

# Nutrition Screening in the Community

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# Outline



- Nutritional status
- Nutrition screening
- *Community-based screening for nutrition risk in older Albertans: pilot study*

# Nutritional status



What is nutritional status?

- the state of nourishment of a person

Food intake

- Appetite changes

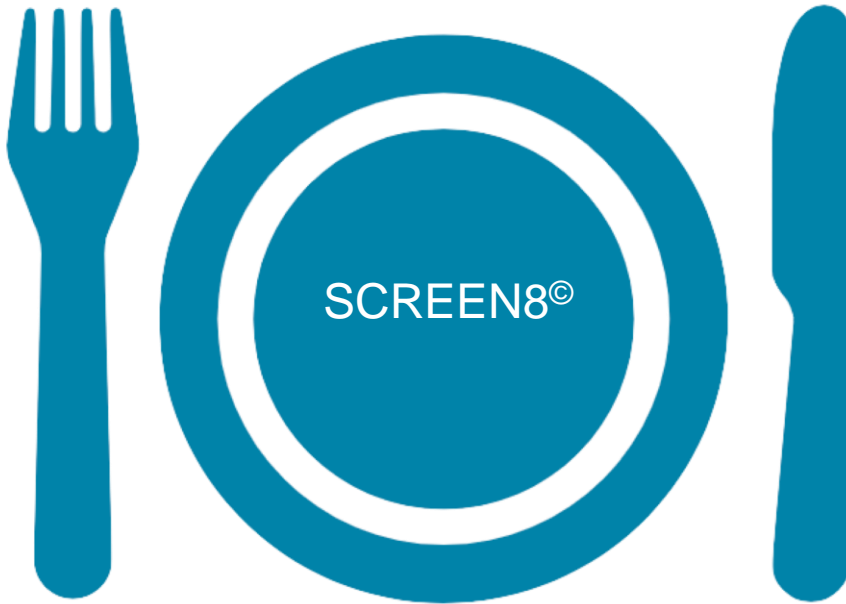
Weight

- Unintentional weight loss

Protein & Fluids

- Inadequate intake

# Nutrition Screening



Seniors in the  
Community:  
Risk  
Evaluation for  
Eating and  
Nutrition

# Why Screen?

- Can prevent malnutrition
- Malnutrition:
  - has negative consequences
  - is prevalent enough that it makes sense to screen



**Best Practice:** Screen to identify nutrition risk in all settings, regardless of weight status using a validated tool for the setting

# ***Community-based screening for nutrition risk in older Albertans: pilot study***

Dr. Catherine Chan, Ph. D.; Department of Agricultural, Food and Nutritional Sciences, University of Alberta, Edmonton, AB

Rani Fedoruk, BSc RD; Masters Directed Research Project

Golden Circle Senior Resource Centre

Red Deer PCN

Peaks to Prairies PCN

AHS Nutrition and Food Services

AHS Diabetes, Obesity and Nutrition Strategic Clinical Network

U of A Dept. of Agricultural, Food and Nutritional Science



# Screen Questions



1. Weight change
2. Skipping meals
3. Appetite
4. Difficulty swallowing
5. Vegetable & fruit intake
6. Fluid intake
7. Eating with others
8. Meal preparation
9. Food security
10. Access to groceries



**SCREEN-8**

Name: \_\_\_\_\_

Score: \_\_\_\_\_

For each question, check **only 1** box that describes you **best**. Your response should reflect your **typical eating habits**.

Responses of this survey are private and confidential. These questions will help us find out more about your eating habits and identify any nutrition risk. Nutrition risk can result in malnutrition, and issues such as frailty, weakness, poor immunity, or decreased ability to recover from a fall or injury. By identifying your risk early, we can help provide you with services and resources to prevent malnutrition. If you agree, your results will be shared without your personal information as part of a larger project to assess how services for older adults can be improved in the Red Deer area.

1. **Has your weight changed in the past 6 months? (Net weight gain/loss). 1kg = 2.2lbs**
  - Yes, I gained more than 10 pounds.
  - Yes, I gained 6 – 10 pounds.
  - Yes, I gained about 5 pounds.
  - No, my weight stayed within a few pounds. (within 2 pounds)
  - Yes, I lost about 5 pounds. **Is weight continuing to decrease? Intentional?**
  - Yes, I lost 6 – 10 pounds. **Is weight continuing to decrease? Intentional?**
  - Yes, I lost more than 10 pounds. (Net weight lost \_\_\_\_). **Continuing to decrease? Intentional?**
  - I don't know how much I weigh or if my weight has changed. **Do your clothes fit differently?**
2. **Do you skip meals?**
  - Never or rarely. (once a week or less; grazing meal pattern)
  - Sometimes. (2-4 times each week)
  - Often. (5-6 times each week)
  - Almost every day. (At least daily, including having only 2 meals each day)
3. **How would you describe your appetite?**
  - Very good.
  - Good.
  - Fair. (sometimes do not feel like eating at mealtime)
  - Poor. (often do not feel like eating at mealtime)
4. **Do you cough, choke, or have pain when swallowing food OR fluids?**
  - Never.
  - Rarely. (once a week or less)
  - Sometimes. (2-4 times a week)
  - Often or always. (5-6 times a week or at least daily)
5. **How many pieces or servings of vegetables and fruit do you eat in a day?**  
*Can be canned, fresh, or frozen. (1 serving = med. size pc fruit, ½ cup of veg/fruit or 1 cup salad)*
  - Five or more.
  - Four.
  - Three.
  - Two.
  - Less than two.
6. **How much fluid do you drink in a day? (1 cup = 250 mL= 8 ounces)**  
*Examples are water, tea, coffee, herbal drinks, juice, and soft drinks, but NOT alcohol.*
  - 4 or more cups.
  - 3 – 7 cups.
  - 3 – 4 cups.
  - About 2 cups.
  - Less than 2 cups.



**SCREEN-8**

Name: \_\_\_\_\_

Score: \_\_\_\_\_

For each question, check **only 1** box that describes you **best**. Your response should reflect your **typical eating habits**.

7. **Do you eat one or more meals a day with someone?**
  - Never or rarely. (once a week)
  - Sometimes. (2-4 times a week)
  - Often. (5-6 times a week)
  - Almost always. (At least daily)
8. **Which statement best describes meal preparation for you?**
  - I enjoy cooking most of my meals. (most days)
  - I *sometimes* find cooking a chore. (some days of the week)
  - I *usually* find cooking a chore. (most days of the week)
  - I'm *satisfied* with the quality of food prepared by others.
  - I'm *not satisfied* with the quality of food prepared by others.
9. **Do you ever have difficulty making ends meet at the end of the month?** Circle: Yes or No
10. **Do you have any problems getting your groceries?** *Problems can be poor health or disability, limited income, lack of transportation, weather conditions, or finding someone to shop.*
  - Never or rarely. (no problems getting groceries in any season)
  - Sometimes. (challenging on occasion)
  - Often. (difficult in all seasons)
  - Almost always. (you often cannot get the food you need)

**Thank you for telling us about your eating habits. Total SCORE: \_\_\_\_\_**

0 – 21	High Risk	Based on your answers today, you would benefit from a referral to a dietitian to discuss your eating habits. I can also share some resources and services available to you.
22 – 37	Moderate Risk	Based on your answers today, you may benefit from some resources that can address your specific risk factors and help prevent malnutrition.
38 – 44	Low Risk	Based on your answers today, you are at low nutrition risk. We can review some resources based on your responses and any questions you may have.

**Referrals: (Check all that apply)**

- |   |   |
|---|---|
| <input type="checkbox"/> Registered Dietitian   | <input type="checkbox"/> Continuing Care (1 888 357 9339)                   |
| <input type="checkbox"/> Golden Circle Outreach (403 343 6074)                                    | <input type="checkbox"/> Red Deer Meals on Wheels (403 340 2511)            |
| <input type="checkbox"/> Red Deer Primary Care Network<br>(Phone: 403 343 9100 Fax: 403 343 9580) | <input type="checkbox"/> Alberta Healthy Living Program<br>(1 877 314 6997) |
| <input type="checkbox"/> Physician  | <input type="checkbox"/> Denturist  |
| <input type="checkbox"/> <i>Stay Strong and Healthy</i> virtual class                             | <input type="checkbox"/> Pharmacist   |

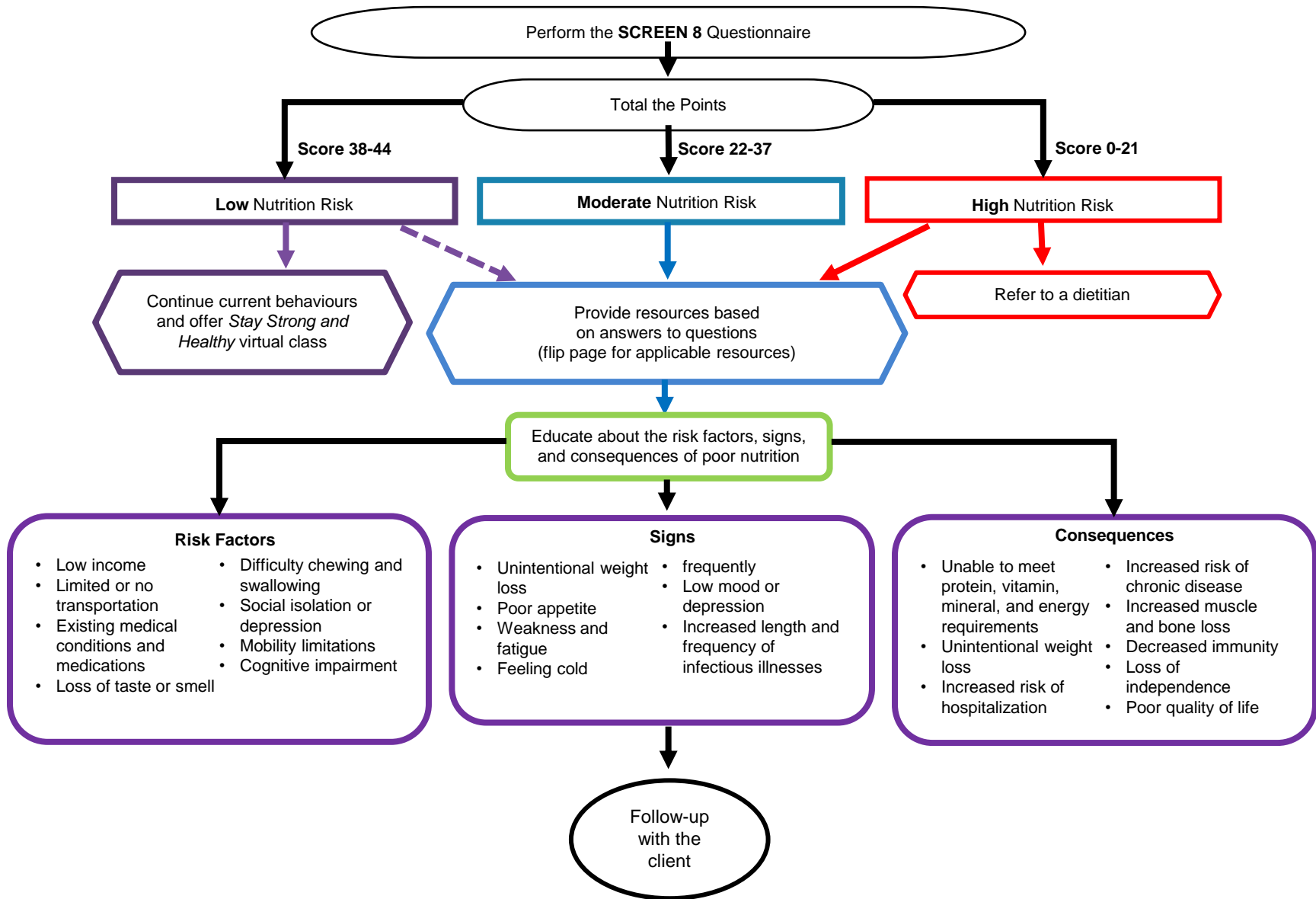
**Handouts Shared:**

\_\_\_\_\_

\_\_\_\_\_







Questions in <b>Order of Priority</b>	<b>Key Messages</b>	<b>Handouts</b>	<b>Community Services</b>
1 <b>Has your weight changed in the last 6 months? **</b>	Eat every 2-3 hours. Even a small increase in food every day can help you to maintain your weight.  Track your weight at home.	<a href="#">Adding Calories and Protein to Your Diet</a> <a href="#">High Protein, High Calorie Meal and Snack Ideas</a> <a href="#">Making Smoothies with More Calories and Protein</a>	- <b>** <a href="#">Referral to outpatient dietitian</a></b> /Referral to physician (>10lb unintentional)
3 <b>How would you describe your appetite?</b>	Eat when appetite is best. When your appetite is poor, try to eat smaller meals, more often.	<a href="#">High Protein, High Calorie Meal and Snack Ideas</a> <a href="#">Skipping Meals and Appetite</a> <a href="#">Eating Well When You Have Taste and Smell Changes</a>	
9 <b>Do you ever have difficulty making ends meet at the end of the month?</b>	When household finances are limited, it is hard to meet your food and nutrition needs. You may not be aware of all the programs available to you.	<a href="#">211 Alberta   211 Alberta</a> <a href="#">Financial assistance for seniors   Alberta.ca</a> <a href="#">Programs and services for seniors - Canada.ca</a>	- Referral to RD PCN Family Nurse or Golden Circle Outreach - Help client navigate 211 Alberta
4 <b>Do you cough, choke, or have pain when swallowing food or fluids? *</b>	Often soft, moist foods or liquids are the easiest to eat. Try to avoid distractions at mealtime.	<a href="#">Tips to Eat and Swallow Safely</a> <a href="#">Soft Moist and Liquid Food Ideas</a> <a href="#">Foods with Protein</a>	- * If answer is ' <i>Often or Always</i> ', refer to PCN family nurse/physician to explore referral to Speech Language Pathologist
6 <b>How much fluid do you drink in a day?</b>	Drinking enough fluids can prevent headaches, dizziness, fainting, and constipation.	<a href="#">Staying Hydrated</a> <a href="#">Healthy Bones</a>	
1 <b>Do you have problems getting your groceries?</b>			- <a href="#">Golden Circle Outreach</a> (403 343 6074)
2 <b>Do you skip meals?</b>	Replace a meal with 2-3 snacks if you are not hungry.  A nutrition supplement can help when you cannot meet your nutrient needs through food alone.	<a href="#">Making Smoothies with More Calories and Protein</a> <a href="#">Nutrition Supplements</a> <a href="#">Stay Strong with Nutrition: Seniors and COVID-19</a>	- Red Deer Meals on Wheels (403 340 2511) - <a href="#">Golden Circle Outreach</a> (403 343 6074)
7 <b>Do you eat one or more meals a day with someone?</b>	With a little bit of planning, you can still enjoy a variety of healthy foods while eating alone.	<a href="#">Eating With Others and Alone</a>	
8 <b>Which statement best describes meal preparation for you?</b>	Meals do not have to be complex or require cooking.  Pick meals and snacks that are easy to prepare.	<a href="#">Quick and Easy Meals</a> <a href="#">High Protein, High Calorie Meal and Snack Ideas</a>	- Red Deer Meals on Wheels (403 340 2511) - <a href="#">Golden Circle Outreach</a> (403 343 6074)
5 <b>How many pieces/servings of fruit/vegetables do you eat ..?</b>	Try to have a vegetable or fruit at every meal.	<a href="#">Eat More Vegetables and Fruits</a>	

FREE Virtual Group Education *Staying Strong and Healthy as We Age*. Register by phoning #1 877 314 6997.

For general nutrition questions, call 811 and ask to speak to a dietitian.

# Staying Strong and Healthy as We Age

Free Zoom workshop for anyone wanting to learn practical ways to stay strong and healthy while aging.

Participants will learn:

- How food can help maintain strength
- The four key pillars of activity
- Tips to make meals easier
- The importance of social connection



Register and view the class schedule here: [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

or

call 1-877-314 -6997

# Evaluation

- Nutrition screens performed
- Interviewed older adults
- Surveyed stakeholders



June 8,  
2022

# Nutrition Screens (n=276)

SCREEN-8 Score* (Mean $\pm$ SD)	High risk (%)	Moderate Risk (%)	Low Risk (%)
33.9 $\pm$ 8.2	8	50	42

\*SCREEN-8 mean score as per REDCap summation.

**Moderate nutrition risk is prevalent in community-dwelling older adults in Central Alberta. This is a critical time for intervention.**

# Comment

“It made me realize the importance of nutrition and if you need help or assistance of any type, that health services are there...It was good for me. It’s got me sort of on track with my eating habits again and I’m even starting to put a little bit of weight on! It has improved my quality of life.”

(Patient)



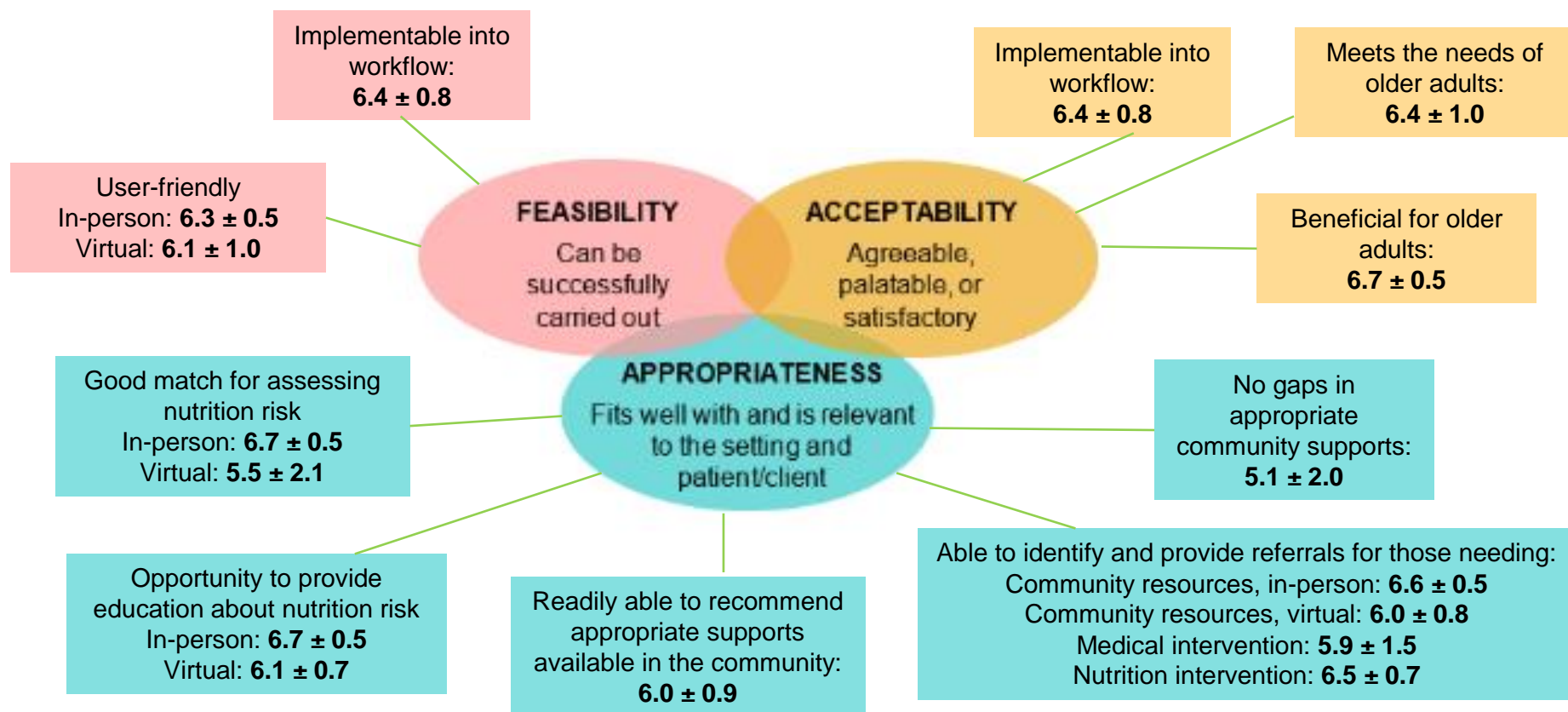
# Surveys

## Feedback from Stakeholders

- screeners
- administrators
- health care professionals



# Screeners indicated that screening is feasible, appropriate, and acceptable





# Administrator responses:

## ▪ **Feasibility**

- SCREEN-8 initiative has the potential to reduce nutrition risk
  - mean score 6.2 out of 7
- SCREEN-8 can be implemented into workflow
  - mean score 6.6 out of 7

## ▪ **Acceptability**

- Screening benefits older adults
  - mean score 6.7 out of 7



# Summary

From the patient perspective, screening for nutrition risk in the community was acceptable and increased awareness of the importance of nutrition.



# Summary

From the stakeholder perspective (thus far), screening is acceptable, appropriate and feasible.



# Summary



## Screening

- *is a quick and easy way to identify nutrition risk*
- *has the potential to prevent and detect malnutrition*

Communication is important

# Resources



Alberta Health Services website ([www.ahs.ca](http://www.ahs.ca))

Search:

- “Malnutrition”
- “Seniors Health Overview”
- “Healthy Eating Starts Here”, then “Nutrition Education Materials”
- “Staying Strong and Healthy as We Age”

# Resources

Canadian Malnutrition Task Force

<https://nutritioncareincanada.ca/>

Older adult nutrition screening

<https://olderadultnutritionscreening.com>





# Resources

Coming:

Nutrition Risk Screening Initiative:  
Community Guide to Success

## Success Guide

**Nutrition screening for  
older adults living in the  
community**

May 2022

# Thank you!





## References

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