

Mini Nutritional Assessment

MNA[®]

Nestlé
Nutrition Institute

Last name:		First name:		
Sex:	Age:	Weight, pounds:	Height, inches:	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

B Weight loss during the last 3 months

- 0 = weight loss greater than 6.6 lbs (3 kg)
 1 = does not know
 2 = weight loss between 2.2 and 6.6 lbs (1 and 3 kg)
 3 = no weight loss

C Mobility

- 0 = bed or chair bound
 1 = able to get out of bed / chair but does not go out
 2 = goes out

D Has suffered psychological stress or acute disease in the past 3 months?

- 0 = yes 2 = no

E Neuropsychological problems

- 0 = severe dementia or depression
 1 = mild dementia
 2 = no psychological problems

F1 Body Mass Index (BMI) weight (lb) / [height (in)]² x 703

- 0 = BMI less than 19
 1 = BMI 19 to less than 21
 2 = BMI 21 to less than 23
 3 = BMI 23 or greater

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 cm
 3 = CC 31 cm greater

Screening score (max. 14 points)

12 - 14 points: Normal nutritional status

8 - 11 points: At risk of malnutrition

0 - 7 points: Malnourished

References

- 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