

**Nutrition screening tool for use in elderly South Africans (Charlton, Kolbe & Nel, 2004)**

<b>Study number:</b>			<i>Office use</i>
<b>1. Motor disability</b>			
Do you have difficulty to perform the following tasks?			
	Yes	No	
Walking up 10 steps	0	1	<input type="checkbox"/>
Doing HEAVY housework/yardwork	0	1	<input type="checkbox"/>
<b>2. Cognitive function (memory)</b>			
Please repeat the following phrase (address) after me:			
<i>Pumla/ Zibi/ Z69/ Jama Road/ Khayelitsha</i>			
(Note: This address phrase can be changed to be appropriate to the subjects' area of residence)			
<b>3. Self-perceived health status</b>			
Would you say that your health is better, about the same, or not as good as that of most people your age?			
	<b>Score</b>		
Better	2		
About the same	1		
Not as good	0		<input type="checkbox"/>
<b>4. Use of and need for health aids</b>			
Do you use, or need to obtain the following:			
	<b>Yes / refuses to say</b>	<b>No, but I need to obtain this aid</b>	<b>No, I don't need this aid</b>
Cane / crutch / walking frame	0	0.5	1
<b>5. Cognitive function (repeat memory phrase)</b>			
Please repeat the address I told you previously:			
<i>Pumla/ Zibi/ Z69/ Jama Road/ Khayelitsha</i>			
	<b>Score</b>		
No errors in recalling the address	1		
1 or more errors in recalling phrase	0		<input type="checkbox"/>
<b>6. Number of meals per day</b>			
I eat less than 2 meals per day			
	<b>Score</b>		
Yes/don't know	0		
No	2		<input type="checkbox"/>

			<i>Office use</i>
<b>7. Dietary intake: fruit and vegetables</b>			
Do you eat			
	<b>Yes</b>	<b>No/ Don't know</b>	
Fruit and vegetables on <b>most days</b> ?	1	0	<input type="checkbox"/>
At least one serving of dairy products (milk/maas/sour milk/cheese) on <b>most days</b> ?	1	0	<input type="checkbox"/>
2 or more servings of beans or eggs <b>per week</b> ?	1	0	<input type="checkbox"/>
Meat, fish or chicken <b>every day</b> ?	1	0	<input type="checkbox"/>
<b>8. Food security</b>			
My food runs out before I get money to buy more			
	<b>Score</b>		
Never / sometimes	2		
About half the time	1		
Often / always	0		<input type="checkbox"/>
<b>9. Psychological stress/illness</b>			
Have you experienced the following:			
	<b>Yes/ Don't know</b>	<b>No</b>	
Suffered from psychological stress in the past 3 months	0	2	<input type="checkbox"/>
Suffered from an acute illness in the past 3 months (not including conditions that are chronic, such as high blood pressure)	0	2	<input type="checkbox"/>
Do you take 3 or more different prescribed and over-the-counter medicines per day?	0	2	<input type="checkbox"/>
<b>10. Mid-upper arm circumference (MUAC) measurement</b>			
	<b>Score</b>		
MUAC $\geq$ 24.0 cm	3		
MUAC < 24.0cm	0		<input type="checkbox"/>
<b>Scoring system for African nutrition screening tool</b>			
Possible score = 0 – 23			
<b>Score</b>	<b>Malnourished</b>	<b>At risk of malnutrition</b>	<b>Well nourished</b>
<b>Men</b>	<b>&lt;9.5</b>	<b>9.5 – 14.5</b>	<b>&gt;14.5</b>
<b>Women</b>	<b>&lt;9.5</b>	<b>9.5 – 16.0</b>	<b>&gt;16.0</b>

Reference: Charlton KE, Kolbe-Alexander TL, Nel JH. Development of a novel nutrition screening tool for use in elderly South Africans. *Public Health Nutrition* 2005: In press.