

# Utilizing Evidence Based Screening Tools to Indicate Clients in Most Need of Nutrition Services

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## Brief Description:

Meals On Wheels, Inc. of Tarrant County (MOWI) has been utilizing basic evidence based screening tools but has very recently expanded its screening process to include other evidence based screening tool to better assess clients' need and health risks.

*Attached are samples of all the screening tools used at MOWI.*

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*This submission was selected as part of a national challenge issued to leaders in all communities seeking new "best practices" and "best possibilities" for the future of nutrition and aging.*

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Meals On Wheels, Inc. of Tarrant County (MOWI) has for some time been utilizing some basic evidence based screening tools of the DETERMINE nutrition screening tool, the Texas DADS/AAA Consumer Needs Evaluation, and the Diabetes Detection Initiative to get a picture of needs and risk for each MOWI client. Very recently, MOWI has expanded its screening process to include some other evidence based tools. These new screening tools include: Risk Factors for Hospitalization and Emergent Care Assessment; EQ- 5D, a questionnaire determining a client's health state; a NHIS Questionnaire of Family Health Status and Limitations; Perceived Competence Scale for Health regarding how one is able to manage their health; and the NHIS Questionnaire of Family Access to Health Care and Utilization. All these additional screening tools have been added to get a better picture and understanding of our clients' health and the risk of hospitalization to better understand and evaluate a client need for meals.

As funds continue to be reduced for home delivered programs while need increases, programs need a more definitive way of determine clients most in need. Currently, here at MOWI, we currently do not have a waiting list and accept all those with need within 48 hours. However, we recognize at some point in the future we are going to need better identify those at the highest risk/need so that we can be good stewards of all the different types of funding we received.

Therefore, as the year progresses, we will begin to look at all the data collected from the all the screening tools to try to find the best indicators of risk/need. We will involve researchers so that we can make sure are data is strong and reproducible.