

Nutritional Screening Tool

Complete the screen by filling in the boxes with the appropriate numbers. Add the numbers for the screen. If the score is 11 or less, then schedule an appointment with a medical provider to do a complete nutritional assessment.

SCREENING		
A	Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties? 0 = severe loss of appetite 1 = moderate loss of appetite 2 = no loss of appetite	<input type="checkbox"/>
B	Weight loss during the last 3 months 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"/>
C	Mobility 0 = bed or chair bound 1 = able to get out of bed/chair but does not go out 2 = goes out	<input type="checkbox"/>
D	Has suffered psychological stress or acute disease in the past 3 months 0 = yes 2 = no	<input type="checkbox"/>
E	Neuropsychological problems 0 = severe dementia or depression 1 = mild dementia 2 = no psychological problems	<input type="checkbox"/>
F	Body Mass Index (BMI) (weight / height) 0 = BMI less than 18.5 1 = BMI 18.5 to less than 24.9 2 = BMI 25 to less than 29.9 3 = BMI 30 or greater	<input type="checkbox"/>
Screening score (subtotal max. 14 points)		
12 points or greater	Normal – not at risk – no need to complete assessment	<input type="checkbox"/>
11 points or below	Possible malnutrition – schedule an appointment with a medical provider	<input type="checkbox"/>

Obtained from Nestle Nutritional Institute's Mini Nutritional Assessment, www.mna-elderly.com.