Appendix A. Distribution of item scores (n, %) and nutritional status according to MNA-T1 and MNA-T2 in 2740 ≥65 year-old Taiwanese at baseline

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Item (item score) Scoring n (%)

A. Appetite status over past 3 m (2)

Severely poor 0 284 (10.4)

Moderately poor 1 5 (0.2)

No loss of appetite 2 2451 (89.5)

B. Weight loss during the last 3 m (3)

Weight loss >3kg 0 439 (16.0)

Does not know 1 8 (0.3)

No weight change 3 2293 (83.7)

C. Mobility (2)

Bed or wheelchair-bound 0 82 (3.0)

Can get out of bed/chair but can't go out 1 144 (5.3)

Can move around 2 2514 (91.8)

D. Have suffered psychological stress (2)

Yes 0 279 (10.2)

No 2 2461 (89.8)

E. Neuropsychological problems (2)

Severe dementia or depression 0 3 (0.1)

Mild dementia 1 53 (1.9)

No psychological problem 2 2684 (98.0)

F. BMI (kg/m2)

T1 (3)

<17 0 79 (2.9)

17-19 1 219 (8.0)

19-21 2 481 (17.6)

≥21 3 1961(71.6)

G. Can live independently (1)

No 0 50 (1.8)

Yes 1 2690 (98.2)

H. Taking >3 prescribed medicines (1)

Yes 0 116 (4.2)

No 1 2624 (95.8)

I. Pressure sore or skin lesions (1)

Yes 0 398 (14.5)

No 1 2342 (85.5)

J. Whole meals eaten per day (2)

1 0 4 (0.1)

2 1 97 (3.5)

3 2 2639 (96.3)

K. Consumption of protein-rich foods (1)

0 or 1 "yes" 0 59 (2.2)

2 "yes" 0.5 329 (12.0)

3 "yes" 1 2352 (85.8)

L. Consumes ≥2 servings of F/V (1)

No 0 231 (8.4)

Yes 1 2509 (91.6)

N. Mode of eating (2)

Cannot eat without help\* 0 57 (2.1)

Can self-feed but with difficulty 1 84 (3.1)

Can self-feed without difficulty 2 2599 (94.9)

O. Self-rated nutritional status (2)

Malnourished 0 234 (8.5)

Uncertain of status 1 307 (11.2)

No nutritional problems 2 2199 (80.3)

P. Self-rated health status relative to peers (2)

Not as good as others 0 1254 (45.8)

Not sure or about the same 1 1354 (49.4)

Better than others 2 132 (4.8)

Q. MAC (cm)

T1 (1)

<22.5/21 0 103 (3.8)

22.5-23.5/21-22 0.5 108 (3.9)

≥23.5/22 1 2529 (92.3)

T2 (2)

<22.5/21 0 103 (3.8)

22.5-23.5/21-22 1 108 (3.9)

>23.5/22 2 2529 (92.3)

R. CC (cm)

T1 (1)

<28/25 0 76 (2.8)

≥28/25 1 2664 (97.2)

T2 (3)

<28/25 0 76 (2.8)

28-29/25-26 1 66 (2.4)

29-30/26-27 2 74 (2.7)

≥30/27 3 2524 (92.1)

Rated nutritional status (n, %) T1-LF T1-SF T2-LF T2-SF

Normal 2310 (84.3) 2092 (76.4) 2350 (85.8) 2150 (78.5)

At risk 373 (13.6) 536 (19.6) 348 (12.7) 509 (18.6)

Malnourished 57 (2.1) 112 (4.1) 42 (1.5) 81 (3.0)

MNA=Mini Nutritional Assessment; T1=Taiwan version 1; T2=Taiwan version 2; LF=long-form; SF=short-form; BMI= body mass index; MAC=mid-arm circumference; CC=calf circumference; F/V=fruits and vegetables

\*Including tube-feeding

Item M (fluid intake) was not available. The final score was proportionately adjusted to 30-point.

MNA-T1-LF included all 17 items; MNA-T2-LF included 16 items (all except F); MNA-T1-SF included items A, B, C, D, E and F; and MNA-T2-SF included items A, B, C, D, E and R.