Table 4. Thresholds for Severity Grading of Malnutrition Into Stage 1 (Moderate) and Stage 2 (Severe) Malnutrition.

| | Phenotypic Criteria[a] | | |
	Weight Loss (%)	Low Body Mass Index (kg/m^2)[b]	Reduced Muscle Mass[c]
Stage 1/moderate malnutrition (requires 1 phenotypic criterion that meets this grade)	5%–10% within the past 6 months, or 10%–20% beyond 6 months	<20 if <70 years, <22 if ≥70 years	Mild-to-moderate deficit (per validated assessment methods; see below)
Stage 2/severe malnutrition (requires 1 phenotypic criterion that meets this grade)	>10% within the past 6 months, or >20% beyond 6 months	<18.5 if <70 years, <20 if ≥70 years	Severe deficit (per validated assessment methods; see below)

[a]Severity grading is based on the noted phenotypic criteria, whereas the etiologic criteria described in the text and Figure 1 are used to provide the context to guide intervention and anticipated outcomes.
[b]Further research is needed to secure consensus reference body mass index data for Asian populations in clinical settings.
[c]For example, appendicular lean mass index (kg/m^2) by dual-energy absorptiometry or corresponding standards using other body composition methods such as bioelectrical impedance analysis, computed tomography, or magnetic resonance imaging. When not available or by regional preference, physical examination or standard anthropometric measures such as mid-arm muscle or calf circumferences may be used. Functional assessments such as hand-grip strength may be used as a supportive measure.[15]