

Launch of the Alberta Health Services Nutrition Check-Up for Older Adults

June 10, 2025

10:00-11:30am MDT

This session will introduce a new online nutrition screening tool - the Nutrition Check-Up for Older Adults. Many older Albertans are at risk of poor nutrition, which can lead to frailty, falls, and other health issues. The Nutrition Check-Up takes just a few minutes and asks about common changes in appetite, weight, swallowing, and meal habits. The Nutrition Check-Up also provides a personalized report with practical tips and resources.



Learning Outcomes:

- Understand why routine nutrition screening is important for older adults
- Learn what is included in the Nutrition Check-Up and how care providers and older adults can access it
- Explore and discuss resources available to support older adults' nutrition
- Brainstorm how the Nutrition Check-Up could be shared and used in First Nation communities.

Speakers:

Sarah Frank Nichols, Provincial Public Health Dietitian with Alberta Health Services, Nutrition Services

Kathleen Gibson, Community Nutrition Advisor, First Nations and Inuit Health Branch, Alberta Region, Indigenous Services Canada



Target Audience: Care providers who work with older adults in health care or community programs in First Nation communities

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22245>

To access this session from zoom:
<https://fntn.zoom.us/j/8700305011>
Meeting ID: 870 0305 0111
Passcode: 689506

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 870 0305 0111
Passcode: 689506



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FIRSTNATIONSTELEHEALTHNETWORK

To join via internet browser

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 870 0305 0111

3. Passcode: 689506

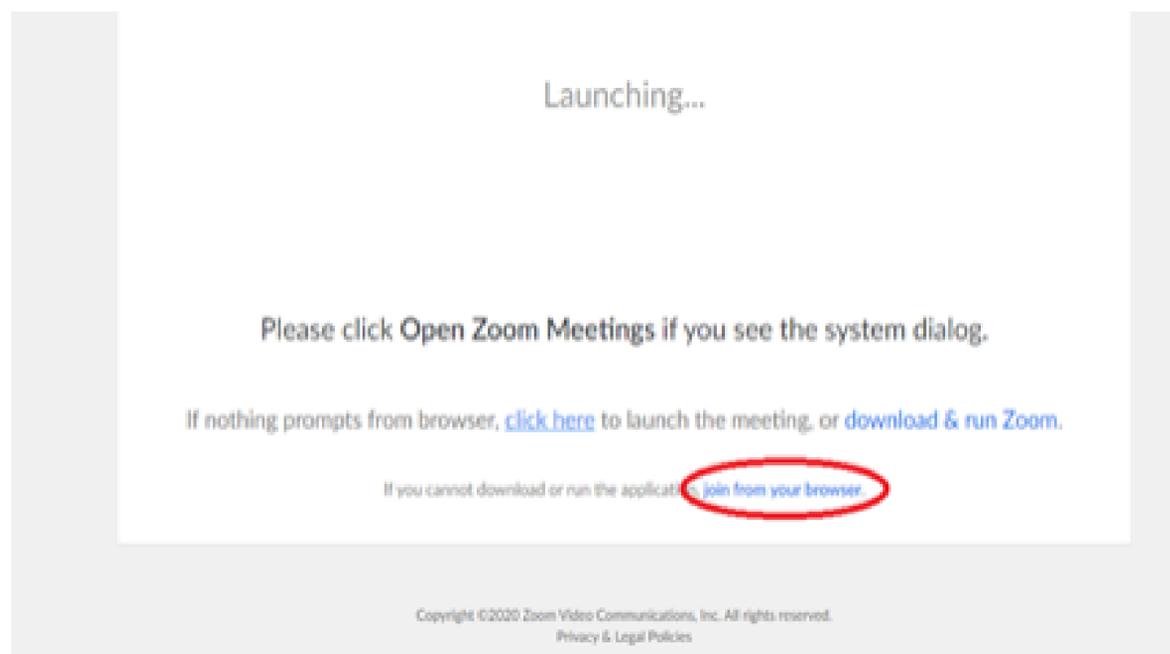
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 870 0305 0111

3. Passcode: 689506

4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

7. You will now join the webinar, by default all attendees of the webinar are muted.