

# MNA<sup>®</sup> Mini Nutritional Assessment



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	
<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	<input type="checkbox"/>
<b>B Weight loss during the last 3 months</b> 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	<input type="checkbox"/>
<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	<input type="checkbox"/>
<b>D Has suffered psychological stress or acute disease in the past 3 months?</b> 0 = yes      2 = no	<input type="checkbox"/>
<b>E Neuropsychological problems</b> 0 = severe dementia or depression 1 = mild dementia 2 = no psychological problems	<input type="checkbox"/>
<b>F1 Body Mass Index (BMI) weight (lb) / [height (in)]<sup>2</sup> x 703</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	<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.

<b>F2 Calf circumference (CC) in cm</b> 0 = CC less than 31 cm 3 = CC 31 cm greater	<input type="checkbox"/>
---	--------------------------

Screening score (max. 14 points)	
<b>12 - 14 points:</b> Normal nutritional status <b>8 - 11 points:</b> At risk of malnutrition <b>0 - 7 points:</b> Malnourished	<input type="checkbox"/> <input type="checkbox"/>

#### References

- Vellas B, Villars H, Abellan G, *et al.* Overview of the MNA<sup>®</sup> - 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. Geront.* 2001; **56A**: M366-377
- Guigoz Y. The Mini-Nutritional Assessment (MNA<sup>®</sup>) 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<sup>®</sup>-SF): A practical tool for identification of nutritional status. *J Nutr Health Aging.* 2009; **13**:782-788.

© Société des Produits Nestlé SA, Trademark Owners.

© Société des Produits Nestlé SA 1994, Revision 2009

For more information: [www.mna-elderly.com](http://www.mna-elderly.com)

Registered trademark of Société des Produits Nestlé S.A. © Société des Produits Nestlé SA 1994, Revision 2009.

MNA – United States/English – US customary measures  
MNA\_AU2.0\_eng-USori.doc