

AGENCY LOGO

DATE

Thank you for participating in our Malnutrition Information Session today,

Your score on the Malnutrition Screening Tool<sup>1</sup> was: \_\_\_\_\_

*A score of 2 or higher indicates that you could be at risk for malnutrition.*

Your score on the Frail Scale<sup>2</sup> was \_\_\_\_\_

*A score of 1-2 indicates pre-frailty and a score of 3 or more may indicate frailty which has been strongly associated with malnutrition.*

If your MST or Frail Scale score suggests that you may be at risk for malnutrition, we recommend that you:

- Follow-up with your primary care provider
- Make an appointment with a dietitian – [Give ASAP info and hospital outpatient center you are partnering with if applicable]
- See attached sheet with the locations of our congregate dining sites.
- Call our agency at [XXX] to see if you are eligible for meals on wheels or other in-home services.
- Council on Aging Contact Information:
- See attached sheets on healthy eating tips for older adults.

Thank you for attending this event today.

Signed: \_\_\_\_\_

1. Ferguson M, Capra S, Bauer J, Banks M. (1999). Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. *Nutrition*, 15, 458-64.
2. Woo, Jean et al. Frailty Screening in the Community Using the FRAIL Scale. *Journal of the American Medical Directors Association* , Volume 16 , 5 , 412 – 419