

MNA[®]

Mini Nutritional Assessment



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

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.