

Mini Nutritional Assessment

MNA[®]

Nestlé
NutritionInstitute

| | | | | |
|------------|------|-------------|-------------|-------|
| Last name: | | First name: | | |
| Sex: | Age: | Weight, kg: | Height, cm: | Date: |

Complete the screen by filling in the boxes with the appropriate numbers. Total the numbers for the final screening score.

| Screening | |
|---|---|
| A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties? 0 = severe decrease in food intake 1 = moderate decrease in food intake 2 = no decrease in food intake | <input type="checkbox"/> |
| B Weight loss during the last 3 months 0 = weight loss greater than 3 kg (6.6 lbs) 1 = does not know 2 = weight loss between 1 and 3 kg (2.2 and 6.6 lbs) 3 = no weight loss | <input type="checkbox"/> |
| C Mobility 0 = bed or chair bound 1 = able to get out of bed / chair but does not go out 2 = goes out | <input type="checkbox"/> |
| D Has suffered psychological stress or acute disease in the past 3 months? 0 = yes 2 = no | <input type="checkbox"/> |
| E Neuropsychological problems 0 = severe dementia or depression 1 = mild dementia 2 = no psychological problems | <input type="checkbox"/> |
| F1 Body Mass Index (BMI) (weight in kg) / (height in m)² 0 = BMI less than 19 1 = BMI 19 to less than 21 2 = BMI 21 to less than 23 3 = BMI 23 or greater | <input type="checkbox"/> |
| IF BMI IS NOT AVAILABLE, REPLACE QUESTION F1 WITH QUESTION F2. DO NOT ANSWER QUESTION F2 IF QUESTION F1 IS ALREADY COMPLETED. | |
| F2 Calf circumference (CC) in cm 0 = CC less than 31 3 = CC 31 or greater | <input type="checkbox"/> |
| Screening score (max. 14 points) | <input type="checkbox"/> <input type="checkbox"/> |
| 12-14 points: Normal nutritional status 8-11 points: At risk of malnutrition 0-7 points: Malnourished | |

Ref. Vellas B, Villars H, Abellan G, et al. *Overview of the MNA® - Its History and Challenges*. J Nutr Health Aging 2006;10:456-465.
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 Guigoz Y. *The Mini-Nutritional Assessment (MNA®) Review of the Literature - What does it tell us?* J Nutr Health Aging 2006; 10:466-487.
 Kaiser MJ, Bauer JM, Ramsch C, et al. *Validation of the Mini Nutritional Assessment Short-Form (MNA®-SF): A practical tool for identification of nutritional status*. J Nutr Health Aging 2009; 13:782-788.
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For more information: www.mna-elderly.com