

Components of Dietetic Assessment

Dietetic Assessment is a systematic process to gather dietetically adequate and relevant information about the client by using state of the art methods. The aim is to identify nature and cause of dietetic related problems of the client. The gathered information are documented in types of categories (client history, diet history, behavioural-environmental, clinical status) or following the ICF-model. It is the first step of the DCP.

Checklist: Components and subcategories of Dietetic Assessment

1. Client History	
Personal History	Current and past information related to personal, family and social history General client information such as age, gender, race/ethnicity, language, education, and role of family, tobacco use, physical disability, mobility Client socioeconomic status, housing situation, medical care support and involvement in social groups
Medical/Health History of Client Family	Client or family disease states, conditions, and illnesses that may have nutritional impact Referral: Documented medical or surgical treatments, complementary and alternative medicine that may impact nutritional status of the client Pregnancy
2. Diet History	
Meal and snack pattern	Type, amount and pattern of intake of foods and food groups, indices of diet quality intake of fluids, preferences and aversions
Fluid Intake	Type, amount, and pattern of intake of beverages; oral fluids, food derived fluids, liquid meal replacement, preferences and aversions
Fluid balance	Fluid Intake in comparison to requirements
Energy intake	total energy intake from all sources, including food, beverages, supplements, or enteral and parenteral nutrition
Energy expenditure	Energy balance defined as changes in energy balance Amount of energy oxidized by a person under resting or physically active conditions.
Energy balance	Energy intake vs energy expenditure
Food and Nutrient balance	Food and Nutrient intake in comparison to nutrient requirements Composition and adequacy of food and nutrient intake, and meal and snack pattern
Food and Nutrient Administration:	Diet order, diet experience, enteral and parenteral nutrition administration, current and previous diets and or food modifications

	Description of food and drink regularly provided or consumed, past diets followed or prescribed and counselling received
Medication including over the counter medication and supplements	Prescription and over-the counter medications, including herbal preparations and complementary medicine products used
3. Behavioral-Environmental	
Food and nutrition knowledge Beliefs and attitudes Behavior	Understanding of nutrition-related concepts and conviction of the truth and feelings/emotions towards some nutrition-related statement or phenomenon, along with readiness to change nutrition-related behaviors client activities and actions, which influence achievement of nutrition related goals
Behavioral factors, willingness to change and potential for changing behavior	eating environment including diet habits
Factors Affecting Access to Food and Food/Nutrition-Related Supplies	economic information factors that affect intake and availability of a sufficient quantity of safe, healthful food as well as food/nutrition-related supplies
Physical Activity and function: nutrition related activities of daily living	physical activity, cognitive and physical ability to engage in specific tasks
Quality of life	how people participate or are involved in their daily life situation
4. Clinical Status	
Anthropometric data	Measurement of height, weight; calculation of BMI, waist circumference, waist hip ratio; skin fold measurements
Body composition	Estimation of different body compartments
Biochemical data, medical tests and procedures	Metabolism parameter, clinical chemistry, vital signs, procedures outcome
Nutrition-focused physical findings	Findings from an evaluation of body systems, muscle and subcutaneous for wasting, oral health, suck/ swallow/ breathe ability, appetite, and affect