

## **Abstract**

Objectives to determine the incidence of malnutrition in elderly and to evaluate the value of MNA (Mini-Nutrition Assessment) as a nutrition assessment tool in this patient group. Nutritional assessment was performed for each case, using a translated version of the MNA questionnaire. Anthropometric measurements were performed as evaluation. The results of the nutritional status were tested against the other parameters and other parameters were tested. Each MNA question was analyzed by multivariate logistic regression analysis, to determine an independent correlation between the question item and final MNA. At least one item of MNA history was positive in 23.1%. According to BMI, 15.8%). Malnutrition by MNA correlated significantly with anthropometric, BMI. Moreover, MNA malnutrition was significantly associated with 2 items of questions, history of weight change and decreased movement were found to be independently associated with a final MNA of malnutrition. Conclusions: MNA is a sensitive and specific nutrition assessment tool useful in elderly. Application of the protocol as a complement of standard anthropometric tool should be considered.

Keywords: Mini-Nutrition Assessment, Nutritional assessment