Appendix

MINI NUTRITIONAL ASSESSMENT MNA®

Complete the form by writing the numbers in the boxes. Add the numbers in the boxes and compare the total assessment to the Malnutrition Indicator Score.

ANTHROPOMETRIC ASSESSMENT

1. Body Mass Index (BMI) (weight in kg) / (height in m²)
   - a. BMI < 19 = 0 points
   - b. BMI 19 to < 21 = 1 point
   - c. BMI 21 to < 23 = 2 points
   - d. BMI ≥ 23 = 3 points

2. Mid-arm circumference (MAC) in cm
   - a. MAC < 21 = 0 points
   - b. MAC 21 to < 22.5 = 0.5 points
   - c. MAC ≥ 22.5 = 1.0 points

3. Calf circumference (CC) in cm
   - a. CC < 31 = 5 points
   - b. CC ≥ 31 = 1 point

4. Weight loss during last 3 months
   - a. weight loss greater than 3 kg (6.6 lbs) = 0 points
   - b. does not know = 1 point
   - c. weight loss between 1 and 3 kg (2.2 and 6.6 lbs) = 2 points
   - d. no weight loss = 3 points

GENERAL ASSESSMENT

5. Lives independently (not in a nursing home or hospital)
   - a. no = 0 points
   - b. yes = 1 point

6. Takes more than 3 prescription drugs per day
   - a. yes = 0 points
   - b. no = 1 point

7. Has suffered psychological stress or acute disease in the past 3 months
   - a. yes = 0 points
   - b. no = 2 points

8. Mobility
   - a. bed or chair bound = 0 points
   - b. able to get out of bed/chair but does not go out = 1 point
   - c. goes out = 2 points

9. Neuropsychological problems
   - a. severe dementia or depression = 0 points
   - b. mild dementia = 1 point
   - c. no psychological problems = 2 points

10. Pressure sores or skin ulcers
    - a. yes = 0 points
    - b. no = 1 point

DIETARY ASSESSMENT

11. How many full meals does the patient eat daily?
    - a. 1 meal = 0 points
    - b. 2 meals = 1 point
    - c. 3 meals = 2 points

12. Selected consumption markers for protein intake
    - a. At least one serving of dairy products (milk, cheese, yogurt) per day? yes no
    - b. Two or more servings of legumes or eggs per week? yes no
    - c. Meat, fish or poultry every day? yes no
      - a. If 0 or 1 yes = 0.0 points
      - b. If 2 yes = 0.5 points
      - c. If 3 yes = 1.0 points

13. Consumes two or more servings of fruits or vegetables per day?
    - a. no = 0 points
    - b. yes = 1 point

14. Has food intake declined over the past three months due to loss of appetite, digestive problems, chewing or swallowing difficulties?
    - a. severe loss of appetite = 0 points
    - b. moderate loss of appetite = 1 point
    - c. no loss of appetite = 2 points

15. How much fluid (water, juice, coffee, tea, milk,..) consumed per day? (1 cup = 8 oz)
    - a. less than 3 cups = 0.0 points
    - b. 3 to 5 cups = 0.5 points
    - c. more than 5 cups = 1.0 points

16. Mode of feeding
    - a. Unable to eat without assistance = 0 points
    - b. Self-fed with some difficulty = 1 point
    - c. Self-fed without any problem = 2 points

SELF ASSESSMENT

17. Do they view themselves as having nutritional problems?
    - a. major malnutrition = 0 points
    - b. does not know or moderate malnutrition = 1 point
    - c. no nutritional problem = 2 points

18. In comparison with other people of the same age, how do they consider their health status?
    - a. not as good = 0 points
    - b. does not know = 0.5 points
    - c. as good = 1.0 points
    - d. better = 2.0 points

ASSESSMENT TOTAL (max 30 points):

MALNUTRITION INDICATOR SCORE

≥ 24 points well-nourished
17 to 23.5 points at risk of malnutrition
< 17 points malnourished

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References:

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