



MEALS ON WHEELS

Common causes of malnutrition in older persons

Medications¹

Emotion (*i.e.*, depression)

Anorexia (nervosa or tardive), Alcoholism, Abuse (elder)

Late-life paranoia or alcoholism

Swallowing disorders

Oral factors (see DENTAL on next page)

No money, Nosocomial infections

Wandering and other dementia-related behaviors

Hyperthyroidism, Hyperparathyroidism, Hypoadrenalism, Hyperglycemia

Entry problems/Malabsorption

Eating problems²

Low-salt or low-cholesterol diet

Shopping and food prep problems, Stores

¹ Digoxin, theophylline, psychotropic drugs.

² Severe tremor, stroke, weakness.



DENTAL

Screening Assessment Tool for Dental Conditions that may Interfere with Proper Nutritional Intake and Possibly Dispose a Person to Involuntary Weight Loss

- D**ry mouth (2 points)
- E**ating difficulty (1 point)
- N**o recent dental care¹ (1 point)
- T**ooth or mouth pain (2 points)
- A**lterations or change in food selection (1 point)
- L**esions, sores, or lumps in mouth (2 points)

Scoring: A score of ≥ 3 points could indicate a dental problem. Patient may need evaluation by dentist.

¹ within 2 years