

FALL PREVENTION



NUTRITION

IDENTIFICATION OF NUTRITION STATUS

Nutrition status is a key predictor for falls. Research has shown that people who fall are more often undernourished than non-fallers.

HOW TO DETERMINE IF YOU ARE UNDERNOURISHED AND AT RISK OF FALLING

Anyone can take an easy 2-question survey to determine if they are at risk. The Malnutrition Screening Tool (MST) is a simple, quick, valid, and reliable tool developed for use in adult hospitalized patients, now used to identify patients at risk for malnutrition in many developed countries. It consists of two questions: Decreased intake due to poor appetite and amount of recent unintentional weight loss. The sum of these parameters is obtained to result in a score between zero and five. Patients are considered to be at risk for malnutrition if they receive a score of two or more (Ferguson et al, 1999).

QUESTION

POINTS

Have you lost weight recently without trying?

No	0
Unsure	2

If yes, how much weight (in pounds) have you lost?

2 - 10 pounds	1
11 - 22 pounds	2
23 - 33 pounds	3
34 - 45 pounds	4
Unsure	2

Have you been eating poorly because of decreased appetite?

No	0
Yes	1

Score of 2 or more = patient at risk of malnutrition

Total

Follow the Western Reserve Hospital Serving Seniors page (facebook.com/WRHservingseniors).

To learn more about fall prevention visit:
aging.ohio.gov/wps/portal/gov/aging/care-and-living/health-and-safety/fall-prevention/10-big-steps-to-prevent-falls





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OPTIMAL NUTRITION TO PREVENT FALLS – poor appetite and loss of weight can lead to loss of muscle and bone, leading to poor balance increasing risk of falls and fractures.

EAT THE RIGHT AMOUNT OF PROTEIN

Protein helps build and repair body tissue including muscle. Most men and women need 55-65 grams of protein each day. Eat protein with each meal and snack to help your body use it best.

Good sources of protein

Protein (grams)

Meat, fish, poultry, 3 ounces	21
Milk, 1 cup	8
Soymilk, 1 cup	11
Cottage cheese, ½ cup	14
Yogurt, 6 ounces	8
Greek yogurt, 6 ounces	14 - 18
Cheese, 1 ounce or 1 slice	7
Tofu, 3 ounces	6
Dry milk powder, 2 tablespoons	5
Egg, ¼ cup	6
Peanut butter, 2 tablespoons	8
Dry beans or peas cooked, ½ cup	7
Soybeans, ½ cup	11
Peanuts, almonds, pistachio nuts, 1 ounce	6
Sunflower seeds (without hulls), 1 ounce	6
Pumpkin seeds, 1 ounce	9
Vegetable or soy patty, 1 patty	11

EAT THE RIGHT AMOUNT OF VITAMIN D

Vitamin D keeps bones and muscles strong. The sun helps Vitamin D work best. Older adults may need a Vitamin D supplement providing 1000 IU. Please check with your primary care provider.





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Good source of Vitamin D:

- Fatty fish (salmon, tuna, and mackerel)
- Dairy products
- Fortified orange juice
- Egg yolks
- Fortified margarine

EAT THE RIGHT AMOUNT OF CALCIUM

Calcium keeps muscles and bones strong and works with Vitamin D. It is best to get calcium from food rather than supplements. The goal for calcium intake to prevent fractures is 1,000 – 1,200 milligrams each day.

Good Sources of Calcium:

- Dairy products
- Green leafy vegetables
- Fish with soft bones that you can eat
- Grains, and fortified foods, such as cereals, juice, and soy products

Good source of calcium

Calcium (milligrams)

Fortified oatmeal, one packet	140
Cheddar cheese, 1 ounce	205
Milk, 1 cup	302
Yogurt, $\frac{3}{4}$ cup	310
Tofu, firm with calcium, $\frac{1}{2}$ cup	205
Orange juice, fortified with calcium, 1 cup	300
Baked beans, $\frac{1}{2}$ cup	160
Cottage cheese, $\frac{1}{2}$ cup	105
Pudding, made with milk, $\frac{1}{2}$ cup	160
Broccoli, raw, 1 cup	60
Soybeans, 1 cup	360
Collard greens, frozen, 1 cup	360

DRINK THE RIGHT AMOUNT OF FLUID

Adequate fluid, around 8 cups a day, is recommended to prevent dehydration, dizziness, and falls.

