

# The BAPEN online self-screening tool

Are you worried that you might have lost too much weight recently?

Significant, unintended weight loss can be a warning sign that you are malnourished or at risk of malnutrition.

To help you check if you are losing too much weight BAPEN has developed a simple self-screening tool you can use along with advice to follow.

## Things you will need:

- Access to the internet
- Your weight now and an idea of your weight 3-6 months ago
- Your height

## What does it mean?

**LOW:** It is unlikely that you are at risk of becoming malnourished at the moment and you should continue eating as you are currently. If in the future you are concerned about weight loss or loss of appetite you should check your weight again.

**MEDIUM:** There is some risk of you being malnourished. Try to eat three meals a day with snacks and nourishing drinks in between if you can. If you usually eat low fat "diet" type foods, switch to the full fat or full calorie equivalents as the energy in them may halt or slow unintended weight loss. Keep an eye on your weight and screen yourself again in about 6 months time or sooner if you are concerned.

**HIGH:** You should arrange to see your doctor as it is likely that you are at high risk of being malnourished. Your doctor will be able to provide advice and may refer you to a dietitian for more advice on what you should do.



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## Steps for self-screening:



1. Visit the self-screening calculator at: [www.malnutritionselfscreening.org/self-screening.html](http://www.malnutritionselfscreening.org/self-screening.html)
2. Enter your height and weight into the online calculator (you can do this in either imperial or metric measurements)
3. Enter the weight you were 3-6 months ago before you began losing weight
4. You will be given a rating that will tell you whether or not you are likely to be at risk
5. Record your weight and your score from the self-screening tool so you can discuss them with your doctor, and use them for comparison in the future

**Whether you are concerned about your own weight, or weight loss you've noticed in a relative, friend or neighbour, the self-screening tool can help determine whether medical advice is needed. For more information about malnutrition, nutritional advice and to use the self-screening tool itself, visit [www.malnutrition/selfscreening.org/self-screening.html](http://www.malnutrition/selfscreening.org/self-screening.html)**