**Mini-Nutritional Assessment (MNA)**

**Last Name:________________ First Name:________________ M I __ Sex:____ Date:_____

**Age:** _______ **Weight (kg):** _______ **Height (cm):** _______ **Knee Height (cm):**_____

Complete the form by writing the numbers in the boxes. Add the numbers in the boxes and compare the total assessment to the Malnutrition Indicator Score.

### Anthropometric Assessment

1. **Body Mass Index (BMI) (weight in kg/height in m)**
   - a. BMI < 19 = 0 points
   - b. BMI 19 to 21 = 1 point
   - c. BMI 21 to 23 = 3 points
   - d. BMI ≥ 23 = 5 points

2. **Midarm circumference (MAC) in cm**
   - a. MAC < 21 = 0 points
   - b. MAC 21 to 22 = 1 point
   - c. MAC ≥ 22 = 2 points

3. **Calf circumference (CC) in cm**
   - a. CC < 31 = 0 points
   - b. CC 31 to 31.9 = 1 point
   - c. CC ≥ 32 = 2 points

4. **Weight loss during last 3 months**
   - a. weight loss greater than 3 kg (6.6 lbs) = 0 points
   - b. does not know = 2 points
   - c. weight loss between 1.1 to 2.3 kg = 3 points
   - d. no weight loss = 3 points

### General Assessment

5. **Lives independently (not in a nursing home or hospital)**
   - a. no = 0 points
   - b. yes = 1 point

6. **Takes more than 3 prescription drug per day**
   - a. yes = 0 points
   - b. no = 1 point

7. **Has suffered psychological stress or acute disease in the last 3 months**
   - a. yes = 0 points
   - b. no = 1 point

8. **Mobility**
   - a. bed or chair bound = 0 points
   - b. able to get out of bed/chair but does not go out = 1 point
   - c. goes out = 2 points

9. **Neuropsychological problems**
   - a. severe dementia or depression = 0 points
   - b. mild dementia = 1 point
   - c. no neuropsychological problems = 2 points

10. **Pressure sores or skin ulcers**
    - a. yes = 0 points
    - b. no = 1 point

### Dietary Assessment

11. **How many full meals does the patient eat daily?**
    - a. 1 meal = 0 points
    - b. 2 meals = 1 point
    - c. 3 meals = 2 points

### Assessment Total (max. 30 points)

- □ ≥ 24 points well-nourished
- □ 17 to 23.5 points at risk of malnutrition
- □ < 17 points malnourished

- □ Yes
- □ No