



## Takeaway: M1 S2 Interpretation

### Key Messages:

- In order to classify malnutrition, the anthropometric measurements (weight, height) are combined. This is called an Index.
- In nutrition programmes, the WHZ index, MUAC and assessment of oedema are the appropriate variables (along with age and sex) to classify severe acute malnutrition (SAM). For moderate acute malnutrition (MAM), WHZ index and MUAC will only be used – this is because as soon as a child has oedema, they are SAM regardless of the other measures.
- To classify SAM or MAM by WHZ it is important to properly interpret WHZ reference tables:
  - SAM: WHZ  $< -3$
  - MAM: WHZ  $\geq -3$  and  $< -2$
- When measuring MUAC:
  - SAM: red colour (MUAC  $< 115$  mm)
  - MAM: orange colour (MUAC  $\geq 115$ mm and  $< 125$ mm)
- Grading oedema:
  - In the feet: +
  - In the feet and legs: ++
  - In the feet, legs and other parts of the body: +++
- Each variable (MUAC and oedema) or index (WHZ) is independent from the other to diagnose acute malnutrition. For example: children who present bilateral oedema are categorised as SAM, irrespective of their WHZ