<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Less than 4 kg</th>
<th>4 kg or more</th>
<th>25 cm or more</th>
<th>Less than 25 cm</th>
<th>Good appetite and/or well-functioning</th>
<th>Poor appetite AND poor functioning</th>
<th>Not undernourished</th>
<th>At risk of undernutrition</th>
<th>Undernourished</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Weight loss</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mid-upper arm circumference</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Appetite and functionality</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Treatment plan</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Have you *unintentionally* lost 4 kilograms or more within the past 6 months?

<table>
<thead>
<tr>
<th>no, less than 4 kg</th>
<th>yes, 4 kg or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>go to step 2</td>
<td>go to step 4</td>
</tr>
</tbody>
</table>

If the patient does not know whether he/she has had weight loss within this period, ask the patient:
- if clothes have become too big?
- if the belt had to be tightened recently?
- if the watch has become looser around the wrist?

<table>
<thead>
<tr>
<th>if no to all the questions above</th>
<th>if yes to one of the questions above</th>
</tr>
</thead>
<tbody>
<tr>
<td>go to step 2</td>
<td>go to step 4</td>
</tr>
</tbody>
</table>

**step 1** Determine weight loss
1. Keep the left arm at a 90° angle with the palm of the hand turned towards the body.

2. Determine the centre point between the lateral bone of the shoulder (acromion) and the tip of the elbow (olecranon).

3. Measure the circumference of the left upper arm at the centre point with the arm hanging loosely.

- 25 cm or more → go to step 3
- less than 25 cm → go to step 4

step 2: Measure the mid-upper arm circumference.
Did you have a poor appetite in the past week?

Can you walk up and down a staircase of 15 steps without resting?

If the patient doesn't climb stairs anymore, ask the following question:
Are you able to walk outside for 5 minutes without resting?
or if a patient is wheelchair bound:
Are you able to move your own wheelchair for 5 minutes without resting?

*There is only a risk of undernutrition, if the answers to both questions fall within orange
1. **Weight loss**
   - less than 5%
   - between 5 and 10%
   - 10% or more

2. **BMI**
   - 20 or more
   - between 18.5 and 20
   - less than 18.5

3. **Treatment plan**
   - not undernourished
   - at risk of undernutrition
   - undernourished

Please note: 2 x orange = red!
Have you *unintentionally* lost weight within the past 6 months?

If it is not possible to calculate the percentage of weight loss:
- less than 3 kg → go to step 2
- between 3 and 6 kg → go to step 2
- 6 kg or more → go to step 3

If the patient does not know whether he/she has had weight loss within this period, ask the patient:
- if clothes have become too big
- if the belt had to be tightened recently?
- if the watch has become looser around the wrist?

If no to all the questions above → go to step 2
If yes to one of the questions above → go to step 3
• Weigh the patient and ask his/her height
• Draw a straight line in the chart from height via weight to the BMI
• If it is impossible to weigh the patient, determine the mid-upper arm circumference according to the methodology as described in the SNAQ\textsuperscript{65+}

\begin{tabular}{|c|c|c|}
\hline
\textbf{BMI} & \textbf{Mid-upper arm circumference} & \\
\hline
\textbf{20 or more} & \textbf{25 cm or more} & \rightarrow \textbf{go to step 3} \\
\hline
\textbf{between 18,5 and 20} & \textbf{between 23,5 and 25 cm} & \rightarrow \textbf{go to step 3} \\
\hline
\textbf{less than 18,5} & \textbf{less than 23,5 cm} & \\
\rightarrow \textbf{go to step 3} \\
\hline
\end{tabular}
Bepaal het behandelbeleid

BMI chart

- undernourished
- at risk of undernutrition
- healthy BMI
- overweight

BMI

weight in kg

height in cm

SNAQ 65+
## Determine the treatment plan

<table>
<thead>
<tr>
<th>not undernourished</th>
<th>at risk of undernutrition</th>
<th>undernourished</th>
</tr>
</thead>
<tbody>
<tr>
<td>• take no action</td>
<td>• provide information about the consequences of undernutrition and stress the importance of good nutrition</td>
<td>• provide information and advice as is done with risk of undernutrition</td>
</tr>
<tr>
<td></td>
<td>• advise the use of full-fat products as well as the importance of more frequent meals per day (6 times daily)</td>
<td>• consult the general practitioner</td>
</tr>
<tr>
<td></td>
<td>• provide patient with a brochure</td>
<td>• refer the patient to a dietitian within 1 day</td>
</tr>
<tr>
<td></td>
<td>• consult the general practitioner or dietitian if necessary</td>
<td></td>
</tr>
</tbody>
</table>

### Step 3
- **SNAQ**

### Step 4
- **SNAQ**
Repeat the assessment depending on the situation:

- at least once a year
- as part of the evaluation of the medical treatment plan
- as part of the home care evaluation