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**The malnutrition risk assessment for elderly adults
(English Translation)**

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Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

Drafting organizations of this standard. Institute of Nutrition and Health, Chinese Center for Disease Control and Prevention, Peking Union Medical College Hospital, Chinese Academy of Medical Sciences, Hebei Medical Department University First Hospital, East China Hospital Affiliated to Fudan University, School of Public Health, Sun Yat-sen University.

1 Scope

This standard specifies the method and result judgment of malnutrition risk assessment for the elderly.

This standard applies to the risk assessment of malnutrition for the elderly 65 years and older.

2 Terms and definitions

The following terms and definitions apply to this document.

Malnutrition

Changes in tissue, body and function caused by insufficient or excessive intake of energy, protein and other nutrients, and the corresponding clinical Bed performance.

Malnutrition risk

Existing or potential factors lead to the probability and intensity of malnutrition.

Body mass index

body mass index

3.1 Assessor

Trained medical staff. The training content includes screening procedures, methods, scoring content, standards and result judgment.

3.2 Notification of assessment objects

Before the evaluation, the evaluation objective and content shall be briefly introduced to the evaluation object, and written informed consent shall be obtained.

3.3.1 Measurement of calf circumference

The subject stands, and uses a soft ruler to go around the maximum girth measured by the calf of the contralateral side.

3.3.2 Measurement of waist circumference

The subject's torso measured between the lowermost ribs and the upper iliac crest with a soft ruler while standing upright with feet together Horizontal circumference.

3.4 Risk Assessment Form for Malnutrition of the Elderly

See Appendix A.

3.5.1 Evaluation content

It includes three parts, namely.

- a) Basic information;
- b) Initial screening (0 points to 14 points);
- c) Evaluation (0 points to 16 points).

If the initial screening is less than 12 points, the assessment will continue, and the two total scores will be added together to form the final total score.

3.5.2 Results judgment

- a) If the total score of the initial screening is ≥ 12 points, it indicates that there is no risk of malnutrition, and no assessment is required;
- b) If the total score of the initial screening is less than 12 points, it indicates that there is a risk of malnutrition, continue the assessment;

- c) If the total score of malnutrition risk assessment (preliminary screening assessment) ≥ 24 points, it means that the nutritional status is good;
- d) If the total score of malnutrition risk assessment (preliminary screening assessment) < 24 points, when BMI ≥ 24 (or male waist circumference ≥ 90 cm, when women's waist circumference is ≥ 80 cm), it may indicate obesity/super-heavy malnutrition or risk of malnutrition;
- e) If the total score of malnutrition risk assessment (preliminary screening assessment) is 17 to 24, it means there is a risk of malnutrition;
- f) If the total score of malnutrition risk assessment (preliminary screening assessment) ≤ 17 points, it means there is malnutrition.

Appendix A

(Normative appendix) Risk Assessment Form for Malnutrition in the Elderly the risk assessment form of malnutrition for the elderly is shown in Table A.1.