

Sample Nutrition Screening Tools

Nutrition screening tool for children and adolescents (0–17 years)

1. For children under 5, plot weight on the growth chart.

Growth curve: Normal Flat Falling

2. Does the client have bilateral pitting edema?

Yes No If yes, refer immediately for medical assessment.
If no, go to step 3.

3. Find the client's MUAC.

Today's MUAC _____ mm

4. Tick the correct nutritional status.

Classification criteria	Nutritional status
Bilateral pitting edema OR MUAC: 6–59 months: less than 115 mm 5–9 years: less than 135 mm 10–17 years: less than 160 mm	<input type="checkbox"/> Severely malnourished
MUAC: 6–59 months: 115 to 124 mm 5–9 years: 135 to 144 mm 10–17 years: 160 to 184 mm	<input type="checkbox"/> Moderately malnourished
6–59 months: 125 mm or more 5–9 years: 145 mm or more 10–17 years: 185 mm or more	<input type="checkbox"/> Normal

5. If the client is moderately or severely malnourished, refer to a health facility for full nutrition assessment.

Nutrition screening tool for adults

1. Does the client have bilateral pitting edema?

Yes No

If yes, refer immediately for medical assessment.
If no, go to step 2.

2. Find the client's MUAC.

Today's MUAC _____ mm

3. Tick the correct nutritional status.

Classification criteria		Nutritional status
Non-pregnant/postpartum	Pregnant/postpartum	
Bilateral pitting edema OR MUAC:		<input type="checkbox"/> Severely malnourished
Less than 190 mm	Less than 190 mm	
MUAC:		<input type="checkbox"/> Moderately malnourished
190 to 219 mm	190 to 229 mm	
220 mm or more	230 mm or more	<input type="checkbox"/> Normal

4. If the client is moderately or severely malnourished, refer to a health facility for full nutrition assessment.