

Support for Nutrition Risk and Malnutrition



In this factsheet, you will learn about:



The purpose and benefits of nutrition risk screening



Healthcare providers and resources that can support nutritional health



Nutrition risk screening

- **Identifies** who is at nutrition risk so that they can be connected to community services and/or healthcare providers
- **Raises awareness** of nutrition problems so that people can make changes to their eating and drinking habits
- **Prevents** the progression or development of health problems related to nutrition risk

If you are concerned that you or someone you know may be at nutrition risk, connect with a trained healthcare provider for nutrition risk screening!

Nutrition risk screening resources:

Nutri-eSCREEN

A self-administered survey that identifies nutrition risk and provides nutritional advice

Find a Registered Dietitian

A website that finds local registered dietitians to help with nutritional health and goals



Helpful healthcare providers

Learn about the accessibility of healthcare providers in your community as they may only be available in-person at certain times of the year, or via virtual methods.

- Primary healthcare provider (for example, doctor, nurse practitioner)
- Registered dietitian
- Speech language pathologist
- Dentist or denturist
- Occupational therapist
- Physiotherapist
- Social worker or mental health professional



Helpful community resources

- Assisted grocery shopping programs
- Meal or grocery delivery services (for example, Meals on Wheels, local food boxes)
- Community gardens, kitchens, or food centres
- Cooking classes, cooking circles, or healthy eating workshops
- Congregate or group dining programs
- Transportation services
- Financial subsidy and assistance programs
- Home support agencies
- Mental health services and resources