

## MUAC Band (Middle Upper Arm Circumference)

This is a Middle Upper Arm Circumference (MUAC) band, the tool used by the staff and volunteers to quickly assess the degree of malnourishment in newly admitted children.

**Cut around the band to use it.**

**If you place the band around your fingers or around a child's arm, you'll see exactly how thin Nyane was.**

When a new child is admitted, staff will:

1. Form the band into a loop and pull it snugly around the midpoint between the child's elbow and shoulder.
2. Take a measurement, referring to the colour at the overlap point to determine whether the child is malnourished.

\*Many of the children brought to our nutrition centres have MUAC measurements in the red zone.

**SOURCES:** \*\*Average size from WHO Child Growth Standards, WHO Multicentre Growth Reference Study.

The child is severely malnourished\*

The child is moderately malnourished

The child is properly nourished

