



Your Health, Your Way, Your Kitchen Table Nutrition and Hospital Re-admission Study

The University of Utah Division of Family Medicine has partnered with the Utah Division of Aging and Adult Services in a nutrition research study. The purpose of this study is to evaluate the impact of nutritional health on hospital readmissions.

Be part of an important research study:

- Are you 60 years or older?
- Are you eligible for Home Delivered Meals?
- Have you recently been discharged from a hospital, rehabilitation, or skilled nursing facility?
- Are you at risk for poor nutrition?

Participation in this study involves:

- In home nutrition assessment at no cost
- Time commitment of up to two hours per month over a six month period

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AGING AND ADULT SERVICES