

Table 2: Comprehensive Geriatric Assessment Components Related to Nutrition¹⁰

Physical and Medical Conditions
<ul style="list-style-type: none">• Determine the impact of acute and chronic conditions on alterations in dietary intake or nutritional implications.• Conduct physical assessment: note signs of malnutrition including loss of subcutaneous fat and muscle wasting; focus oral exam on condition of oral cavity and ability to adequately chew food, and assess for ill-fitting dentures or missing teeth; assess for dysphagia; measure height and weight; and assess for clinically important weight loss (5% of usual body weight in six to 12 months).• Review medications; determine whether medication side effects are affecting appetite and dietary intake.
Mental Health Status
<ul style="list-style-type: none">• Alterations in cognition and dementia are associated with nutrition risk.• Depression is associated with loss of appetite and weight loss.
Functional Status
<ul style="list-style-type: none">• Alterations in physical performance and activities of daily living can impact access to food and nutrition intake, leading to weight loss.
Social Domain
<ul style="list-style-type: none">• Living alone and loss of a spouse can lead to loneliness and depression, potentially decreasing food intake.
Economic Status
<ul style="list-style-type: none">• Financial strain and not having enough money to buy food can potentially decrease food intake.
Environmental Factors
<ul style="list-style-type: none">• Housing, transportation, and accessibility to local resources are critical to accessing food and impact nutrition risk.