

# Mini Nutritional Assessment

# MNA<sup>®</sup>

Nestlé  
Nutrition Institute

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><b>A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?</b>                  0 = severe decrease in food intake                  1 = moderate decrease in food intake                  2 = no decrease in food intake</p>	<input type="checkbox"/>
<p><b>B Weight loss during the last 3 months</b>                  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><b>C Mobility</b>                  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><b>D Has suffered psychological stress or acute disease in the past 3 months?</b>                  0 = yes      2 = no</p>	<input type="checkbox"/>
<p><b>E Neuropsychological problems</b>                  0 = severe dementia or depression                  1 = mild dementia                  2 = no psychological problems</p>	<input type="checkbox"/>
<p><b>F1 Body Mass Index (BMI) (weight in kg) / (height in m<sup>2</sup>)</b>                  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"/>

IF BMI IS NOT AVAILABLE, REPLACE QUESTION F1 WITH QUESTION F2.  
DO NOT ANSWER QUESTION F2 IF QUESTION F1 IS ALREADY COMPLETED.

<p><b>F2 Calf circumference (CC) in cm</b>                  0 = CC less than 31                  3 = CC 31 or greater</p>	<input type="checkbox"/>
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<p><b>Screening score</b> (max. 14 points)</p>	<input type="checkbox"/> <input type="checkbox"/>
<p><b>12-14 points:</b>      Normal nutritional status  <b>8-11 points:</b>      At risk of malnutrition  <b>0-7 points:</b>        Malnourished</p>	

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.  
 Rubenstein LZ, Harker JO, Salva A, Guigoz Y, Vellas B. *Screening for Undernutrition in Geriatric Practice: Developing the Short-Form Mini Nutritional Assessment (MNA-SF).* J. Gerontol 2001;56A: M366-377.  
 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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