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doi:10.4017/gt.2012.11.02.424.00 Purpose Older adults are at risk of malnutrition, which may arise due
to a range of factors including impaired physical function, such as problems with chewing and swallow-
ing or reduced mobility, cognitive difficulties such as dementia or other neurological conditions,
or mental health factors such as depression or social isolation. Malnutrition risk is difficult to identify
due to limitations on prospectively collecting accurate information over time about the nutritional and
hydration status of older adults, plus data on their physical activity, cognitive function and mental
health status. The purpose of this study was to validate the NANA – Novel Assessment of Nutrition
and Ageing – toolkit, a novel technology based on a touch screen computer for collecting inform-
ation from older adults in four domains: dietary intake, cognitive function, mood and physical
activity. Method Forty older adults aged between 65 and 88 years (M=72.4), were recruited to
participate in the fifteen-week study (July–November 2011). Exclusion criteria included English
not the first language, diagnosis of dementia, incapacity to provide consent, current or recent

treatment for a heart condition. To validate the NANA toolkit participants also completed a selec-
tion of standardised measures across the four domains - nutrition data were validated against
a blood panel and four-day food diary. The cognition data were validated against a neuropsy-
chological test battery. The mood data were validated against a standardised mood measure and
the physical activity data against a standardised physical activity questionnaire. Results & Dis-
cussion The NANA-system was successfully installed and data collected from participants over
three separate seven-day periods during the study. Analysis of the data collected in the second
week is currently under way and will be presented and compared with the data collected using
currently available gold standard measures in each domain. Preliminary findings suggest that
NANA offers the possibility of collecting accurate information about nutrition, cognition, mood

and physical activity or any combination of these, in people’s own homes with minimum par-
ticipant burden. This presents new opportunities for taking a holistic approach to understanding
factors that influence health and well-being as people age.

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