

Malnutrition Universal Screening Tool (MUST)

Category: Nutrition, General | Items: 3 | Time: ~1-2 min

Description / When to Use

Screen for adult malnutrition risk

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 3 items in this scale. Estimated completion time: 1-2 min.

Scale Items

1. BMI (kg/m²)

0 = > 20 (or > 30 obese) | 1 = 18.5 – 20 | 2 = < 18.5

2. Unplanned weight loss in past 3–6 months

0 = < 5 % | 1 = 5 – 10 % | 2 = > 10 %

3. Acute disease effect — patient acutely ill AND no nutritional intake (or likely none) for > 5 days?

0 = No | 2 = Yes

Scoring Guide

Sum all 3 items. Total range 0-6.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0–0	Low risk	Routine clinical care; repeat screening per protocol.
1–1	Medium risk	Document dietary intake for 3 days; repeat in 1 week.
2–6	High risk	Refer to dietitian / nutrition team; manage underlying cause.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Stratton RJ et al. 'Malnutrition Universal Screening Tool' predicts mortality and length of hospital stay in acutely ill elderly. *Br J Nutr.* 2006;95(2):325-330.
DOI: 10.1079/BJN20051622