

## Validated Malnutrition Screening Tools

Malnutrition screening is a quick and effective process used to identify individuals **who may be at risk for malnutrition at a point in time** due to poor dietary habits or nutrition-related issues. Malnutrition screening with the use of validated and reliable screening tools is essential to ensure that individuals at risk for malnutrition are accurately identified while preventing the over-referral of individuals without the condition.

Validated malnutrition screening tools can be used by various professionals within the aging network, even those without formal nutrition training, to identify whether an individual may be at risk for malnutrition. It is crucial to emphasize that **these tools have been tested with precise language, this means it is important to adhere strictly to the wording when administering the screening tool to ensure reliability.**

The selection of a malnutrition screening tool may vary based on factors such as an organization's available fiscal resources, staff time and training, integration with existing databases, and coordination with local programs that address specific screening components. Individuals who are screened at risk for malnutrition with a validated tool would benefit from additional follow up and intervention.

Refer to the table below, which outlines several validated screening tools and options to consider.

Name of Screening Tool	<a href="#">Malnutrition Universal Screening Tool (MUST)</a>	<a href="#">Malnutrition Screening Tool (MST)</a>	<a href="#">MiniNutrition Assessment - Short Form (MNA-SF)</a>	<a href="#">Simplified Nutritional Appetite Questionnaire (SNAQ)</a>	<a href="#">Nutrition Risk Screening (NRS-2002)</a>
Number of Questions	5 Steps	2 Questions	6 Questions	4 Questions	4 Questions
Population	All Adults	All Adults	<a href="#">Older Adults (65+)</a>	Older Adults	All Adults
Screening Outcomes	"Low Risk", "Medium Risk", "High Risk"	Positive or Negative	"Normal", "At Risk", "Malnourished"	"Not Undernourished", "At Risk of Undernutrition", "Undernourished"	"Mild", "Moderate", "Severe"
Body Measurements Required	None	None	Includes <a href="#">calf circumference measurement or height and weight measurement</a> .	Includes mid-upper arm circumference measurement	None

### Additional Resources

[Nutrition Screening Adults \(NSA\)](#) from the Academy of Nutrition and Dietetics Evidence Analysis Library

[NSA FAQs and Definitions](#) from the Academy of Nutrition and Dietetics Evidence Analysis Library



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