**Congregate Nutrition Assessment Form**

Welcome! Please tell us a bit about yourself so we can offer services that best meet your needs. We ask for demographic information to meet requirements from our funders. All your personal information is confidential. Please see the attached FAQs for more information and guidance on filling out this form.

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| --- | --- | --- | --- | --- |
| **Contact & Demographic Information:** | | | | |
| **First Name:** |  | **Middle Name:** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Last Name:** |  | **Nickname:** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date of Birth:** | | |  | | | | | **Age:** |  | |
| **Home Address** Line 1: | | | | |  | | | | | | | | | |
| Line 2 (Apt/Unit/Floor #): | | | | |  | | | | City: | |  | | |
| Zip: |  | | County: | | |  | | | | | | State: |  |
| **Mailing Address** Line 1: | | | | |  | | | | | | | | | |
| Line 2 (Apt/Unit/Floor #): | | | | |  | | | | City: | |  | | |
| Zip: |  | | County: | | |  | | | | | | State: |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | **Mailing Address Same as Home Address:** |  | | | **Home Location Comments** (additional directions for home or mailing address): | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Home Phone:** | |  | **Cell Phone:** |  |
| **Email:** |  | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gender:** | Male | Female | Non-Binary/Third Gender |  |

**Identify as:**  Transgender  Cisgender (identify with your gender from birth)

|  |  |  |  |
| --- | --- | --- | --- |
| Gender, if not listed: | |  | |
| **Ethnicity:**  Hispanic or Latino  Not Hispanic or Latino | | | |
| **Race, select all that apply:** | | | |
| American Indian or Alaska Native | | | Middle Eastern or North African |
| Asian or Asian American | | | Native Hawaiian or Pacific Islander |
| Black or African American | | | White |
| Race, if not listed: |  | | |

**Do you live:**  Alone  With Others  **Are you a veteran?** Yes  No

|  |  |
| --- | --- |
| **Number of people in your household** (including you): |  |

**Is your income above or below the amount listed for your household size:**

Above  At/Below

|  |  |  |
| --- | --- | --- |
| Household Size | Monthly Income | Annual Income |
| 1 | $1,304 | $15,650 |
| 2 | $1,763 | $21,150 |
| 3 | $2,221 | $26,650 |
| 4 | $2,679 | $32,150 |
| For each additional person, add $5,500 to annual income | | |
|  | | |
| **Communication & Service Needs:** | | | | |

**Primary language:**  English  Spanish  Other, if not listed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Health Insurance (select all that apply):**

Medicare  Medicare Advantage  Medicaid  Medicaid Waiver

Private  None  Other, if not listed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Would you like to hear about other services?** Yes  No

**If yes, how can we contact you?**  Email  Mail  Phone

|  |  |
| --- | --- |
| **What services are you interested in?** |  |
|  | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Emergency Contact:** | | | |
| **Name:** |  | | |
| **Phone:** |  | **Relationship:** |  |

|  |
| --- |
| **Nutrition Screening:** |

Determine your nutritional health. If the statement is true for you, check the box in the “Yes” column and add the points in the “Yes Score” column to your total score.

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrition Risk Score Questions** | **Yes** | **No** | **Yes Score** |
| Do you have an illness or condition that has made you change the kind and/or amount of food you eat? |  |  | 2 |
| Do you eat fewer than 2 meals per day? |  |  | 3 |
| Do you eat few fruits, vegetables, or milk products? |  |  | 2 |
| Do you have 3 or more drinks of beer, liquor, or wine almost every day? |  |  | 2 |
| Do you have tooth or mouth problems that make it hard for you to eat? |  |  | 2 |
| Are there times you do not have enough money to buy the food you need? |  |  | 4 |
| Do you eat alone most of the time? |  |  | 1 |
| Do you take 3 or more different prescribed or over the counter drugs a day? |  |  | 1 |
| Without wanting to, have you lost or gained 10 pounds in the last 6 months? |  |  | 2 |
| Are there times you’re physically unable to shop, cook, and/or feed yourself? |  |  | 2 |
| **Total Nutrition Risk Score** *Total “Yes” Score:* | | | |

**Total Nutrition Risk Score: 0-2 = No Risk, 3-5 = Moderate Risk, 6 or more = High Risk**

If you are at high nutrition risk – take action! Speak with a qualified health or social service professional about your nutritional health. Providers – if the client is at high nutrition risk, please make a case note and appropriate referral.

**Are you interested in receiving nutrition counseling?**  Yes  No

**Are you interested in learning about nutrition and a healthy diet?**

A qr code on a white background

Description automatically generatedIf yes, you're invited to enroll in Text2LiveHealthy, a nutrition education program delivered to you via text message.  Scan this QR code with your phone’s camera to enroll or text the word FRUIT to 97699.

Message & Data Rates May Apply. Text HELP for information. Text STOP to97699 to opt out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit: <https://coloradosph.cuanschutz.edu/text2livehealthy>

**Disclosures and Waivers**

*I have been informed of the policies regarding voluntary contributions, complaint procedures and appeal rights. I am aware that in order to receive requested services, it may be necessary to share information with other departments or service providers and I give my consent to do so.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Signature:** |  | **Date:** |  |

***For Office Use Only –***

*(If filled out by assessor or via phone, please have assessor check here and sign below* )

|  |  |  |  |
| --- | --- | --- | --- |
| **Filled Out By:** |  | **Date:** |  |

Congregate Nutrition NSIP Eligibility

Individual Aged 60+

Self-Declared Spouse of individual aged 60+

Volunteer for the meal programs

Individual with disabilities living with individual aged 60+ and individual 60+ accompanies them to the meal site  
 Individual with disabilities who resides in a housing facility where the congregate meal site is located

Tribal Age Specification

Nutrition Counseling Eligibility:

Individual Aged 60+

Caregiver to an Individual Aged 60+