

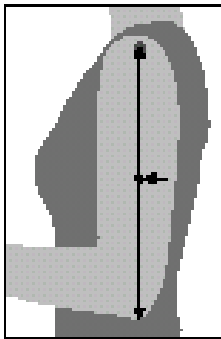
Activity Sheet for monitoring changes in weight by MUAC

Determining weight change from mid upper arm circumference (MUAC)

The aim of this activity is to determine the MUAC of two people to estimate their BMI range.

	MUAC (cm)	BMI <20 or >20
Person 1		
Person 2		

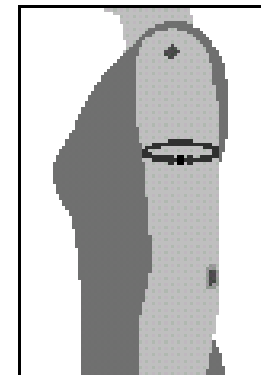
Estimating BMI from mid upper arm circumference (MUAC)



1. The individual's left arm should be bent at the elbow at a 90 degree angle, with the upper arm held parallel to the side of the body. Measure the distance between the bony protrusion of the shoulder (acromial) and the point of the elbow (olecranon process). Mark the mid-point.

2. Ask the individual to let their arm hang loose and measure around the upper arm at the mid-point, making sure the tape measure is snug but not tight.

- If the MUAC is < 23.5cm, BMI is likely to be <20
 - Consider putting in place a moderate risk care plan
- If the MUAC is >23.5cm, BMI is likely to be >20
 - No action required, repeat MUAC monthly




To purchase the 'MUST' alternative measurement tape to assist with measuring ulna and MUAC, visit www.focusonundernutrition.co.uk


Ulna Height Conversion Table developed by BAPEN													Single use only																	
HEIGHT(m)	Men(<65years)	1.94	1.93	1.91	1.89	1.87	1.85	1.84	1.82	1.80	1.78	1.76	1.75	1.73	1.71	1.69	1.67	1.66	1.64	1.62	1.60	1.58	1.57	1.55	1.53	1.51	1.49	1.48	1.46	Estimating Height From Ulna Length Using the measuring tape on the reverse, measure between the point of the elbow (olecranon process) and the midpoint of the proximal base of the wrist (distal process) (left side if possible). Find the matching ulna length (red figure) in the table to determine the subject's height.
HEIGHT(m)	Men(>65years)	1.87	1.86	1.84	1.82	1.81	1.79	1.78	1.76	1.75	1.73	1.71	1.70	1.68	1.67	1.65	1.63	1.62	1.60	1.59	1.57	1.56	1.54	1.52	1.51	1.49	1.48	1.46	1.45	
Ulna length(cm)		32.0	31.5	31.0	30.5	30.0	29.5	29.0	28.5	28.0	27.5	27.0	26.5	26.0	25.5	25.0	24.5	24.0	23.5	23.0	22.5	22.0	21.5	21.0	20.5	20.0	19.5	19.0	18.5	
HEIGHT(m)	Women(<65years)	1.84	1.83	1.81	1.80	1.79	1.77	1.76	1.75	1.73	1.72	1.70	1.69	1.68	1.66	1.65	1.63	1.62	1.61	1.59	1.58	1.56	1.55	1.54	1.52	1.51	1.50	1.48	1.47	
HEIGHT(m)	Women(>65years)	1.84	1.83	1.81	1.79	1.78	1.76	1.75	1.73	1.71	1.70	1.68	1.66	1.65	1.63	1.61	1.60	1.58	1.56	1.55	1.53	1.52	1.50	1.48	1.47	1.45	1.44	1.42	1.40	

The alternative measurement from the Mid-Upper Arm Circumference (MUAC) (MUST) are signposted here with the left provision of BAPEN (British Association for Parenteral and Enteral Nutrition) www.bapen.org.uk. The former stick on scoring for undernutrition using MUST - color of 'The MUST' Explanatory Booklet' which can be downloaded from www.focusonundernutrition.co.uk

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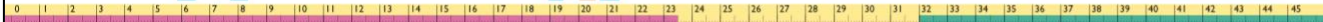
Estimating Body Mass Index (BMI) Category from Mid Upper Arm Circumference (MUAC)
The subject's left arm should be bent at the elbow at a 90° angle, with the upper arm held parallel to the side of the body. Measure the distance between the bony protrusion on the shoulder (acromion) and the point of the elbow (olecranon process). Mark the mid-point.



Ask the subject to let arm hang loose and measure around the upper arm at the mid-point, making sure that the tape measure is snug but not tight.

Please note the use of MUAC provides a general indication of BMI and is not designed to generate an actual score for use with MUST. For further information on use of MUAC please refer to The MUST Explanatory Booklet.

- If MUAC is < 23.5 cm then BMI is likely to be underweight or <20 kg/m²
- Change MUAC to Post MUST - Pretest MUAC or Post MUST
- If MUAC is > 23.5 cm then BMI is likely to be above or >20 kg/m²



MUST tape developed by
Focus on Undernutrition UK
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