GLIM criteria
for the diagnosis of malnutrition

A consensus report from the global clinical nutrition community*

WHAT IS GLIM?

The Global Leadership Initiative on Malnutrition (**GLIM**) focuses on building a global consensus around **core diagnostic criteria for malnutrition** in adults in **clinical settings**.

2-STEPS
DIAGNOSIS OF MALNUTRITION

1. SCREENING

Perform nutrition screening by any **validated screening tool** to identify patients *"at risk for malnutrition"*

2. DIAGNOSIS - APPLY GLIM CRITERIA

Assessment for diagnosis using GLIM criteria then **grade the severity** of malnutrition

GLIM DIAGNOSTIC CRITERIA

Malnutrition diagnosis requires the fulfillment of at least 1 phenotypic and 1 etiologic criterion

Phenotypic Criteria

WEIGHT LOSS
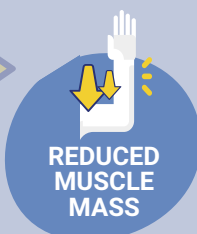>5% within past 6 months or >10% beyond 6 months

LOW BMI kg/m²
<20 if <70 years or <22 if >70 years
Asia: <18.5 if <70 years or <20 if >70 years

REDUCED MUSCLE MASS
Reduced by validated body composition measuring techniques

Etiologic Criteria

REDUCED FOOD INTAKE OR ASSIMILATION
Of <50% of ER >1 week, or any reduction for 2 weeks, or any chronic GI condition that adversely impacts food assimilation or absorption

INFLAMMATION
Acute disease/injury or chronic disease -related

GRADE SEVERITY OF MALNUTRITION *based on phenotypic criteria*	WEIGHT LOSS	LOW BMI	REDUCED MUSCLE MASS
STAGE 1 MODERATE MALNUTRITION *requires 1 criterion*	>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)
STAGE 2 SEVERE MALNUTRITION *requires 1 criterion*	>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)

ESPEN
The European Society for Clinical Nutrition and Metabolism