

## Physical Signs of Malnutrition

- Bilateral pitting edema
- Persistent fatigue
- Wasting
  - Significantly reduced fat in the buttocks
  - Loss of muscle bulk around the shoulders, arms, and legs
  - Outline of ribs seen easily
  - Hips small compared with the chest and abdomen
  - Sagging skin on buttocks and thighs (can look like baggy pants)



**Infant with wasting.** Source: WHO. 2002. *Training Course on Management of Acute Malnutrition*. Geneva: WHO.

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|--|---|
| <input type="checkbox"/> Dull, dry, thin, or discolored hair             | <input type="checkbox"/> Extensive skin lesions                               |
| <input type="checkbox"/> Lethargy or unconsciousness                     | <input type="checkbox"/> Persistent diarrhea                                  |
| <input type="checkbox"/> Dental problems                                 | <input type="checkbox"/> Nausea or vomiting                                   |
| <input type="checkbox"/> Mouth sores, thrush, or difficulty swallowing   | <input type="checkbox"/> Severe dehydration                                   |
| <input type="checkbox"/> Shock   | <input type="checkbox"/> High fever ( $> 38.5^{\circ} \text{C}$ )             |
| <input type="checkbox"/> Dry or flaking skin                             | <input type="checkbox"/> Difficult or rapid breathing or increased pulse rate |
| <input type="checkbox"/> Pallor of the palms, nails, or mucous membranes | <input type="checkbox"/> Convulsions  |
| <input type="checkbox"/> Lack of fat under the skin                      | <input type="checkbox"/> Severe anemia  |
| <input type="checkbox"/> Swollen gums                                    | <input type="checkbox"/> Hypothermia (temperature $< 35^{\circ} \text{C}$ )   |
| <input type="checkbox"/> Goiter  | <input type="checkbox"/> Hypoglycemia   |
|  | <input type="checkbox"/> Extreme weakness                                     |