Older adults should be screened by a healthcare professional such as nutrition and dietetic technician or a community health worker using the Malnutrition Screening tool (MST).

Is the older adult at nutrition risk?

- Yes: Is an RDN available for Nutrition Assessment?
  - Yes: Older adults at risk for malnutrition should be referred to an RDN for nutrition assessment using a valid nutrition assessment tool such as the full form Mini Nutrition Assessment Tool.
  - No: Maintain current diet and activity. Rescreen at least once per year for those in the community or up to every 3 months for those in long-term care.

- No: Maintain current diet and activity. Rescreen at least once per year for those in the community or up to every 3 months for those in long-term care.

Is the older adult malnourished or at risk for malnutrition?

- No: Maintain current diet and activity. Rescreen at least once per year for those in the community or up to every 3 months for those in long-term care.

- Yes: RDN to provide person centered nutrition care based on nutrition assessment. RDNs may consider the following evidence-based interventions.
  - Congregate and Home-Delivered Meals
  - Oral Nutrition Supplements*
  - Food Fortification*

*See the MiOA Guideline for additional information on benefits vs harms and implementation considerations.

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