

## HANDOUT 6.2. NUTRITIONAL STATUS CLASSIFICATIONS AND ACTIONS

### Body mass index (BMI)

Measurement (adults)	Condition	Actions
18.5–24.9 cm	Normal nutritional status	<ul style="list-style-type: none"> <li>• Provide education and counselling on the Critical Nutrition Practices.</li> <li>• Counsel on eating well.</li> <li>• Counsel on the importance of good nutrition.</li> </ul>
16.0–18.4 cm	Moderate malnutrition	<ul style="list-style-type: none"> <li>• Refer for supplementary feeding if available.</li> <li>• Refer for admission to therapeutic feeding if the client is unable to stand and seems dehydrated.</li> </ul>
< 16 cm	Severe malnutrition	<ul style="list-style-type: none"> <li>• Refer for admission to therapeutic feeding.</li> </ul>

### Mid-upper arm circumference (MUAC)

Measurement (adults)	Condition	Actions
23 cm	Normal nutritional status	<ul style="list-style-type: none"> <li>• Provide education and counselling on the Critical Nutrition Practices.</li> <li>• Counsel on eating well.</li> <li>• Counsel on the importance of good nutrition.</li> </ul>
18.5–21.0 cm	Mild malnutrition	<ul style="list-style-type: none"> <li>• Provide counselling and education on eating well and maintaining good nutrition.</li> <li>• Refer for treatment of opportunistic infections.</li> <li>• Counsel on preventing infections by maintaining food and water safety and hygiene).</li> </ul>
16.0–18.5 cm	Moderate malnutrition	<ul style="list-style-type: none"> <li>• Refer for supplementary feeding if available.</li> <li>• Refer for admission to therapeutic feeding if the client is unable to stand and seems dehydrated.</li> </ul>
< 16 cm	Severe malnutrition	<ul style="list-style-type: none"> <li>• Refer for admission to therapeutic feeding.</li> </ul>

## Weight loss

Weight change	Actions
More than 3 kg in 1–2 months	<ul style="list-style-type: none"><li>• Refer for nutrition assessment to classify nutritional status and identify the need for therapeutic or supplementary food.</li><li>• Counsel to improve food intake and treat possible infections.</li><li>• Assess for ART.</li><li>• Prevent and treat infections.</li></ul>
2–3 kg in 2 months	<ul style="list-style-type: none"><li>• Provide nutrition counselling</li><li>• Refer for nutrition assessment to classify nutritional status and identify the need for therapeutic or supplementary food.</li><li>• Counsel on preventing infections through food and water hygiene and safety and treat infections if needed.</li></ul>
No loss or less than 1 kg	<ul style="list-style-type: none"><li>• Provide nutrition counselling.</li><li>• Demonstrate resistance exercises to build muscles.</li><li>• Counsel on preventing infections through (food and water hygiene and safety and treat infections if needed.</li></ul>