

‘Malnutrition Universal Screening Tool’ (‘MUST’) for Adults

STEP 1

BMI Score

BMI kg/m ²	Score
More than 20	= 0
18.5 – 20	= 1
Less than 18.5	= 2

STEP 2

Weight Loss Score

%	Score
Less than 5%	= 0
5-10%	= 1
More than 10%	= 2

STEP 3

Acute Disease Effect Score

If patient is acutely ill and there has been or is likely to be little or no nutritional intake for 5 days or more
Score = 2

STEP 4

Overall Risk of Malnutrition

ADD SCORES TOGETHER TO CALCULATE OVERALL RISK OF MALNUTRITION

Score = 0 Low Risk

Score = 1 Medium Risk

Score = 2 or more High

STEP 5

Management Guidelines

Treat underlying condition and provide help & advice on food choices, eating & drinking when necessary

**Low Risk
Score = 0**

Routine Clinical Care

Repeat screening monthly or before if clinical need

**Medium Risk
Score = 1**

Provide First line dietary advice ‘Food First’

- Provide high calorie/ high protein fortified diet
- Provide nourishing drinks during day e.g. milk, fruit juice
- Provide 2 nourishing snacks a day in between meals

Repeat screening monthly or more if clinical need

**High Risk
Score = 2 or more**

Provide First line dietary advice ‘Food First’

- Provide 2 homemade high calorie drinks a day
- Provide high calorie/ high protein fortified diet
- Provide 2 nourishing snacks a day in between meals
- Provide nourishing drinks e.g. milk, fruit juice

If still high risk and losing weight refer for dietetic assessment

REMEMBER THIS IS ONLY A SCREENING TOOL

Clinical judgement needs to be used. IF in any doubt about the score look at your patient and use your professional judgement.

Step 1 – BMI score (& BMI)



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		Height (feet and inches)																													
		4'9 _{1/2}	4'10 _{1/2}	4'11	5'0	5'0 _{1/2}	5'1 _{1/2}	5'2	5'3	5'4	5'4 _{1/2}	5'5 _{1/2}	5'6	5'7	5'7 _{1/2}	5'8 _{1/2}	5'9 _{1/2}	5'10	5'11	5'11 _{1/2}	6'0 _{1/2}	6'1	6'2	6'3	6'3 _{1/2}	6'4 _{1/2}					
Weight (kg)	100	47	46	44	43	42	41	40	39	38	37	36	35	35	34	33	32	32	31	31	30	30	29	28	27	27	15	10			
	99	46	45	44	43	42	41	40	39	38	37	36	35	34	33	33	32	31	31	30	30	29	29	28	27	27	26	15	8		
	98	46	45	44	42	41	40	39	38	37	36	36	35	34	33	32	32	31	30	30	29	28	28	27	27	26	26	15	6		
	97	46	44	43	42	41	40	39	38	37	36	35	34	34	33	32	31	31	30	29	29	28	28	27	27	26	26	15	4		
	96	45	44	43	42	41	40	39	38	38	37	36	35	34	33	32	32	31	30	30	29	28	28	27	27	26	26	15	2		
	95	45	43	42	41	40	39	38	37	36	35	34	34	33	32	31	31	30	29	29	28	27	27	26	26	25	25	14	13		
	94	44	43	42	41	40	39	38	37	36	35	34	33	33	32	31	30	30	29	28	28	27	27	26	25	25	24	14	11		
	93	44	42	41	40	39	38	37	36	35	34	33	32	31	31	30	29	29	28	28	27	27	26	25	25	24	23	14	9		
	92	43	42	41	40	39	38	37	36	35	34	33	33	32	31	30	30	29	28	28	27	27	26	25	25	24	23	14	7		
	91	43	42	40	39	38	37	36	36	35	34	33	32	31	31	30	29	29	28	27	27	26	26	25	25	24	23	14	5		
	90	42	41	40	39	38	37	36	35	34	33	33	32	31	30	30	29	28	28	27	27	26	26	25	25	24	24	14	2		
	89	42	41	40	39	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	25	24	24	23	14	0		
	88	41	40	39	38	37	36	35	34	34	33	32	31	30	30	29	28	28	27	27	26	25	25	24	24	23	23	13	12		
	87	41	40	39	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	25	24	24	23	23	13	10		
	86	40	39	38	37	36	35	34	34	33	32	31	30	30	29	28	28	27	27	26	25	25	24	24	23	23	23	13	8		
	85	40	39	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	25	24	24	23	23	23	13	5		
	84	39	38	37	36	35	35	34	33	32	31	30	30	29	28	28	27	27	26	25	25	24	24	23	23	23	22	13	3		
	83	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	26	25	25	24	23	23	23	22	22	22	13	1		
	82	38	37	36	35	35	34	33	32	31	30	30	29	28	28	27	26	26	25	25	24	24	23	23	22	22	22	12	13		
	81	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	24	24	23	23	22	22	22	22	12	11		
	80	38	37	36	35	34	33	32	31	30	30	29	28	28	27	26	26	25	25	24	24	23	23	22	22	21	21	12	8		
	79	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	24	24	23	23	22	22	21	21	21	12	6		
	78	37	36	35	34	33	32	31	30	30	29	28	28	27	26	26	25	25	24	24	23	23	22	22	21	21	21	12	4		
	77	36	35	34	33	32	32	31	30	29	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	21	20	12	2		
	76	36	35	34	33	32	31	30	30	29	28	28	27	26	26	25	25	24	23	23	22	22	22	21	21	21	20	12	0		
	75	35	34	33	32	32	31	30	29	29	28	27	27	26	25	25	24	24	23	23	22	22	22	21	21	20	20	11	11		
	74	35	34	33	32	31	30	30	29	28	28	27	26	26	25	24	24	23	23	22	22	21	21	20	20	20	19	11	9		
	73	34	33	32	32	31	30	29	29	28	27	26	26	25	25	24	24	23	23	22	22	21	21	20	20	19	19	11	7		
	72	34	33	32	31	30	30	29	28	27	27	26	26	25	24	24	23	23	22	22	21	21	20	20	19	19	19	11	5		
	71	33	32	32	31	30	29	28	28	27	26	26	25	25	24	23	23	22	22	22	21	21	20	20	19	19	19	11	3		
	70	33	32	31	30	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	11	0		
69	32	32	31	30	29	28	28	27	26	26	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	18	10	12			
68	32	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	21	20	20	19	19	18	18	18	10	10			
67	31	31	30	29	28	28	27	26	26	25	24	24	23	22	22	21	21	21	20	20	19	19	18	18	18	18	10	8			
66	31	30	29	29	28	27	26	26	25	25	24	23	23	22	22	21	21	20	20	19	19	19	18	18	18	18	10	6			
65	30	30	29	28	27	27	26	25	25	24	24	23	22	22	21	21	21	20	20	19	19	18	18	18	17	17	10	3			
64	30	29	28	28	27	26	26	25	24	24	23	22	22	21	21	20	20	20	19	19	18	18	18	17	17	17	10	1			
63	30	29	28	27	27	26	25	25	24	23	23	22	22	21	21	20	20	19	19	19	18	18	18	17	17	17	9	13			
62	29	28	28	27	26	25	25	24	24	23	22	22	21	21	20	20	20	19	19	18	18	18	18	17	17	16	9	11			
61	29	28	27	26	26	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	18	18	17	17	17	16	9	8			
60	28	27	27	26	25	25	24	23	23	22	22	21	21	20	20	20	19	19	19	18	18	17	17	17	16	16	9	6			
59	28	27	26	26	25	24	24	23	22	22	21	21	20	20	19	19	19	18	18	17	17	17	16	16	16	16	9	4			
58	27	26	26	25	24	24	23	23	22	22	21	21	20	20	19	19	18	18	18	17	17	16	16	16	16	15	9	2			
57	27	26	25	25	24	23	23	22	22	21	21	20	20	19	19	18	18	18	18	17	17	16	16	16	15	15	9	0			
56	26	26	25	24	24	23	22	22	21	21	20	20	19	19	18	18	18	17	17	17	16	16	16	16	15	15	8	11			
55	26	25	24	24	23	23	22	21	21	20	20	19	19	18	18	17	17	17	16	16	16	16	15	15	15	15	8	9			
54	25	25	24	23	23	22	22	21	21	20	20	19	19	18	18	17	17	17	16	16	16	16	15	15	15	14	8	7			
53	25	24	24	23	22	22	21	21	20	20	19	19	18	18	17	17	16	16	16	15	15	15	15	14	14	14	8	5			
52	24	24	23	23	22	21	21	20	20	19	19	18	18	18	17	17	16	16	16	15	15	15	15	14	14	14	8	3			
51	24	23	23	22	22	21	20	20	19	19	18	18	18	17	17	16	16	16	16	15	15	15	14	14	14	14	8	0			
50	23	23	22	22	21	21	20	20	19	19	18	18	17	17	16	16	16	15	15	15	14	14	14	14	14	13	7	12			
49	23	22	22	21	21	20	20	19	19	18	18	17	17	17	16	16	16	15	15	15	14	14	14	14	14	13	13	7	10		
48	23	22	21	21	20	20	19	19	18	18	17	17	17	16	16	16	15	15	15	14	14	14	14	14	13	13	13	7	8		
47	22	21	21	20	20	19	19	18	18	17	17	17	16	16	16	15	15	15	15	14											



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Step 2 – Weight loss score

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight 3 to 6 months ago

Kg	Less than (kg)	Between (kg)	More than (kg)
30	31.6	31.6 - 33.3	33.3
31	32.6	32.6 - 34.4	34.4
32	33.7	33.7 - 35.6	35.6
33	34.7	34.7 - 36.7	36.7
34	35.8	35.8 - 37.7	37.8
35	36.8	36.8 - 38.9	38.9
36	37.9	37.9 - 40.0	40.0
37	38.9	38.9 - 41.2	41.1
38	40.0	40.0 - 42.2	42.2
39	41.1	41.1 - 43.3	43.3
40	42.1	42.1 - 44.4	44.4
41	43.2	43.2 - 45.6	45.6
42	44.2	44.2 - 45.6	46.7
43	45.3	45.3 - 47.8	47.8
44	46.3	46.3 - 48.9	48.9
45	47.4	47.4 - 50.0	50.0
46	48.4	48.4 - 51.1	51.1
47	49.5	49.5 - 52.2	52.2
48	50.5	50.5 - 53.3	53.3
49	51.6	51.6 - 54.4	54.4
50	52.6	52.6 - 55.6	55.6
51	53.7	53.7 - 56.7	56.7
52	54.7	54.7 - 57.8	57.8
53	55.8	55.8 - 58.9	58.9
54	56.8	56.8 - 60.0	60.0
55	57.9	57.9 - 61.1	61.1
56	58.9	58.9 - 62.2	62.2
57	60.0	60.0 - 63.3	63.3
58	61.1	61.1 - 64.4	64.4
59	62.1	62.1 - 65.6	65.6
60	63.2	63.2 - 66.7	66.7
61	64.2	64.2 - 67.8	67.8
62	65.3	65.3 - 68.9	68.9
63	66.3	66.3 - 70.0	70.0
64	67.4	67.4 - 71.1	71.1

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight 3 to 6 months ago

Kg	Less than (kg)	Between (kg)	More than (kg)
65	68.4	68.4 - 72.2	72.2
66	69.5	69.5 - 73.3	73.3
67	70.5	70.5 - 74.4	74.4
68	71.6	71.6 - 75.6	75.6
69	72.6	72.6 - 76.7	76.7
70	73.7	73.7 - 77.8	77.8
71	74.7	74.7 - 78.9	78.9
72	75.8	75.8 - 80.0	80.0
73	76.8	76.8 - 81.1	81.1
74	77.9	77.9 - 82.2	82.2
75	78.9	78.9 - 83.3	83.3
76	80.0	80.0 - 84.4	84.4
77	81.1	81.1 - 85.6	85.6
78	82.1	82.1 - 86.7	86.7
79	83.2	83.2 - 87.8	87.8
80	84.2	84.2 - 88.9	88.9
81	85.3	85.3 - 90.0	90.0
82	86.3	86.3 - 91.1	91.1
83	87.4	87.4 - 92.2	92.2
84	88.4	88.4 - 93.3	93.3
85	89.5	89.5 - 94.4	94.4
86	90.5	90.5 - 95.6	95.6
87	91.6	91.6 - 96.7	96.7
88	92.6	92.6 - 97.8	97.8
89	93.7	93.7 - 98.9	98.9
90	94.7	94.7 - 100.0	100.0
91	95.8	95.8 - 101.1	101.1
92	96.8	96.8 - 102.2	102.2
93	97.9	97.9 - 103.3	103.3
94	98.9	98.9 - 104.4	104.4
95	100.0	100.0 - 105.6	105.6
96	101.1	101.1 - 106.7	106.7
97	102.1	102.1 - 107.8	107.8
98	103.2	103.2 - 108.9	108.9
99	104.2	104.2 - 110.0	110.0

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight 3 to 6 months ago

Kg	Less than (kg)	Between (kg)	More than (kg)
100	105.3	105.3 - 111.1	111.1
101	106.3	106.3 - 112.2	112.2
102	107.4	107.4 - 113.3	113.3
103	108.4	108.4 - 114.4	114.4
104	109.5	109.5 - 115.6	115.6
105	110.5	110.5 - 116.7	116.7
106	111.6	111.6 - 117.8	117.8
107	112.6	112.6 - 118.9	118.9
108	113.7	113.7 - 120.0	120.0
109	114.7	114.7 - 121.1	121.1
110	115.8	115.8 - 122.2	122.2
111	116.8	116.8 - 123.3	123.3
112	117.9	117.9 - 124.4	124.4
113	118.9	118.9 - 125.6	125.6
114	120.0	120.0 - 126.7	126.7
115	121.1	121.1 - 127.8	127.8
116	122.1	122.1 - 128.9	128.9
117	123.2	123.2 - 130.0	130.0
118	124.2	124.2 - 131.1	131.1
119	125.3	125.3 - 132.2	132.2
120	126.3	126.3 - 133.3	133.3
121	127.4	127.4 - 134.4	134.4
122	128.4	128.4 - 135.6	135.6
123	129.5	129.5 - 136.7	136.7
124	130.5	130.5 - 137.8	137.8
125	131.6	131.6 - 138.9	138.9
126	132.6	132.6 - 140.0	140.0
127	133.7	133.7 - 141.1	141.1
128	134.7	134.7 - 142.2	142.2
129	135.8	135.8 - 143.3	143.3
130	136.8	136.8 - 144.4	144.4
131	137.9	137.9 - 145.6	145.6
132	138.9	138.9 - 146.7	146.7
133	140.0	140.0 - 147.8	147.8
134	141.1	141.1 - 148.9	148.9

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight 3 to 6 months ago

Kg	Less than (kg)	Between (kg)	More than (kg)
135	142.1	142.1 - 150.0	150.0
136	143.2	143.2 - 151.0	151.1
137	144.2	144.2 - 152.2	152.2
138	145.3	145.3 - 153.3	153.3
139	146.3	146.3 - 154.4	154.4
140	147.4	147.4 - 155.6	155.6
141	148.4	148.4 - 156.7	156.7
142	149.5	149.5 - 149.5	157.8
143	150.5	150.5 - 158.9	158.9
144	151.6	151.6 - 160.0	160.0
145	152.6	152.6 - 161.1	161.1
146	153.7	153.7 - 162.2	162.2
147	154.7	154.7 - 163.3	163.3
148	155.8	155.8 - 164.4	164.4
149	156.8	156.8 - 165.6	165.6
150	157.9	157.9 - 166.7	166.7
151	158.9	158.9 - 168.7	167.8
152	160.0	160.0 - 168.7	168.9
153	161.1	161.1 - 170.0	170.0
154	162.1	162.1 - 171.1	171.1
155	163.2	163.2 - 172.2	172.2
156	164.2	164.2 - 173.3	173.3
157	165.3	165.3 - 174.4	174.4
158	166.3	166.3 - 175.6	175.6
159	167.4	167.4 - 176.7	176.7
160	168.4	168.4 - 177.8	177.8
161	169.5	169.5 - 178.9	178.9
162	170.5	170.5 - 180.0	180.0
163	171.6	171.6 - 181.1	181.1
164	172.6	172.6 - 182.2	182.2
165	173.7	173.7 - 183.3	183.3
166	174.7	174.7 - 184.4	184.4
167	175.8	175.8 - 185.6	185.6
168	176.8	176.8 - 186.7	186.7
169	177.9	177.9 - 187.8	187.8

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