### Mini Nutritional Assessment (MNA®)

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 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** 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

If BMI is not available, replace question F1 with question F2. Do not answer question F2 if question F1 is already completed.

---

For a more in-depth assessment, complete the full MNA® which is available at [www.mna-elderly.com](http://www.mna-elderly.com)


© Société des Produits Nestlé, S.A., Vevey, Switzerland, Trademark Owners


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