Activity sheet to determine mid upper arm circumference

Activity:
- Mid upper arm circumference (MUAC) can provide an indication of whether an individual’s BMI is likely to be below 20 kg/m² thus indicating the likelihood of undernutrition
- Changes in MUAC may indicate changes in body weight
- MUAC does not correspond to a specific weight

The aim of this activity is to determine the mid upper arm circumference of two individuals using the guidance below. Write your results in the following box.

<table>
<thead>
<tr>
<th>MUAC (cm)</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
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Estimating BMI from mid upper arm circumference

- The individual’s left arm should be bent at the elbow at a 90 degree angle, with the upper arm held parallel to the side of the body.
- Measure the distance between the bony protrusion of the shoulder (acromial) and the point of the elbow (olecranon process).
- Mark the mid-point.
- Ask the individual to let their arm hang loose
- Measure around the upper arm at the mid-point, making sure the tape measure is snug but not tight.
- Measure to the nearest millimetre (mm)

- If the MUAC is < 23.5cm, BMI is likely to be <20, indicating the likelihood of undernutrition
- If the MUAC is >23.5cm, BMI is likely to be >20