

Nutrition screening

As **e a s y**
as **m n a**®



The MNA® (Mini Nutritional Assessment) is the most validated screening tool for the elderly. Quick, easy to use and effective, the MNA® was designed to address the nutrition aspects of the Comprehensive Geriatric Assessment.

✓ Most validated tool for the elderly

- Sensitive and reliable
- Recommended by national and international organisations
- Supported by more than 400 published studies

✓ Quick and easy to use

- Screen in less than 4 minutes
- Requires no special training

✓ Identifies nutritional status

- Malnourished vs At risk vs Normally Nourished
- Facilitates early intervention
- Identifies at risk persons before weight loss occurs

Nestlé Nutrition INSTITUTE
Mini Nutritional Assessment MNA®

Last name: _____ First name: _____ Sex: _____ Date: _____
Age: _____ Weight, kg: _____ Height, cm: _____ I.D. Number: _____

Complete the screen by filling in the boxes with the appropriate numbers. Total the numbers for the final screening score.

A 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 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

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
1 = no

E Neuropsychological problems

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

F1 Body Mass Index (BMI) (weight in kg) / (height in m²)

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

F2 Gait circumference (CC) in cm

0 = CC less than 31
1 = CC 31 or greater

Screening score (max. 14 points)

12-14 points: Normal nutritional status
8-11 points: At risk of malnutrition
0-7 points: Malnourished

For a more in-depth assessment, complete the full MNA® which is available at www.mna-elderly.com

References: Williams, Walker, Walker, et al., Overview of the MNA®: An History and Challenges. J Nutr Health Aging 2006;10:456-465.
Rubenstein LZ, Maher J, Sirota A, Gaziano T, Vellas B. Screening for Undernutrition in Geriatric Practice: Developing the Short-Form Mini Nutritional Assessment (MNA-SF). J Geriatr 2001;56:1066-377.
*Sociedad Española de Geriátrica y Gerontología. Review of the Literature: What does it tell us? J Nutr Health Aging 2006; 10:466-487.
For more information www.mna-elderly.com

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