Nutrition Screening at Discharge and in the Community

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Nutrition and Healthy Aging in the Community
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Experiences

- Home-delivered meal participants in North Carolina, Austin (TX) and LRGV (TX)
- Community nutrition surveys in rural and border Texas
- Focus groups of rural and Mexican-origin older adults – food access and brain health
Eliminating Nutritional Health Disparities - National Goal

- Good nutritional health essential
  - Recovery post-discharge
  - Functioning
  - Prevention or delay of chronic disease
  - Prevention of disease-related complications
  - Quality of life
Home- and Community-based Programs

- Increased demand for variety of services
- Need for comprehensive services and longer
- Outstrips resources
- Help older persons maintain adequate nutritional status and remain independent and at home
- Capacity and complexity
Screening

- Identifying characteristics known to be associated with dietary or nutritional problems
- Differentiate those at high risk
  - Subsequent nutritional assessment
  - Nutritional counseling
Assessment

- Measurement of *indicators* of dietary or nutrition-related factors
- Identify the presence, nature, and extent of impaired nutritional status
- Obtain needed information
  - Intervention
  - Planning
  - Improvement of nutritional care
Why Is It Important to be Concerned with Nutritional Status?
Nutrition and Independent Living

Nutrition

Health Condition \(\rightarrow\) Impairments \(\rightarrow\) Functional Limitations \(\rightarrow\) Disability \(\rightarrow\) Adverse Outcomes

Nutrition

Nagi, 1976
Verbrugge and Jette, 1994
Why Nutrition Screening?

- Determine potential need/demand for community programs
- Prioritization of services
- Short- and long-term outcomes
- Interventions
- Nutrition care plan
- Referrals
- Basis for additional funding
- Engage community partners
Who Do/Should We Screen?
Contextual Challenges

- Geographic
- Population shifts
- Culture
- Language
- Literacy
- Growth of new immigrant populations
Spectrum of vulnerability
Rapid hospital discharge
Limited/reduced funding for programming
Community resources
Engagement of non-traditional partners
Determinants of Nutritional Risk: Components of Nutrition Screening
Material Resources

- Adequacy of income - competing demands
- Household environment
- Food security
  - Money and/or other resources
  - Frequency and duration
  - Items vs. categories
- Energy security
Individual Resources

- Individual capacity and complexity of tasks
- Social support – familial and extra-familial
- Partnership status
- Food preparation/ consumption tasks
- Depressive symptoms
- Life stresses
- Meal patterns
Health

- Burden of disease
- Medications
  - Multiple prescribed and OTC – number and therapeutic categories
  - Practice to reduce/restrict cost
  - Adherence
- Oral and chemosensory health
- Depressive symptoms
- Life stresses
Acculturation
Transportation
Access to affordable, healthy foods
Access to food programs
How Do/Should we Use Nutrition Screens?

- Summary measures
- Categories of risk
- Individual risk items
Ethics of Screening
How can you determine someone to be risk for poor nutritional health, and Do nothing?
Nutrition Screening as Component of Prevention
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Thank You