## Mini Nutritional Assessment

**Last Name:** __________________________  **First Name:** __________________________  **Sex:** ______  **Date:** ____________

**Age:** ______  **Weight:** ______  **Height:** ______  **PRE Albumin Level:** ______

Questions 1 through 7 represent the initial screening. If the additive score of 1 to 7 is 11 points or below, proceed to complete the remaining questions which represent the assessment. If the score of 1 thought 7 is 12 or greater there is no nutritional risk.

### 1. Body Mass (BMI) Index (wt. in kg) (ht in m²)
- a) BMI < 19 = 0 points
- b) BMI 19 to < 21 = 1 point
- c) BMI 21 to > 23 = 2 points
- d) BMI > 23 = 3 points

### 2. Weight loss during the last 3 months
- a) weight loss > 3 kg (6.6 lbs.) = 0 points
- b) does not know = 1 point
- c) weight loss between 1 & 3 kg = 2 points
- d) no weight loss = 3 points

### 3. Takes more than 3 prescriptions per day
- a) yes = 0 points
- b) no = 1 point

### 4. Has suffered psychological stress or acute disease in the past 3 months
- a) yes = 0 points
- b) no = 1 point

### 5. Neuropsychological problems
- a) severe dementia or depression = 0 points
- b) mild dementia = 1 point
- c) no psychological problems = 2 points

### 6. Mobility
- a) bed or chair bound = 0 points
- b) gets OOB but does not go out = 1 point
- c) goes out = 2 points

### 7. Has food intake declined over the last 3 months due to lack or appetite, digestive problems, chewing or swallowing problems?
- a) severe loss of appetite = 0 points
- b) moderate loss of appetite = 1 point
- c) no loss of appetite = 2 points

### 8. Lives independently
- a) no = 0 points
- b) yes = 1 point

### 9. Consumes 2 or more fruits or vegetables/day
- a) no = 0 points
- b) yes = 1 point

### 10. Selected consumption markers for protein intake
- a) M. least 1 serving dairy products/day
- b) 2 or more servings of legumes or eggs per wk
- c) Meat, fish, poultry every day

### 11. How many meals does the patient eat daily?
- 1 meal = 0 points
- 2 meals = 1 point
- 3 meals = 2 points

### 12. Pressure sores or skin ulcers
- a) yes = 0 points
- b) no = 1 point

### 13. How much fluid (water, coffee, tea, milk, etc) is consumed daily (1 cup = 8 oz.)
- a) less than 3 cups = 0.0 points
- b) 3 to 5 cups = 0.5 points
- c) more than 5 cups = 1.0 points

### 14. Mode of feeding
- a) unable to eat without assistance = 0 points
- b) self-fed with some difficulty = 1 point
- c) self-fed without any problem = 2 points

### 15. Does the patient view themselves as having a nutritional problem?
- a) major malnutrition = 0 points
- b) do not know or moderate nutrition = 1 point
- c) no nutrition problems = 2 points

### 16. In comparison with other people of the same age, how does the patient consider their health status?
- a) not as good = 0.0 points
- b) do not know = 0.5 point
- c) as good = 1.0 points
- d) better = 2.0 points

### 17. Mid Arm Circumference (MAC) in cm
- a) MAC less than 21 = 0.0 points
- b) MAC 21 to 22 = 0.5 point
- c) MAC 22 or greater = 1.0 points

### 18. Calf Circumference (CC)
- a) CC less than 21 = 0 points
- b) CC 31 or greater = 1 point

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**Requesting Practitioner:** __________________________