

# Anthropometry

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Anthropometry uses several different parameters to obtain an estimate of body composition as a surrogate for nutritional status. These parameters can include weight and percentage  $\Delta$  weight change, body mass index (BMI) ( $\text{weight [kg]}/\text{height [m]}^2$ ), mid-upper arm circumference (MUAC), skinfold thickness (TSF) and mid-arm muscle circumference (MAMC), where MUAC, TSF and MAMC are indirect assessments of energy and protein stores and are not sufficiently accurate to facilitate planning of nutritional support regimens. BMI, in particular, has often been used as a quick screening measure to identify those who are malnourished. A BMI of less than  $18.5 \text{ kg/m}^2$  and unintentional weight loss greater than 10% within the last 3–6 months or a BMI of less than  $20 \text{ kg/m}^2$  and unintentional weight loss greater than 5% within the last 3–6 months are indicators of a need for nutrition support. It is important to note, however, that both BMI and body weight can be altered by major changes in fluid balance, and thus may not be reliable indicators of nutritional status in critically ill patients. Anthropometry

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