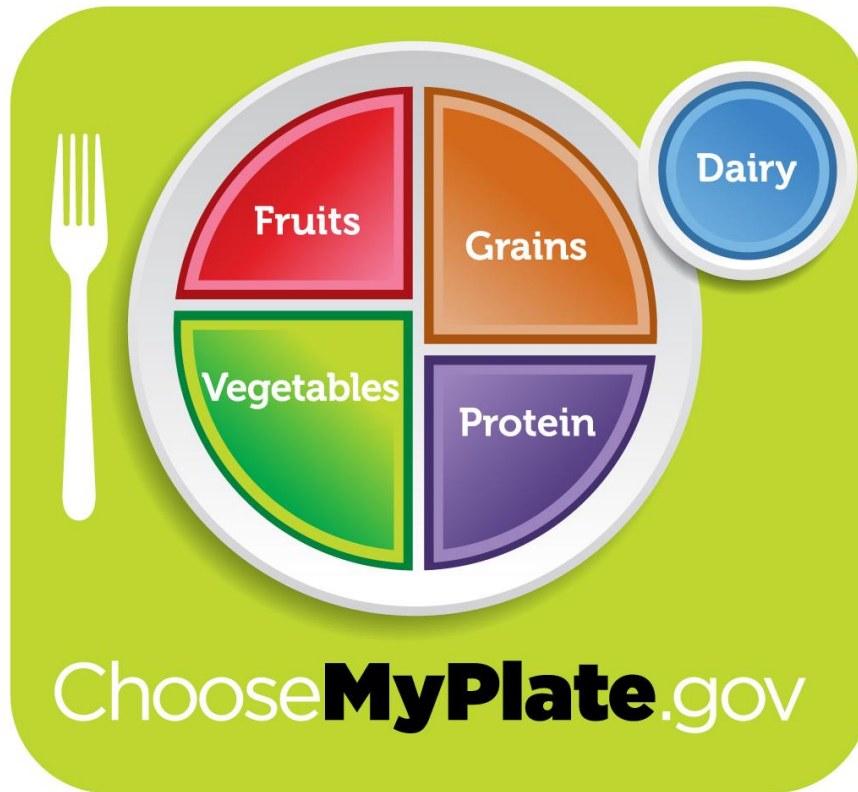
Public Health Nutrition Recommendations:
MYPLATE, DASH

<https://www.choosemyplate.gov/older-adults>

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ChooseMyPlate.gov



<https://www.choosemyplate.gov/older-adults>

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Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:



Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B₁₂, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

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Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

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ChooseMyPlate.gov - Testimonials

Testimonials



"Now I start my day with fruits and veggies by having a homemade smoothie for breakfast. I use almond milk, banana, berries, and kale or spinach (for iron). You have such great tips!!"
Marie, Virginia



"I am a nutritionist and personal trainer. I work for physicians in their offices helping to bring awareness to patients in a preventative healthcare environment. Many of the patients love MyPlate's simple-to-use tools and graphics on eating properly."
Mavis, California



"I started to add more vegetables to every meal for my family. We also drink more water. We also eat more beans because they are inexpensive and have healthy fiber. Good tips!"
Nicole, Texas



"Lucky for me I found this website by chance. I am starting Day 1 of the 2 Week Budget Meal Plan. It is over my budget still, but I am giving it a shot to see how it goes. My family agreed to try it. Let's get healthy!"
Tanya, Texas

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ChooseMyPlate.gov Resources

6 eat for your teeth and gums
Many people find that their **teeth and gums** change as they age.

blems sometimes s, vegetables, or n needed nutrients! help. Try cooked sweetened fruit, anned tuna.

spices to lose their flavor rite dishes taste the cook! **Maybe** nse of taste, or edicines may also

foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label
Make the right choices when buying food. Pay attention to

important nutrients to know as well as calories, fats, sodium, and the rest of the **Nutrition Facts label**. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Nutrition Facts	
Serving Size 1/2 cup (125g)	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 12g	24%
Saturated Fat 7g	14%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 100mg	2%
Total Carbohydrate 27g	54%
Dietary Fiber 5g	10%
Sugars 1g	2%
Protein 1g	
Vitamin A	10%
Vitamin C	20%
Calcium	20%
Iron	40%

10 ask your doctor about vitamins or supplements
Food is the best way to get



10 tips
Nutrition Education Series

choosing healthy meals as you get older



10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids
With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. **Learn which liquids are better choices.**



eat, how much to eat, and which foods to choose, all based on the **Dietary Guidelines for Americans**. Find **sensible, flexible ways to choose and prepare tasty meals** so you can eat foods you need.

4 know how much to eat
Learn to recognize **how much to eat** so you can control portion size.

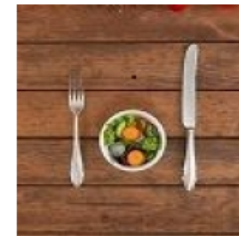


ChooseMyPlate.gov Resources

ARTICLES

Calorie Restriction and Fasting Diets: What Do We Know?

Can calorie restriction or fasting promote better health and longer life? Learn the evidence from NIA for eating patterns such as time-restricted feeding, alternate-day fasting, and the 5:2 diet.



Choosing Healthy Meals As You Get Older

Good nutrition is part of healthy aging! Read about healthy eating and meal plans, and get 10 tips for choosing healthy foods and a healthy lifestyle.

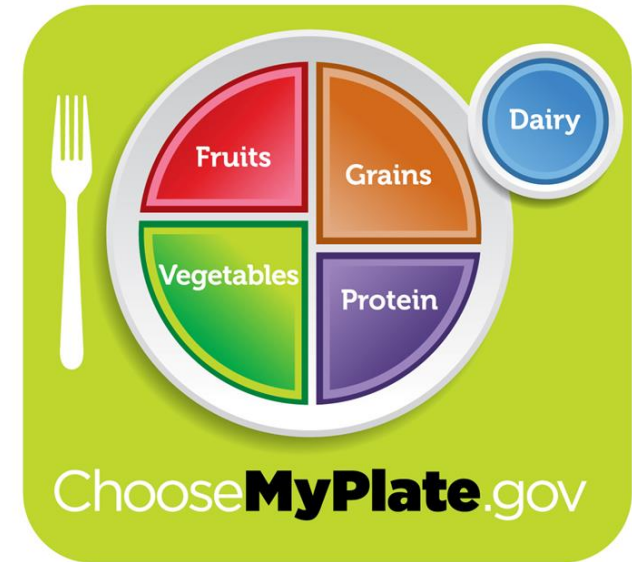


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Engage: My Plate Messages

- ✓ Find your healthy eating pattern and maintain it for a lifetime
- ✓ Make half your plate fruit and vegetables, vary your veggies
- ✓ Make half your plate fruit and vegetables, focus on whole fruit
- ✓ Make half your grains whole grains
- ✓ Move to low-fat or fat-free milk or yogurt
- ✓ Vary your protein routine
- ✓ Make small changes



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START SIMPLE WITH MYPLATE TOOLKIT FOR PROFESSIONALS

TOOLKITS

[Start Simple with MyPlate Toolkit for Professionals](#)

[Promotion Ideas](#)

[Graphics](#)

[Tip Library](#)

[Social Media](#)

[MyPlate Message Toolkit](#)

[MyPlate, MyState Toolkit for Teachers](#)

[Communicator's Guide to the Dietary Guidelines](#)

Today, about half of all American adults have one or more preventable chronic diseases, many of which are related to their food choices and physical inactivity. Most Americans know the benefits of healthy eating, but lack the motivation and skills to make changes to their eating routines.

The **Start Simple with MyPlate** campaign will provide inspiration and ideas Americans can easily incorporate into their busy lives to help them improve their health and well-being over time. Starting simple can lead to realistic and positive lifestyle changes to achieve a longer and healthier life.

Ways to Use This Toolkit

We created this toolkit to help you communicate the **Start Simple with MyPlate** campaign effectively and efficiently.

- Share MyPlate food group tips to encourage and inspire your clients and patients.
- Incorporate **Start Simple with MyPlate** into your communications with your audience.
- Share ready-made social media posts, graphics, and tips across your communication channels.
- Promote the **Start Simple with MyPlate** campaign during exhibits, webinars, and/or presentations; share the campaign with your audiences and reach them where they are.
- Promote the [MyPlate Plan](#) to help your clients or patients get their personalized calorie level and food group recommendations.

Engage: #nutritionauthority

Public Health Nutrition Recommendations:
MYPLATE, DASH

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

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Dash Diet

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- ✓ Eating vegetables, fruits, and whole grains
- ✓ Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- ✓ Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- ✓ Limiting sugar-sweetened beverages and sweets.

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Dash Diet

Food Group	Daily Servings	Food Group	Daily Servings
Grains	6-8	Fats and Oils	2-3
Meats, Poultry, and Fish	6 or less	Sodium	2,300 mg*
Vegetables	4-5		Weekly Servings
Fruit	4-5	Nuts, Seeds, Dry Beans, and Peas	4-5
Low-Fat or Fat-Free Dairy Products	2-3	Sweets	5 or Less

*1,500 milligrams (mg) sodium lowers blood pressure even further than 2,300 mg sodium daily.

When following the DASH eating plan, it is important to choose foods that are:

- Low in saturated and trans fats
- Rich in potassium, calcium, magnesium, fiber, and protein
- Lower in sodium

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Dietitian:
The Halo Effect



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Engage: NC Dietitian Licensure

"Nutrition information"

...nonfraudulent nutrition information related to food, food materials, or dietary supplements which is designed for one or more healthy population groups and is based on valid scientific evidence, reports and studies.

Nutrition information is not based on an individual nutrition assessment, or medical nutrition therapy and is not individualized to provide nutrition care services to prevent, manage, treat, cure or rehabilitate a medical condition, illness, or injury for a specific person or group.

- The licensed dietitian/nutritionist may delegate nutrition care activities to unlicensed personnel that are appropriate to the level of knowledge and skill of the unlicensed personnel.

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Engage: NC Dietitian Licensure

The Board shall deem an individual who provides nutrition information or education to be in compliance when:

(1) The person does not hold himself/herself out (or imply) to be a dietitian or nutritionist or;

(2) The person does not provide nutrition care services which have not been delegated;

(3) The person provides nutrition information on or about food....and does not provide nutrition information on the nutritional needs of the consumer;

(4) The person provides nutrition information in connection with the marketing ...

◦ (5) The person provides nonfraudulent nutrition information which is based on scientific reports and studies, is not false or misleading, and is safe;

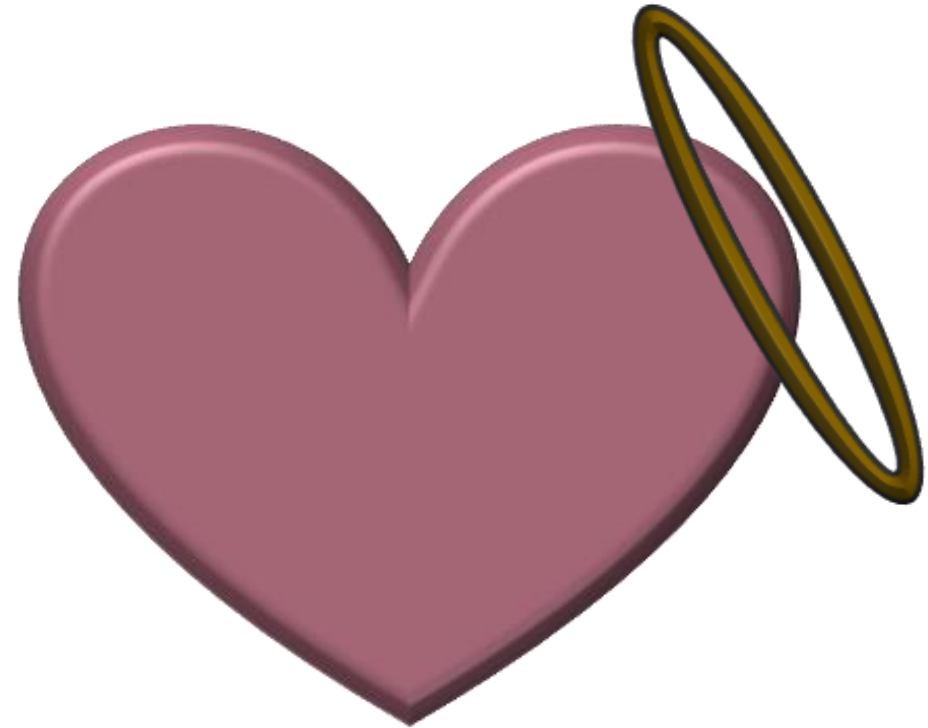
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Engage

Don't tarnish your halo

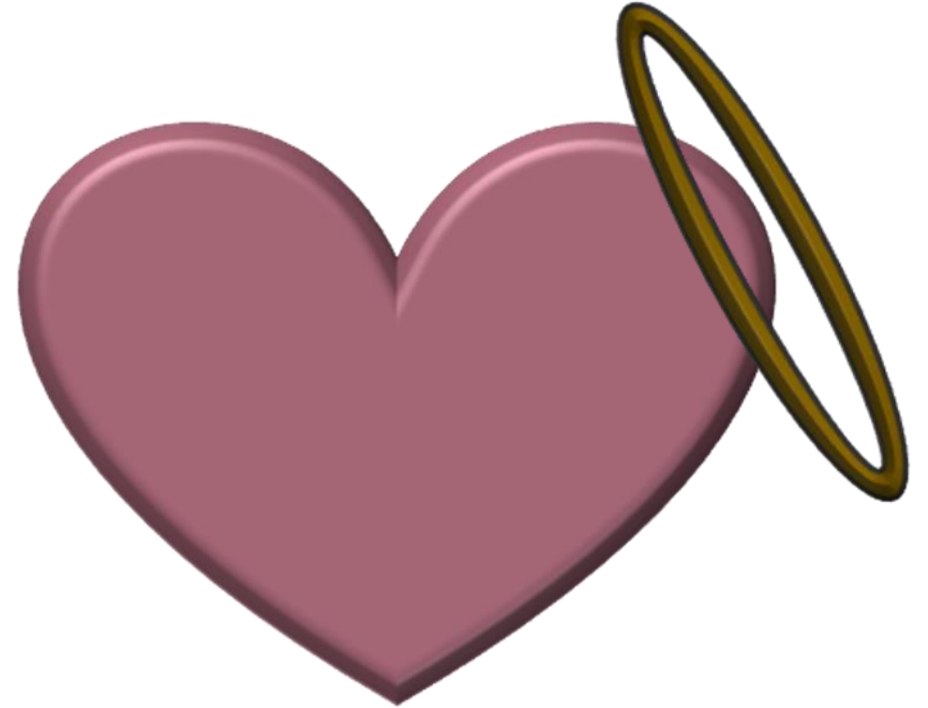


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Engage: Don't Tarnish Your Halo

- ✓ Don't do your own recipe analysis
- ✓ Don't make content claims, or health claims without professional input
- ✓ Don't give health prevention or treatment advice without a dietitian
- ✓ Don't give diet instruction without a dietitian



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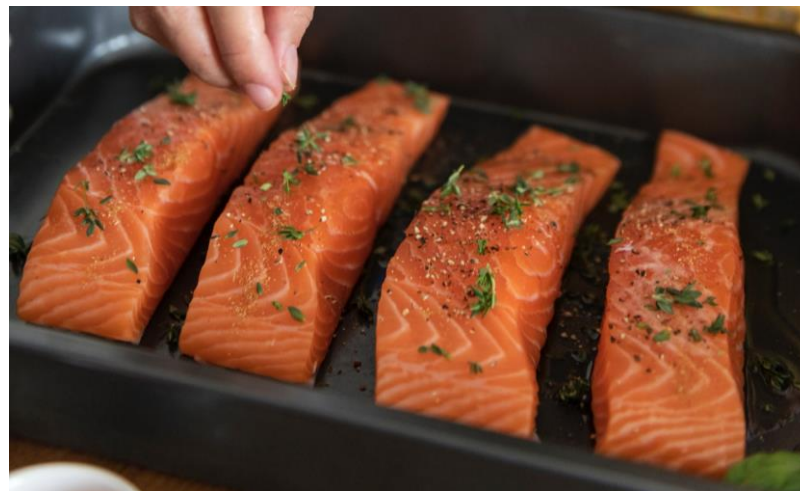
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Excite

Culinary Flair



Feature healthy foods you are already serving and connect to nutrition message

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Excite

- ✓ Create buzz with familiar, healthy foods
- ✓ Unprocessed, vegetable heavy, beans, simple whole foods
- ✓ Try: Eat What Your Grandmother Ate
- ✓ Try: Wholesome
- ✓ Try: Trendy



Excite

What exactly is the Mediterranean diet?



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Excite

- ✓ Mediterranean and DASH diets are well researched and among the healthiest ways to eat.
 - ✓lowers blood pressure
 - ✓reduces the risk of heart disease
 - ✓reduces risk of diabetes and several other diseases
- ✓ What about brain function and preventing dementia?
- ✓ Researchers combined foods from the Mediterranean and DASH diets that had been shown to benefit brain health.
- ✓ MIND stands for the Mediterranean-DASH Intervention for Neurodegenerative Delay

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Research

Published in final edited form as:

Alzheimers Dement. 2015 September ; 11(9): 1015–1022. doi:10.1016/j.jalz.2015.04.011.

MIND diet slows cognitive decline with aging

Martha Clare Morris, S.D.¹, Christy C. Tangney, Ph.D.², Yamin Wang, Ph.D.¹, Frank M. Sacks, M.D.⁵, Lisa L Barnes, Ph.D.^{3,4,6}, David A Bennett, M.D.^{4,6}, and Neelum T. Aggarwal, M.D.^{4,6}

¹Department of Internal Medicine, Rush University Medical Center

²Department of Clinical Nutrition, Rush University Medical Center

³Department of Behavioral Sciences, Rush University Medical Center

⁴Department of Neurological Sciences, Rush University Medical Center

⁵Department of Nutrition, Harvard School of Public Health

⁶Rush Alzheimer's Disease Center, Rush University Medical Center

Abstract

Background—The Mediterranean and DASH diets have been shown to slow cognitive decline, however, neither diet is specific to the nutrition literature on dementia prevention.

Methods—We devised the MIND diet score that specifically captures dietary components shown to be neuroprotective and related it to change in cognition over an average 4.7 years among 960 participants of the Memory and Aging Project.

Published in final edited form as:

Alzheimers Dement. 2015 September ; 11(9): 1007–1014. doi:10.1016/j.jalz.2014.11.009.

MIND Diet Associated with Reduced Incidence of Alzheimer's Disease

Martha Clare Morris, S.D.¹, Christy C. Tangney, Ph.D.², Yamin Wang, Ph.D.¹, Frank M. Sacks, M.D.⁵, David A Bennett, M.D.^{3,4}, and Neelum T. Aggarwal, M.D.^{3,4}

¹Department of Internal Medicine, Rush University Medical Center

²Department of Clinical Nutrition, Rush University Medical Center

³Department of Behavioral Sciences, Rush University Medical Center

⁴Department of Neurology, and the Rush Alzheimer's Disease Center at Rush University Medical Center

⁵Department of Nutrition, Harvard School of Public Health

Abstract

Background—In a previous study, higher concordance to the MIND diet, a hybrid Mediterranean-DASH diet, was associated with slower cognitive decline. In this study we related these three dietary patterns to incident Alzheimer's disease.

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Excite: MIND DIET



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Excite: MIND DIET

5 Foods to Avoid
on the **MIND** Diet

- 1 Butter and Margarine
- 2 Cheese
- 3 Red Meat
- 4 Fried Foods
- 5 Pastries and Sweets

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Empower

- ✓ Self directed
- ✓ Self-selecting vs. Therapeutic diets
- ✓ Promote approaches that have impact on QOL



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Empower: Screening

Nestlé
NutritionInstitute

Self-MNA®

Mini Nutritional Assessment

For Adults 65 years of Age and Older

Last name: _____ First name: _____

Date: _____ Age: _____

Complete the screen by filling in the boxes with the appropriate numbers. Total the numbers for the final screening score.

Screening	
A Has your food intake declined over the past 3 months? [ENTER ONE NUMBER] <small>Please enter the most appropriate number (0, 1, or 2) in the box to the right.</small>	0 = severe decrease in food intake 1 = moderate decrease in food intake 2 = no decrease in food intake <input type="checkbox"/>
B How much weight have you lost in the past 3 months? [ENTER ONE NUMBER] <small>Please enter the most appropriate number (0, 1, 2 or 3) in the box to the right.</small>	0 = weight loss greater than 7 pounds 1 = do not know the amount of weight lost 2 = weight loss between 2 and 7 pounds 3 = no weight loss or weight loss less than 2 pounds <input type="checkbox"/>
C How would you describe your current mobility? [ENTER ONE NUMBER] <small>Please enter the most appropriate number (0, 1, or 2) in the box to the right.</small>	0 = unable to get out of a bed, a chair, or a wheelchair without the assistance of another person 1 = able to get out of bed or a chair, but unable to go out of my home 2 = able to leave my home <input type="checkbox"/>
D Have you been stressed or severely ill in the past 3 months? [ENTER ONE NUMBER] <small>Please enter the most appropriate number (0 or 2) in the box to the right.</small>	0 = yes 2 = no <input type="checkbox"/>
E Are you currently experiencing dementia and/or prolonged severe sadness? [ENTER ONE NUMBER] <small>Please enter the most appropriate number (0, 1, or 2) in the box to the right.</small>	0 = yes, severe dementia and/or prolonged severe sadness 1 = yes, mild dementia, but no prolonged severe sadness 2 = neither dementia nor prolonged severe sadness <input type="checkbox"/>
Please total all of the numbers you entered in the boxes for questions A-E and write the numbers here: <input type="checkbox"/> <input type="checkbox"/>	

Now, please CHOOSE ONE of the following two questions – F1 or F2 – to answer.

Question F1

Height (feet & inches)	Body Weight (pounds)			
4'10"	Less than 91	91 – 99	100 – 109	110 or more
4'11"	Less than 94	94 – 103	104 – 113	114 or more
5'0"	Less than 97	97 – 106	107 – 117	118 or more
5'1"	Less than 100	100 – 110	111 – 121	122 or more
5'2"	Less than 104	104 – 114	115 – 125	126 or more
5'3"	Less than 107	107 – 117	118 – 129	130 or more
5'4"	Less than 110	110 – 121	122 – 133	134 or more
5'5"	Less than 114	114 – 125	126 – 137	138 or more
5'6"	Less than 118	118 – 129	130 – 141	142 or more
5'7"	Less than 121	121 – 133	134 – 145	146 or more
5'8"	Less than 125	125 – 137	138 – 150	151 or more
5'9"	Less than 128	128 – 141	142 – 154	155 or more
5'10"	Less than 132	132 – 145	146 – 159	160 or more
5'11"	Less than 136	136 – 149	150 – 164	165 or more
6'0"	Less than 140	140 – 153	154 – 168	169 or more
6'1"	Less than 144	144 – 158	159 – 173	174 or more
6'2"	Less than 148	148 – 162	163 – 178	179 or more
6'3"	Less than 152	152 – 167	168 – 183	184 or more
6'4"	Less than 156	156 – 171	172 – 188	189 or more
Group	0	1	2	3

Please refer to the chart on the left and follow these instructions:

- Find your height on the left-hand column of the chart.
- Go across that row and circle the range that your weight falls into.
- Look to the bottom of the chart to find out what group number (0, 1, 2, or 3) your circled weight range falls into.

Write the Group Number (0, 1, 2, or 3) here:

Write sum of questions A-E (from page 1)

Lastly, calculate the sum of these 2 numbers. This is your SCREENING SCORE:

Question F2 DO NOT ANSWER QUESTION F2 IF QUESTION F1 IS ALREADY COMPLETED.

Measure the circumference of your LEFT calf by following the instructions below:

- Loop a tape measure all the way around your calf to measure its size.
- Record the measurement in cm:

 - If less than 31cm, enter "0" in the box to the right.
 - If 31cm or greater, enter "3" in the box to the right.

Write the sum of questions A-E (from page 1) here:

Lastly, calculate the sum of these 2 numbers. This is your SCREENING SCORE:

Screening Score (14 points maximum)

12–14 points: Normal nutritional status
 8–11 points: At risk of malnutrition
 0–7 points: Malnourished

Copy your SCREENING SCORE:

If you score between 0-11, please take this form to a healthcare professional for consultation.

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Empower: Independence

Sarcopenia



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Transformative Power of Nutrition

Engage: Gain nutritional authority by aligning your nutrition message with credible, authoritative sources

Excite: Use your culinary skill to bring your nutrition strategy to life

Empower: Give your residents the options to make healthy food choices that promote health and independence.

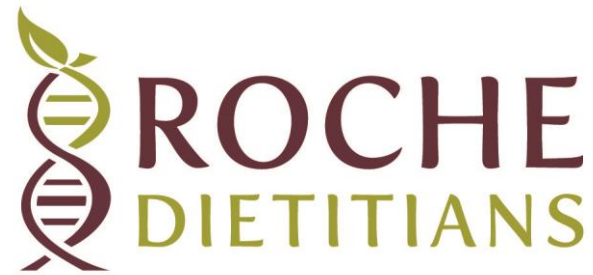
Many options: You can make an impact with a simple public health based message or craft a nutrition strategy with the guidance of a registered dietitian. Be sure to reflect your vision, values and culture-make it your own.

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Thank you!



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1. Download a list of links to all of the websites visited in this presentation
2. Download our Top 17 IDDSI Tips
3. Get to know us a little better!

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