



## Five Domains of Nutrition Assessment

### 1) Food and Nutrition Related History

- ▶ Food and nutrient intake, including the composition and adequacy, meal and snack patterns, and appropriateness related to food allergies and intolerances
- ▶ Food and nutrient administration including current and previous diets and diet prescriptions and food modifications, eating environment, and enteral and parenteral nutrition administration
- ▶ Medication and dietary supplement use, including prescription and over-the-counter medications, and integrative and functional medicine products
- ▶ Knowledge, beliefs, and attitudes (e.g. understanding of nutrition-related concepts, emotions about food/nutrition/health, body image, preoccupation with food and/or weight, readiness to change nutrition- or health-related behaviors, and activities and actions influencing achievement of nutrition-related goals)
- ▶ Food security defined as factors affecting access to a sufficient quantity of safe, healthful food and water, as well as food/nutrition-related supplies
- ▶ Physical activity, cognitive and physical ability to engage in developmentally appropriate nutrition-related tasks (e.g. self-feeding and other activities of daily living (ADLs))
- ▶ Other factors affecting intake and nutrition and health status (e.g. cultural, ethnic, religious, lifestyle influencers, psychosocial, and social determinants of health)

### 2) Anthropometric Assessment

- ▶ Assesses anthropometric indicators (e.g. height, weight, body mass index (BMI), waist circumference), comparison to reference data, and individual patterns and history
- ▶ Evaluate height, weight, usual body weight as percent of usual body weight, and weight history in comparison to ethnic and appropriate age reference standards such as:

- ◇ Adults 18-64: BMI normal range >18.5 to <25
- ◇ Adults 65 years and older: BMI normal range >23 to <30
- ▶ Change anthropometric measurement method used as appropriate (e.g. amputations, degree of paralysis)
- ▶ Evaluate for insidious/gradual unintentional and significant changes in weight and body composition and possible causes

### **3) Biochemical data, medical tests and procedure assessment**

- ▶ Assesses laboratory profiles (e.g. acid-base balance, renal function, endocrine function, inflammatory response, vitamin/mineral profile, lipid profile), and medical tests and procedures (e.g. gastrointestinal study, metabolic rate)

### **4) Nutrition-focused physical examination (NFPE)**

- ▶ May include visual and physical examination: Obtains and assesses findings from the NFPE (e.g. indicators of vitamin/mineral deficiency/toxicity, edema, muscle wasting, subcutaneous fat loss, altered body composition, oral health, feeding ability [suck/swallow/breathe], appetite, and affect)
- ▶ [Nutrition Focused Physical Exam Hands-on Training Workshop](#) (Live Virtual) by Academy of Nutrition and Dietetics [fee-based]
- ▶ [Abbott Nutrition Health Institute\\* Free Education](#)
- ▶ [Abbott Nutrition Health Institute\\* NFPE Infographic](#)

### **5) Person's history**

- ▶ Assesses current and past information related to personal, medical, family, and psychosocial/social history.

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