

**Case Manager**

**Nutrition Risk Screening**

\_\_\_\_1) I have an illness or condition that made me change the kind and/ or amount of food I eat.

**Diabetes: *Build a healthy meal* (ChooseMyPlate.gov #7) (2016 E/S)**

**Heart Disease: *Eat Seafood Twice a Week* (ChooseMyPlate.gov #15) (2011 E/S)**

**High Fiber*: Choosing Whole Grain foods* (ChooseMyPlate.gov #22) (2016E/2012S)**

**Low Sodium*: Salt and Sodium* (ChooseMyPlate.gov #14) (2011E/S)**

 ***Savor the Flavor* (CDC) (2016)**

**Renal: refer back to Renal Dietitian or MD**

**UTI: *Are you drinking enough?* (2016 E/S)**

**Vegetarian: *Healthy Eating for Vegetarians* (ChooseMyPlate.gov #8) (2011 E/S)**

\_\_\_\_2) I eat fewer than 2 meals per day.

***Vary Your Protein Routine* (ChooseMyPlate.gov #6) (2016 E/ 2011 S)**

\_\_\_\_3) I eat few fruits, vegetables, or milk products.

***Liven up Your Meals With Vegetables & Fruit*s (ChooseMyPlate.gov #10) (2016 E/ 2011 S)**

***Got Your Dairy Today*? (ChooseMyPlate.gov #5)(2016 E/ 2011 S**)

\_\_\_\_4) I have 3 or more drinks of beer, liquor, or wine almost every day.

***Make Better Beverage Choices* (ChooseMyPlate.gov #19) (2016 E/ 2012 S**)

\_\_\_\_5) I have tooth or mouth problems that make it hard for me to eat.

***Troubles Swallowing, Biting or Chewing?* (2016)**

\_\_\_\_6) I don’t always have enough money to buy the food I need.

***Save More at the Grocery Store* (ChooseMyPlate.gov#3) (2014 E/S)**

***Eating right when money’s tight: A guide for Seniors and People with Disabilities* (DHS 9213 4/2011) (E/S)**

***Look what $16 can buy* (DHS 9205 2/2016) (E/S)**

\_\_\_\_7) I eat alone most of the time.

***Are you eating alone?* (2016)**

***Friendship Line* (2018)**

\_\_\_\_8) I take 3 or more prescribed or over-the-counter drugs a day.

**Are medications changing your appetite? (2016)**

\_\_\_\_9) Without wanting to, I have lost or gained 10 pounds in the last six months.

**Weight loss: *Are you losing weight?* (2016)**

**Weight gain: *Is weight gain a concern?*** **(2016)**

\_\_\_\_10) I am not always physically able to shop, cook, and/or feed.

***Shopping and cooking tips* (2016)**

**Nutrition Risk Screening Guidelines**

***Initial Assessment (home visit)***

* Review 1 – 10 to identify nutritional risks
* Provide:
* *DIRECTIONS* resource guide
* ***Choosing Healthy Meals As You Get Older*** **(ChooseMyPlate.gov #42) (2015 E)** folder with corresponding nutrition education tip sheets
* ***Mi Plato*** **(ChooseMyPlate.gov)(2016 S)** folded with corresponding nutrition education tip sheets

***Reassessment (home visit)***

* Conduct Meals on Wheels Dining Survey
* Review 1 – 10 to identify nutritional risks
* Provide:
* ***My Plate for Older Adults*** laminated placemat **(E/S)**
* Nutrition education tip sheets as indicated by risk

***Subsequent Annual Reassessments (home visit)***

* Conduct Meals On Wheels Dining Survey
* Review 1 – 10 to identify nutritional risks
* Provide:
* ***Four Easy Safety Tips/Cooking Safely with Microwave Ovens***

*(*[*www.homefoodsafety.org*](http://www.homefoodsafety.org)*)*

* ***Be Food Safe*** **(ChooseMyPlate.gov #23) (2012 E/S)**
* Nutrition education tip sheets as indicated by risk

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