



**STRENGTH
FOR LIFE**

An Abbott initiative.

GLOBAL LEADERSHIP INITIATIVE ON MALNUTRITION (GLIM) CRITERIA

Over 3 million people in the UK are malnourished or at risk of malnutrition, accounting for over 4.4% of the population.^{*1,2}

Malnutrition can have a significant and devastating impact on patient outcomes,¹ but can be prevented or reversed with early identification and management.^{3,4}

‘MUST’ is a screening tool that can help to identify malnutrition risk.⁵

GLIM is a diagnostic tool that takes screening to the next stage - to confirm a diagnosis of malnutrition.



What is the GLIM criteria?

A consensus-based framework for diagnosing malnutrition in adults
- developed by collective leadership of ASPEN, ESPEN, FELANPE and PENSA.⁶



Provides a minimum set of practical indicators for malnutrition diagnosis



Can be used across different healthcare settings



Designed to be used alongside validated screening and assessment tools

GLIM provides a two-step approach to diagnosing malnutrition:^{7,8}

Risk Screening: Using validated tools to identify risk of malnutrition and loss of muscle/muscle function

Diagnostic Assessment: Applying GLIM diagnostic indicators (phenotypic and aetiologic criterion) to determine malnutrition severity

Malnutrition is confirmed if at least one phenotypic and one aetiologic criterion is met.

Severity of malnutrition can then be determined based on phenotypic criteria.

How to use the GLIM Diagnostic Criteria^{7,8}



Grading malnutrition severity⁷



UNINTENTIONAL
WEIGHT LOSS



LOW BMI
(kg / m²)



REDUCED
MUSCLE MASS

STAGE 1: MODERATE MALNUTRITION

Patient requires 1 phenotypic
criteria that meets this grade

- 5-10% in 6 months; or
- 10-20% in more than 6 months

- <20 if <70 years; or
- <22 if ≥70 years

Mild-to-moderate deficit
(per validated assessment
methods on previous page)

STAGE 2: SEVERE MALNUTRITION

Patient requires 1 phenotypic
criteria that meets this grade

- >10% in 6 months; or
- >20% in more than 6 months

- 18.5 if <70 years; or
- <20 if ≥70 years

Severe deficit (per validated
assessment methods on
previous page)

Diagram adapted from ESPEN Framework for Diagnosing Adult Malnutrition, 2023⁸

Using GLIM to diagnose malnutrition on patient health record

CLINICIANS ARE NOW ABLE TO CODE THE DIAGNOSIS OF
MALNUTRITION IN THE PATIENT'S ELECTRONIC HEALTH RECORD^{9,10}

The BDA has updated standardised language terms within the
NHS's SNOMED CT vocabulary to include GLIM definitions.⁹

- Diagnosis of malnutrition can be recorded at two levels,
based on the GLIM criteria, on the patients record:¹⁰
- **GLIM Stage 1:** Moderate malnutrition
- **GLIM Stage 2:** Severe malnutrition

USEFUL RESOURCES



'MUST' SCREENING TOOL



MALNUTRITION & MUSCLE
LOSS SCREENING TOOLS



INFLAMMATION
ASSESSMENT

Footnotes:

GLIM - Global Leadership Initiative on Malnutrition. 'MUST' - 'Malnutrition Universal Screening Tool'. ASPEN - American Society for Parenteral and Enteral Nutrition. ESPEN - European Society for Clinical Nutrition and Metabolism. FELANPE - Federación Latinoamericana de Terapia Nutricional, Nutrición Clínica y Metabolismo. PENSA - Parenteral and Enteral Nutrition Society of Asia. SARC-F - Strength, Assistance with walking, Rise from a chair, Climb stairs, Falls. GI - Gastrointestinal. BDA - British Dietetic Association. *Calculated on the basis of 3m as a % of 67.8m (the mid-2022 population estimate for UK, England, Wales, Scotland and Northern Ireland) = 4.42%.

References:

1. Malnutrition Pathway, 2021. Managing Adult Malnutrition in the Community. Available online: https://www.malnutritionpathway.co.uk/library/managing_malnutrition.pdf Last accessed May 2025. 2. Office for National Statistics, 2024. Population estimates for the UK, England, Wales, Scotland and Northern Ireland: mid 2022. Available online: <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/annualmidyearpopulationestimates/mid2022> Last accessed May 2024. 3. Seron-Arbeloa C et al. Nutrients 2022;14(12):2392. 4. Malnutrition Task Force, 2013. A review and summary of the impact of malnutrition in older people and the reported costs and benefits of interventions. Available online: https://ilcuk.org.uk/wp-content/uploads/2019/01/Costs-Benefits_Report_Jun13.pdf Last accessed May 2025. 5. BAPEN, 2024. 'Malnutrition Universal Screening Tool'. Available online at: https://www.bapen.org.uk/pdfs/must/must_full.pdf Last accessed June 2025. 6. de van der Schueren MAE et al. Clin Nutr 2019;39(9):2872-2880. 7. Cederholm T et al. Clin Nutr 2019;38:1-9. 8. ESPEN 2023. A Global Leadership Initiative on Malnutrition (GLIM): A Framework for Diagnosing Adult Malnutrition. Available online: <https://www.espen.org/files/GLIM-2-page-Infographic.pdf> Last accessed February 2025. 9. BDA, 2023. Capturing dietetic outcomes using the Model and Process. Available online: <https://www.bda.uk.com/resource/capturing-dietetic-outcomes-using-the-model-and-process.html> Last accessed February 2025. 10. NHS Digital, 2025. SNOMED CT Browser. Available online: <https://termbrowser.nhs.uk/?perspective=full&conceptId1=2492009&edition=uk-edition&release=v20241120&server=https://termbrowser.nhs.uk/sct-browser-api/snomed&langRefset=999001261000000100,9990006910000001104> Last accessed February 2025