

Additional file 1

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

		POINTS
1	Unintentional weight loss (regardless of time & magnitude)	Yes, weight loss = 2 No weight loss = 0 Don't know = leave empty and continue
2a	<input type="checkbox"/> BMI is less than 20 (69 years or younger) <input type="checkbox"/> BMI is less than 22 (70 years or older) Height / weight cannot be obtained, measure calf circumference (2b)	Low BMI or small calf circumference = 1 Otherwise = 0
2b	<input type="checkbox"/> Calf circumference is less than 31 centimeters	
3	Eating problems (mark with check on left and score according to instructions on right) Food intake <input type="checkbox"/> Difficult to maintain good sitting position during meals <input type="checkbox"/> Difficulty manipulating food on plate <input type="checkbox"/> Difficulty conveying food to mouth	One/more problems = 1 No problems = 0
4	Swallowing/mouth <input type="checkbox"/> Difficulty chewing <input type="checkbox"/> Difficulty coping with food in mouth <input type="checkbox"/> Difficulty swallowing	One/more problems = 1 No issues = 0
5	Energy/appetite <input type="checkbox"/> Eats less than ¾ of food served <input type="checkbox"/> Lacks energy to complete an entire meal <input type="checkbox"/> Poor appetite	One/more problems = 2 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 Otherwise = 0
Tally observations 1-6 (min = 0, max = 8)		TOTAL:
RISK OF UNDERNUTRITION <input type="checkbox"/> 0-2 points, no or low risk <input type="checkbox"/> 3-4 points, moderate risk <input type="checkbox"/> 5 points or more, high risk		
Gradation of high BMI Overweight: 25-29.9 (69 years or younger) 27-31.9 (70 years or older) <input type="checkbox"/>	Obesity: 30-39.9 (69 years or younger) 32-41.9 (70 years or older) <input type="checkbox"/>	Severe/morbid obesity: >40 (69 years or younger) >42 (70 years or older) <input type="checkbox"/>