

Is My Parent at Risk for Malnutrition?

Answer the assessment below using *True* or *False*. Please note that this isn't a comprehensive assessment and shouldn't be used in place of a professional evaluation.

	True or False
1. My parent is able to prepare and cook meals most of the time.	_____
2. My parent is able to grocery shop regularly and/or has access to a variety of nutritious food.	_____
3. My parent has an appropriate amount of fruits, vegetables and protein options in their kitchen.	_____
4. My parent maintains their weight without frequent fluctuations and/or sudden unplanned weight loss or gain.	_____
5. My parent is regularly active.	_____
6. My parent exhibits good energy and stamina during the day.	_____
7. My parent has not been diagnosed with any form(s) of cognitive impairment.	_____
8. My parent often recovers from injuries and illnesses with little to no problem.	_____
9. My parent exhibits knowledge about what they should eat day-to-day.	_____
10. My parent manages their medication well and understands any chronic disease diagnosis (such as celiac disease, diabetes, high blood pressure, anemia or heart disease).	_____
Total True: _____ False: _____	

If your responses are *mostly False*

If you suspect your parent isn't receiving the right nutrition throughout the day, you may be right. Malnutrition is underrecognized and undertreated in older adults due to the existence of other conditions as well as normal signs of aging. Speak with your parent's healthcare provider about testing for malnutrition and identifying factors that may be impacting their eating habits.

If your responses are *mostly True*

Your parent may not be at risk for clinical malnutrition, but they may benefit from a healthier lifestyle. Introduce activity when possible. If limited mobility is an issue, ask your parent's healthcare provider for modified exercise routines that can be accomplished independently. Exercise is a great way to maintain healthy muscle mass and weight. Consider introducing your parent to sugar-free or low-sodium alternatives to their favorite foods as well as healthy snacks they can enjoy throughout the day.