

Table 2. Severity of malnutrition

Moderate (stage 1) malnutrition

1. Weight loss % (unintended)	5%-10% in ≤ 6 months or 10%-20% in > 6 months
2. Low BMI	$< 20 \text{ kg/m}^2$ if < 70 years or $< 22 \text{ kg/m}^2$ if ≥ 70 years
3. Reduced muscle mass	Mild-to-moderate deficit (per validated assessment methods*)

Severe (stage 2) malnutrition

1. Weight loss % (unintended)	$> 10\%$ in ≤ 6 months or $> 20\%$ in > 6 months
2. Low BMI	$< 18.5 \text{ kg/m}^2$ if < 70 years or $< 20 \text{ kg/m}^2$ if ≥ 70 years
3. Reduced muscle mass	Severe deficit (per validated assessment methods*)

BMI=body mass index. *To measure muscle mass, the Global Leadership Initiative on Malnutrition recommends use of dual-energy X-ray absorptiometry, bioelectrical impedance analysis, ultrasound, CT, or MRI, but these are costly and impractical. As an alternative, calf or arm circumference and physical exam findings may be used along with calibrated hand-grip strength, which is correlated with muscle mass.