

What Does Your Score Mean?

0 – 2 = Good! Re-check your score in 6 months.

3 – 5 = You are at **MODERATE** nutritional risk. See what you can do to improve your eating habits and lifestyle.

6 or more = You are at **HIGH** nutritional risk. Ask for help to improve your nutrition and avoid long term problems such as:

- Low strength and energy
- Weight loss
- Poor wound healing
- Infections
- Poor bone health

For nutrition information call:
Dietitian Services at HealthLink BC
Call 8-1-1
Ask to speak to a Dietitian

If you feel you need further information:

- Contact Dietitian Services at HealthLink BC – call 8-1-1 and ask to speak to a Dietitian
- Talk to your medical practitioner about an Outpatient Dietitian referral
- If you are homebound, contact Central Intake for your area:
 - Vancouver 604-263-7377
 - Richmond 604-278-3361
 - North and West Vancouver, Bowen Island 604-986-7111
 - Sea to Sky 604-815-6859
 - Sunshine Coast 604-885-8535



Making better
decisions together
with patients
and families

Adapted from the Nutrition Screening Initiative.

For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. **BB.200.D48**

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The information in this document is intended solely for the person to whom it was given by the health care team.

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Determine Your Nutritional Health



Question**If YES**

1. I have an illness or condition that made me change the kind and/or amount of food I eat

2

2. I eat less than 2 meals per day

3

3. I eat few fruits, vegetables, or milk products per day

2

4. I have 3 or more drinks of beer, liquor or wine almost every day

2

5. I have tooth or mouth problems that make it hard for me to eat

2

6. I do not always have enough money to buy the food I need

4

7. I eat alone most of the time

1

8. I take 3 or more different prescribed or over-the-counter drugs a day

1

9. Without wanting to, I have lost or gained 10 pounds in the last 6 months

2

10. I am not always physically able to shop, cook and/or feed myself

2

YOUR TOTAL =