

# Mini Nutritional Assessment

# MNA<sup>®</sup>

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