

## **Factors that may affect food intake**

### **Medical factors:**

Poor appetite  
Poor dentition, other oral problems and dysphagia  
Loss of taste and smell  
Respiratory disorders e.g. Emphysema  
Gastrointestinal disorders e.g. Malabsorption  
Endocrine disorders e.g. Diabetes, thyrotoxicosis  
Neurological disorders e.g. CVA, Parkinson's disease  
Infections e.g. UTI, chest infection  
Physical disability e.g. Arthritis, poor mobility  
Drug interactions e.g. Digoxin, metformin, antibiotics, etc  
Other disease states e.g. Cancer,

### **Psychological:**

Confusion  
Dementia  
Depression  
Bereavement  
Anxiety

### **Lifestyle and Social factors:**

Lack of knowledge about food, cooking and nutrition  
Isolation / Loneliness  
Poverty  
Inability to shop or prepare food

### **Additional risk factors in hospital:**

Food service - sole nutritional supply is hospital food, limited choice, presentation may be poor  
Slow eating and limited time for meals  
Missing dentures  
Needs feeding/supervision  
Inability to reach food, use cutlery or open packages  
Unpleasant sights, sounds and smells  
Increased nutrient requirement e.g. Due to infections, catabolic state, wound healing etc.  
Limited provision for religious or cultural dietary needs  
Nil by mouth or miss meals while having tests