

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

**A Has 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
- 2 = 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 m<sup>2</sup>)**

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

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

**F2 Calf circumference (CC) in cm**

- 0 = CC less than 31
- 3 = 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

 

**References**

1. Vellas B, Villars H, Abellan G, *et al.* Overview of the MNA® - Its History and Challenges. *J Nutr Health Aging.* 2006; **10**:456-465.
2. 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.
3. Guigoz Y. The Mini-Nutritional Assessment (MNA®) Review of the Literature - What does it tell us? *J Nutr Health Aging.* 2006; **10**:466-487.
4. 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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