Additional file 1

 $MEONF-II\ (Minimal\ Eating\ Observation\ and\ Nutrition\ Form-Version\ II)$

Unintentional weight loss (regardless of time & magnitude)
Don't know = leave empty and continue
empty and continue BMI is less than 20 (69 years or younger)
2a □ BMI is less than 20 (69 years or younger) Low BMI or small calf circumference = 1 BMI is less than 22 (70 years or older) Low BMI or small calf circumference = 1 Height / weight cannot be obtained, measure calf circumference = 0 Otherwise = 0 2b □ Calf circumference is less than 31 centimeters 3 Eating problems (mark with check on left and score according to instructions on right) Food intake □ Difficult to maintain good sitting position during meals One/more problems = 1 □ Difficulty manipulating food on plate No problems = 0 □ Difficulty conveying food to mouth One/more problems = 1 4 Swallowing/mouth One/more problems = 1 □ Difficulty coping with food in mouth No issues = 0 □ Difficulty swallowing One/more problems = 2 5 Energy/appetite □ Eats less than ¾ of food served One/more problems = 2 □ Lacks energy to complete an entire meal No problems = 0 6 Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Clinical signs indicate risk = 1 Tally observations 1-6 TOTAL:
□ BMI is less than 22 (70 years or older) Low BMI or small calf circumference = 1 Height / weight cannot be obtained, measure calf circumference (2b) Otherwise = 0 2b □ Calf circumference is less than 31 centimeters 3 Eating problems (mark with check on left and score according to instructions on right) Food intake □ Difficult to maintain good sitting position during meals One/more problems = 1 □ Difficulty manipulating food on plate No problems = 0 □ Difficulty conveying food to mouth One/more problems = 1 □ Difficulty chewing One/more problems = 1 □ Difficulty swallowing No issues = 0 5 Energy/appetite □ Eats less than ¾ of food served One/more problems = 2 □ Lacks energy to complete an entire meal No problems = 0 □ Poor appetite One/more problems = 0 6 Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Clinical signs indicate risk = 1 Tally observations 1-6 TOTAL:
Height / weight cannot be obtained, measure calf circumference = 1
circumference (2b) 2b
Calf circumference is less than 31 centimeters
Bating problems (mark with check on left and score according to instructions on right) Food intake Difficult to maintain good sitting position during meals Difficulty manipulating food on plate Difficulty conveying food to mouth Swallowing/mouth Difficulty chewing Difficulty coping with food in mouth Difficulty swallowing Energy/appetite Eats less than ¾ of food served Defence an entire meal Defence an enti
Food intake Difficult to maintain good sitting position during meals Difficulty manipulating food on plate Difficulty conveying food to mouth Swallowing/mouth Difficulty chewing Difficulty coping with food in mouth Difficulty swallowing Energy/appetite Eats less than 34 of food served Defor appetite Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Tally observations 1-6 Total:
□ Difficult to maintain good sitting position during meals One/more problems = 1 □ Difficulty manipulating food on plate No problems = 0 □ Difficulty conveying food to mouth One/more problems = 1 □ Difficulty chewing One/more problems = 1 □ Difficulty coping with food in mouth No issues = 0 □ Difficulty swallowing One/more problems = 2 □ Eats less than ¾ of food served One/more problems = 2 □ Lacks energy to complete an entire meal No problems = 0 □ Poor appetite Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Clinical signs indicate risk = 1 Tally observations 1-6 TOTAL:
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4 Swallowing/mouth Difficulty chewing Difficulty coping with food in mouth Difficulty swallowing 5 Energy/appetite Eats less than ¾ of food served Difficulty swallowing Cone/more problems = 2 No problems = 0 Poor appetite Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Tally observations 1-6 TOTAL:
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Difficulty swallowing Energy/appetite Eats less than ¾ of food served Lacks energy to complete an entire meal Poor appetite Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Clinical signs indicate risk = 1 Otherwise = 0 Tally observations 1-6 TOTAL:
5 Energy/appetite Eats less than 3/4 of food served Lacks energy to complete an entire meal Poor appetite 6 Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Clinical signs indicate risk = 1 Otherwise = 0 Tally observations 1-6 TOTAL:
☐ Eats less than ¾ of food served One/more problems = 2 ☐ Lacks energy to complete an entire meal No problems = 0 ☐ Poor appetite Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Clinical signs indicate risk = 1 Otherwise = 0 TOTAL:
Lacks energy to complete an entire meal Poor appetite Clinical signs indicate risk of undernutrition. Assess e.g., body morphology, subcutaneous fat, muscle mass, grip strength, edema (fluid retention), blood tests (e.g. serum albumin). Tally observations 1-6 No problems = 0 Clinical signs indicate risk = 1 Otherwise = 0 TOTAL:
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Otherwise = 0 Tally observations 1-6 TOTAL:
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$(\min = 0, \max = 8)$
DICK OF TIMDEDMIADITION
RISK OF UNDERNUTRITION 0-2 points, no or low risk
3-4 points, moderate risk
5 points or more, high risk
Gradation of high BMI
Overweight: Obesity: Severe/morbid obesity:
25-29.9 (69 years or younger) 30-39.9 (69 years or younger) 30-40 (69 years or younger)
27-31.9 (70 years or older) 32-41.9 (70 years or older) >42 (70 years or older)

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