



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 subscriptions for the score.
 - If the score is ≥ 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 10 pounds.
2 Yes, *I gained* 6 to 10 pounds.
4 Yes, *I gained* about 5 pounds.
8 No, my weight stayed within a few pounds.
4 Yes, *I lost* about 5 pounds.
2 Yes, *I lost* 6 to 10 pounds.
0 Yes, *I lost* more than 10 pounds.
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.

8-Item Score:

If score is < 38, the person is at high nutrition risk.