



THE UNIVERSITY of EDINBURGH  
Global Academy of  
Agriculture and Food Systems

**IDI** Data-Driven  
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Part of the Edinburgh & South East Scotland City Region Deal

# How is nutritional status assessed?

Amelia B Finaret, Honorary Lecturer

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# Myths

- Nutritional status only has to do with what you eat
- Nutritional status only has to do with your body size
- Nutritional status can be understood with a single indicator, like BMI



# The ABCDEFG of Nutrition Assessment

- Anthropometry
- Biochemical
- Clinical
- Dietary
- Environmental
- Food Safety
- Governance





# Anthropometry is measurements of the body



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# Biochemical tests are done in a lab



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# Clinical exams are done by a licensed clinician



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# Dietary assessment measures what people eat



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# The food environment matters too



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# Food safety determines nutritional status



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# Governance of the food system affects food access, affordability, safety, and quality



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# Data and resources

- [Nutrition screening adults](#) – A systematic review from the Evidence Analysis Library (EAL)
- Nutritional Assessment Article – [Kesari and Noel \(2023\)](#)
- Malnutrition resources for consumers – [ASPEN](#)



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# Thank you

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