



## SCREEN-3 Extended

Interview version for primary care.

Name: \_\_\_\_\_

Score: \_\_\_\_\_

- For each question, check **only one** box.
- Ask the **first 3 items**, and **add** up the item subscripts for the score.
  - If the score is  $\geq 22$ , then there is a low likelihood of nutrition risk.
  - If the score  $< 22$ , the continue with the remaining 5 items.

1. Has your weight changed in the past 6 months?

- 0  Yes, *I gained* more than 4.5 kilograms.
- 2  Yes, *I gained* 2.6 to 4.5 kilograms.
- 4  Yes, *I gained* about 2.5 kilograms.
- 8  No, my weight stayed within a few kilograms.
- 4  Yes, *I lost* about 2.5 kilograms.
- 2  Yes, *I lost* 2.6 to 4.5 kilograms.
- 0  Yes, *I lost* more than 4.5 kilograms.
- 0  I don't know how much I weigh or if my weight has changed.

2. How would you describe your appetite?

- 8  Very good.
- 6  Good.
- 4  Fair.
- 0  Poor.

3. Do you cough, choke or have pain when swallowing food OR fluids?

- 8  Never.
- 6  Rarely.
- 2  Sometimes.
- 0  Often or always.

**3-Item Score:**

**If score is  $< 22$ , continue with the remaining questions.**

4. Do you skip meals?
- 8  Never or rarely.
  - 4  Sometimes.
  - 2  Often.
  - 0  Almost every day.
5. How many pieces or servings of vegetables and fruit do you eat in a day? *Vegetables and fruit can be canned, fresh, or frozen.*
- 4  Five or more.
  - 3  Four.
  - 2  Three.
  - 1  Two.
  - 0  Less than two.
6. How much fluid do you drink in a day? *Examples are water, tea, coffee, herbal drinks, juice, and soft drinks, but NOT alcohol.*
- 4  Eight or more cups.
  - 3  Five to seven cups.
  - 2  Three to four cups.
  - 1  About two cups.
  - 0  Less than two cups.
7. Do you eat one or more meals a day with someone?
- 0  Never or rarely.
  - 2  Sometimes.
  - 3  Often.
  - 4  Almost always.
8. Which statement best describes meal preparation for you?
- 4  I enjoy cooking most of my meals.
  - 2  I *sometimes* find cooking a chore.
  - 0  I *usually* find cooking a chore.
  - 4  I'm *satisfied* with the quality of food prepared by others.
  - 0  I'm *not satisfied* with the quality of food prepared by others.

<b>8-Item Score:</b>
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**If score is < 38, the person is at high nutrition risk.**