This “checkup” is a way for you to learn as a non-nutritionist how to look for nutritional problems in older adults so that you may refer them to a professional if necessary. Please let your elder buddy know if you are not a nutritionist and that the “scores” resulting from these activities are not diagnoses or definitive.

Your nutritional checkup assignment should be written as a short paper in APA style format: double-spaced, 12’ font, 1” margins, with a header and page numbers. It should include the following:

1. Describe the results of the Weight Risk Assessment activity:

* What was your elder buddy’s BMI number?
* What category of weight does this BMI suggest?
* What are the strengths in your elder buddy’s diet?
* What are the deficits in your elder buddy’s diet?
* How do activity levels affect your elder buddy’s weight?
* How does your elder buddy view his/her diet?

2. Describe the results of the DETERMINE Nutrition checklist:

* What was the elder buddy’s score?
* What risk level does this suggest and what were the risk elements?

3. If you were in a professional relationship with your elder buddy:

* What realistic changes would you suggest for your elder buddy’s diet?
* How would you prioritize these changes?
* How do you think your elder buddy would respond to these suggestions?

4. Research sources of nutritional assistance (can include physical activity) in your elder buddy’s community that s/he could use if s/he should need them. Possibilities include home meal delivery programs, congregational eating sites, professional nutritionists, and classes/support groups.

* List two specific sources and what they provide.
* How accessible are these for your elder buddy? (Transportation, affordability)
* How would you suggest these resources to your elder buddy to maximize the possibility that he or she would use them?
* Do these sources offer food choices that fit elders from a variety of cultures?

5. Summary: In a separate paragraph at the end of the assignment, using the results just described in questions #1 – 4, summarize in a paragraph or two your elder buddy’s nutritional status and a plan for making needed changes. Include the BMI and DETERMINE scores.

Save your file as 5328LastNameFirstInitial\_NutritionCheckup.doc (e.g., 5328SmithJ\_ NutritionCheckup.doc) and submit it to the professor by the due date in the syllabus.