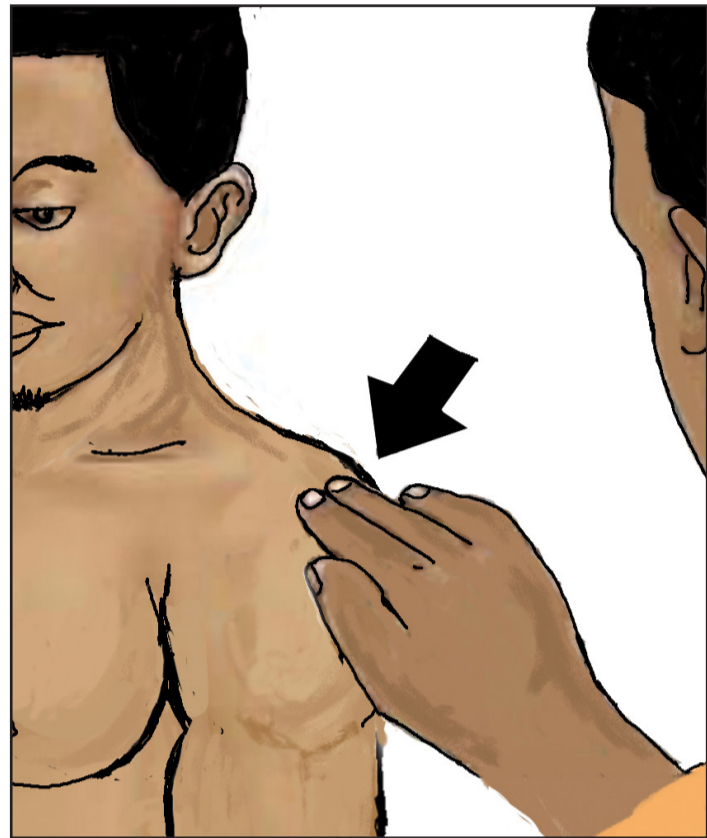


Measure MUAC for Adolescents and Adults

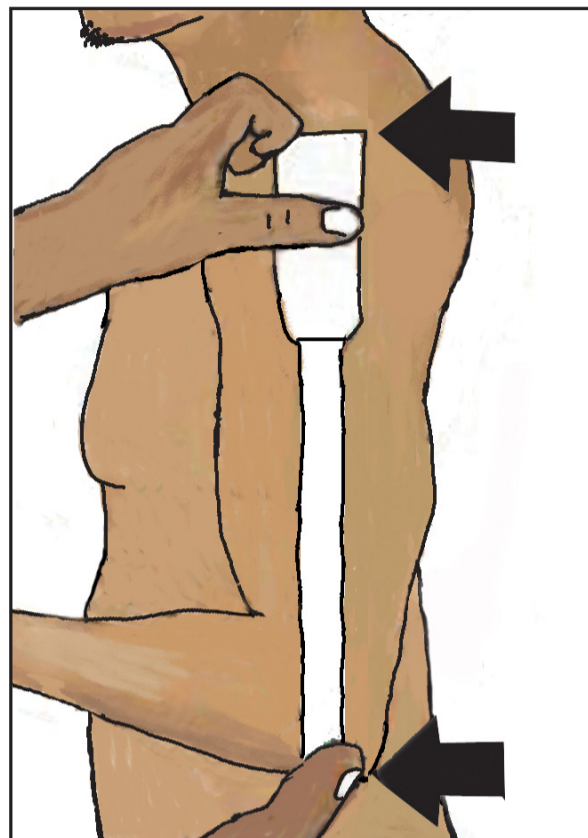
1. Find midpoint of upper arm

Step 1a



Always use left arm. Bend arm to a 90 degree angle. Find arm endpoints at the tip of the shoulder and tip of the elbow.

Step 1b



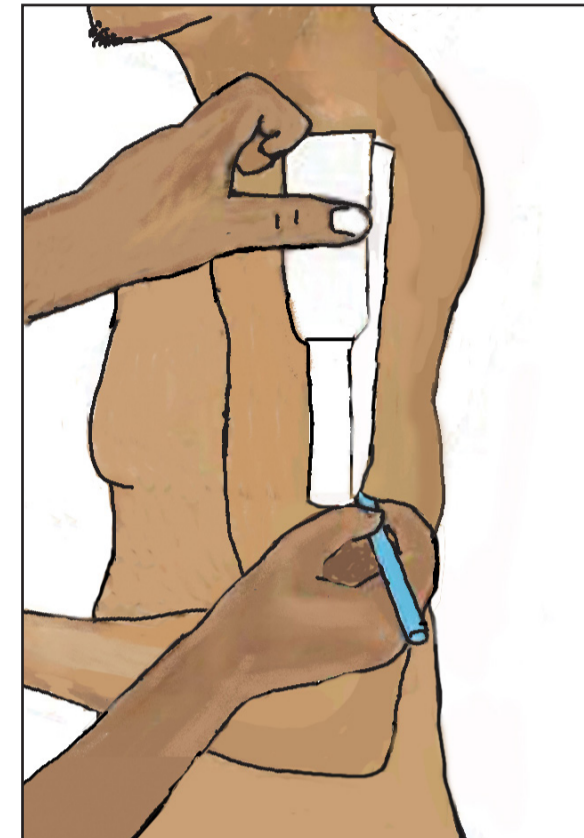
Use thumbs to place tape at endpoints.

Step 1c



Fold tape so that the endpoints meet.

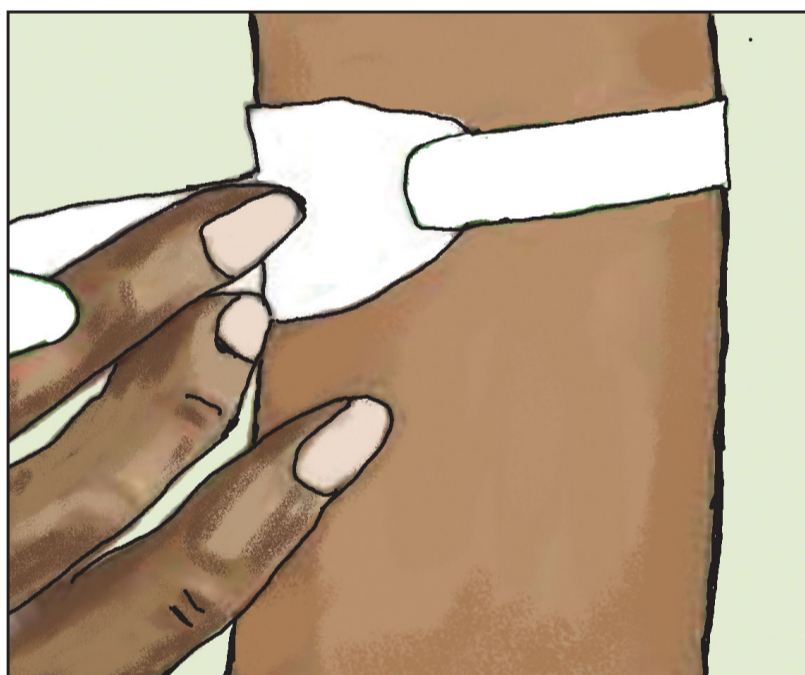
Step 1d



Make a mark on the arm's midpoint, where the tape is folded.

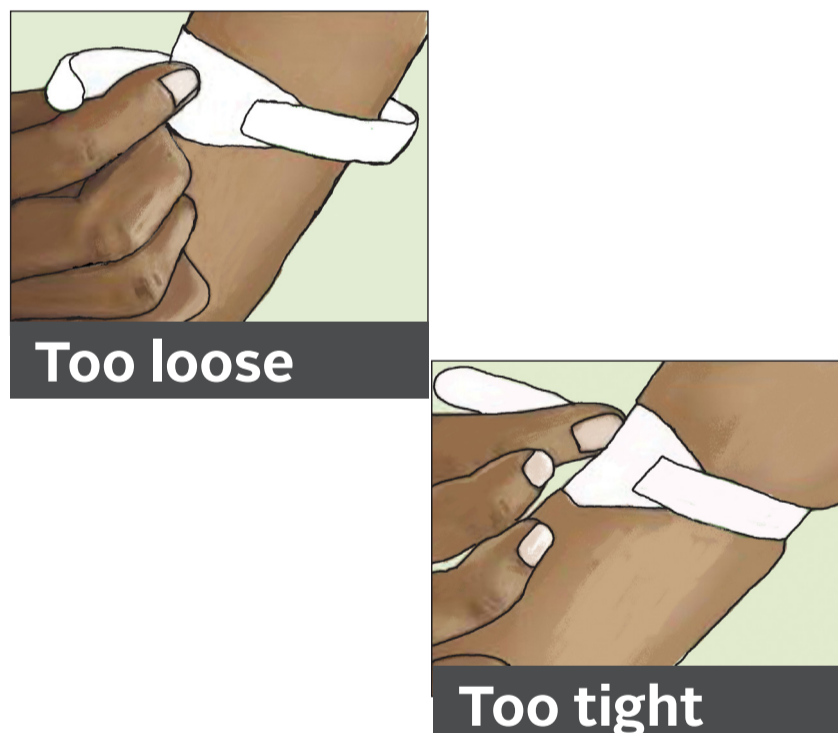
2. Measure circumference

Step 2a



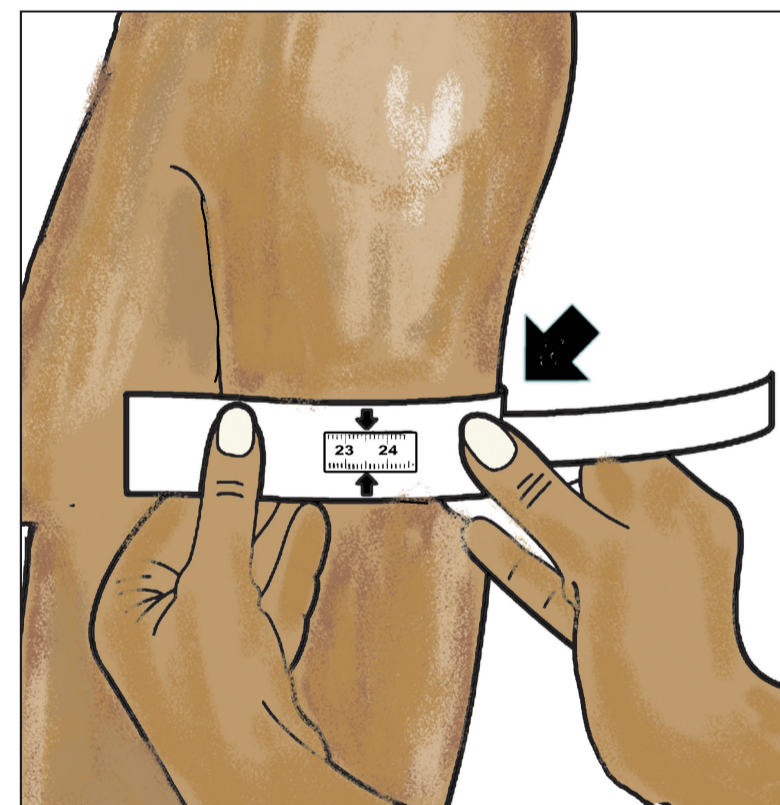
Straighten the arm. Wrap the tape around the mid-point and thread it through the window.

Step 2b



Adjust the tension of the tape so that it is not too tight or too loose.

Step 2c



Record the measurement in mm where the arrows point inward.

3. Classify

Group	Severe underweight	Moderate underweight	Normal nutritional status
Adolescents 12–15 years	< 160 mm	160 to 184 mm	≥ 185 mm
Adolescents 15–18 years	< 185 mm	185 to 219 mm	≥ 220 mm
Adults*	< 190 mm	190 to 219 mm	≥ 220 mm

* includes pregnant and lactating women