

NUTRITION ASSESSMENT

DIET HISTORY

What do they usually eat?

↳ Food ↳ fluids ↳ supplements

How much? How frequent?

↳ portion size ↳ x per day

How many meals eaten out?

↳ fast food ↳ restaurants

What types of fluids do they drink?

↳ coffee ↳ water ↳ sugary ↳ soda

What is their goal / prescribed diet?

↳ vegetarian ↳ heart healthy ↳ low fat

Do they have any food allergies?

↳ peanuts ↳ dairy ↳ shellfish

DETERMINING NUTRITIONAL STATUS

Signs of malnutrition

- dry, brittle hair
- poor wound healing
- ↳ subcutaneous + fat tissue
- irregular HR or BP
- enlarged spleen / liver
- general fatigue + weakness
- muscle wasting

RISK FACTORS

ANTHROPOMETRIC TOOLS

WEIGHT

- weight same the entire day in similar clothing
- daily fluctuations are usually due to water changes
- $\% \text{ change in weight} = \left[\frac{\text{usual} - \text{present weight}}{\text{usual weight}} \right] \times 100$
- 2% change in weight / week → significant
- 5% change in weight / 3 mos → significant

HEIGHT

- measure on flat vertical surface
- remove shoes + hats
- Stand straight + look forward
- Recumbent height → infants / young children
↳ have them lie flat on firm surface

BODY MASS INDEX

$$\text{BMI} = \text{weight (kg)} / \text{height (m)}^2$$

Healthy = 18.5 - 24.9

Overweight = 25 - 29.9

Obese = ≥ 30

Clinical Lab Values

Perspectives In Nutrition Study Guide

DJ Losen



Perspectives In Nutrition Study Guide:

Study Guide for Nutrition ,1998 *Resources in Education* ,1997 Nutrition in Perspective Patricia A. Kreutler,1980

Subject Guide to Books in Print ,1991 **Managing Stress: Skills for Anxiety Reduction, Self-Care, and**

Personal Resiliency with Navigate Advantage Access Brian Luke Seaward,2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity Student Study Guide to Accompany Essentials of Psychology Feldman,2002-04 **Forthcoming**

Books Rose Army,2001 **Medical and Health Care Books and Serials in Print** ,1997 *The Education Outlook* ,1931

The Outlook ,2004-08 Philosophical and Theoretical Perspectives for Advanced Nursing Practice Janet W.

Kenney,1999 Designed for nursing students with a high tolerance for the term metaparadigm this textbook emphasizes the historical philosophical and theoretical foundation and evolution of nursing science Topics of the 33 articles 14 of which are new include how social political and economic factors inf *Catalog. Supplement Food and Nutrition Information and Educational Materials Center (U.S.)*,1976 Current Awareness in Nutrition Education ,1981 **American Health** ,1988

Resources in Education ,1996 **Study Guide [to] Microbiology, Principles & Applications, Third Edition [by]**

Jacquelyn G. Black Jacquelyn G. Black,George Allan Wistreich,Black,1996 Food and Nutrition Quarterly Index ,1987

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