

# New Screening Tool Detects Appetite Problems in Senior Adults

## Council on Nutrition Appetite Questionnaire

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### A. My appetite is

1. Very poor
2. Poor
3. Average
4. Good
5. Very good

### B. When I eat, I feel full after

1. Eating only a few mouthfuls
2. Eating about a third of a plate/meal
3. Eating over half of a plate/meal
4. Eating most of the food
5. Hardly ever

### C. I feel hungry

1. Never
2. Occasionally
3. Some of the time
4. Most of the time
5. All of the time

### D. Food tastes

1. Very bad
2. Bad
3. Average
4. Good
5. Very good

### E. Compared to when I was 50, food tastes

1. Much worse
2. Worse
3. Just as good
4. Better
5. Much better

### F. Normally, I eat

1. Less than one regular meal a day
2. One meal a day
3. Two meals a day
4. Three meals a day
5. More than three meals a day (including snacks)

### G. I feel sick or nauseated when I eat

1. Most times
2. Often
3. Sometimes
4. Rarely
5. Never

### H. Most of the time my mood is

1. Very sad
2. Sad
3. Neither sad nor happy
4. Happy
5. Very happy

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## Scoring

Total the score by adding the numbers associated with the patient's response. A score of less than 28 is cause for concern. If the total is

- 8-16 The patient is at risk for anorexia and needs nutrition counseling.
- 17-28 The patient needs frequent reassessment.
- >28 The patient is not at risk at this time.