

Clinical Characteristic	Malnutrition in the Context of Acute Illness or Injury Illness		Malnutrition in the Context of Chronic Illness		Malnutrition in the Context of Social or Environmental Circumstances	
	Non-severe (moderate) malnutrition	Severe Malnutrition	Non-severe (moderate) malnutrition	Severe malnutrition	Non-severe (moderate) malnutrition	Severe malnutrition
Energy Intake	<75% of estimated energy requirement for > 7 days	≤ 50% of estimated energy requirement for ≥ 5 days	<75% of estimated energy requirement for ≥ 1 month	< 75% of estimated energy requirement for ≥ 1 month	< 75% of estimated energy requirement for ≥ 3 months	≤ 50% of estimated energy requirement for ≥ 1 month
Weight Loss	1-2% 1 week	>2% 1 week	5% 1 month	>5% 1 month	5% 1 month	>5% 1 month
	5% 1 month	>5% 1 month	7.5% 3 months	>7.5% 3 months	7.5% 3 months	>7.5% 3 months
	7.5% 3 months	>7.5% 3 months	10% 6 months	>10% 6 months	10% 6 months	>10% 6 months
			20% 1 year	>20% 1 year	20% 1 year	>20% 1 year
Loss of Subcutaneous fat	Mild	Moderate	Mild	Severe	Mild	Severe
Muscle Loss	Mild	Moderate	Mild	Severe	Mild	Severe
Fluid Accumulation	Mild	Moderate to Severe	Mild	Severe	Mild	Severe
Reduced Grip Strength	N/A	Measurably Reduced	N/A	Measurably Reduced	N/A	Measurably Reduced

A minimum of two of the six characteristics above is recommended for diagnosis of either severe or non-severe malnutrition.

Table adapted from Skipper A. Malnutrition coding. In Skipper A (ed). Nutrition Care Manual. Chicago, IL. Academy of Nutrition and Dietetics; 2012 Edition.

Additional Notes:

Height and weight should be measured rather than estimated to determine body mass index. Usual weight should be obtained in order to determine the percentage and to interpret the significance of weight loss. Basic indicators of nutritional status such as body weight, weight change, and appetite may substantively improve with refeeding in the absence of inflammation. Refeeding and/or nutrition support may stabilize but not significantly improve nutrition parameters in the presence of inflammation. The National Center for Health Statistics defines “chronic” as a disease/condition lasting 3 months or longer. Serum proteins such as albumin and prealbumin are not included as defining characteristics of malnutrition because recent evidence analysis shows that serum levels of these proteins do not change in response to changes in nutrient intake. Table adapted from Skipper A. Malnutrition coding. In Skipper A (ed). Nutrition Care Manual. Chicago, IL. Academy of Nutrition and Dietetics; 2012 Edition.