

STEP 2 – WEIGHT LOSS SCORE

- To establish a persons' weight loss score, ask if there has been any weight loss over the **PAST 3-6 MONTHS**. If so, ask how much or look at their medical notes.
- Deduct current weight from previous weight to calculate amount of weight lost in (kg).
- Use **WEIGHT LOSS SCORE TABLES** to establish percentage weight loss and weight loss score.

Step 2 – Weight loss score

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Score 0 Wt loss < 5%				Score 1 Wt loss 5 - 10%				Score 2 Wt loss > 10%							
Weight loss in last 3 to 6 months															
kg	Less than (kg)		Between (kg)		More than (kg)		kg	Less than (kg)		Between (kg)		More than (kg)			
	30	1.6	1.6 - 3.3	3.3	30	3.4		3.4 - 7.2	7.2	65	3.4	3.4 - 7.2	7.2	65	3.4
31	1.6	1.6 - 3.4	3.4	31	1.6	1.6 - 3.4	3.4	66	3.5	3.5 - 7.3	7.3	66	3.5	3.5 - 7.3	7.3
32	1.7	1.7 - 3.6	3.6	32	1.7	1.7 - 3.6	3.6	67	3.5	3.5 - 7.4	7.4	67	3.5	3.5 - 7.4	7.4
33	1.7	1.7 - 3.7	3.7	33	1.7	1.7 - 3.7	3.7	68	3.6	3.6 - 7.7	7.6	68	3.6	3.6 - 7.7	7.6
34	1.8	1.8 - 3.8	3.8	34	1.8	1.8 - 3.8	3.8	69	3.6	3.6 - 7.7	7.7	69	3.6	3.6 - 7.7	7.7
35	1.8	1.8 - 3.9	3.9	35	1.8	1.8 - 3.9	3.9	70	3.7	3.7 - 7.8	7.8	70	3.7	3.7 - 7.8	7.8
36	1.9	1.9 - 4.0	4.0	36	1.9	1.9 - 4.0	4.0	71	3.7	3.7 - 7.9	7.9	71	3.7	3.7 - 7.9	7.9
37	1.9	1.9 - 4.1	4.1	37	1.9	1.9 - 4.1	4.1	72	3.8	3.8 - 8.0	8.0	72	3.8	3.8 - 8.0	8.0
38	2.0	2.0 - 4.2	4.2	38	2.0	2.0 - 4.2	4.2	73	3.8	3.8 - 8.1	8.1	73	3.8	3.8 - 8.1	8.1
39	2.1	2.1 - 4.3	4.3	39	2.1	2.1 - 4.3	4.3	74	3.9	3.9 - 8.2	8.2	74	3.9	3.9 - 8.2	8.2
40	2.1	2.1 - 4.4	4.4	40	2.1	2.1 - 4.4	4.4	75	3.9	3.9 - 8.3	8.3	75	3.9	3.9 - 8.3	8.3
41	2.2	2.2 - 4.6	4.6	41	2.2	2.2 - 4.6	4.6	76	4.0	4.0 - 8.4	8.4	76	4.0	4.0 - 8.4	8.4
42	2.2	2.2 - 4.7	4.7	42	2.2	2.2 - 4.7	4.7	77	4.1	4.1 - 8.6	8.6	77	4.1	4.1 - 8.6	8.6
43	2.3	2.3 - 4.8	4.8	43	2.3	2.3 - 4.8	4.8	78	4.1	4.1 - 8.6	8.7	78	4.1	4.1 - 8.6	8.7
44	2.3	2.3 - 4.9	4.9	44	2.3	2.3 - 4.9	4.9	79	4.2	4.2 - 8.7	8.8	79	4.2	4.2 - 8.7	8.8
45	2.4	2.4 - 5.0	5.0	45	2.4	2.4 - 5.0	5.0	80	4.2	4.2 - 8.9	8.9	80	4.2	4.2 - 8.9	8.9
46	2.4	2.4 - 5.1	5.1	46	2.4	2.4 - 5.1	5.1	81	4.3	4.3 - 9.0	9.0	81	4.3	4.3 - 9.0	9.0
47	2.5	2.5 - 5.2	5.2	47	2.5	2.5 - 5.2	5.2	82	4.3	4.3 - 9.1	9.1	82	4.3	4.3 - 9.1	9.1
48	2.5	2.5 - 5.3	5.3	48	2.5	2.5 - 5.3	5.3	83	4.4	4.4 - 9.2	9.2	83	4.4	4.4 - 9.2	9.2
49	2.6	2.6 - 5.4	5.4	49	2.6	2.6 - 5.4	5.4	84	4.4	4.4 - 9.3	9.3	84	4.4	4.4 - 9.3	9.3
50	2.6	2.6 - 5.6	5.6	50	2.6	2.6 - 5.6	5.6	85	4.5	4.5 - 9.4	9.4	85	4.5	4.5 - 9.4	9.4
51	2.7	2.7 - 5.5	5.7	51	2.7	2.7 - 5.5	5.7	86	4.5	4.5 - 9.6	9.6	86	4.5	4.5 - 9.6	9.6
52	2.7	2.7 - 5.8	5.8	52	2.7	2.7 - 5.8	5.8	87	4.6	4.6 - 9.7	9.7	87	4.6	4.6 - 9.7	9.7
53	2.8	2.8 - 5.9	5.9	53	2.8	2.8 - 5.9	5.9	88	4.6	4.6 - 9.8	9.8	88	4.6	4.6 - 9.8	9.8
54	2.8	2.8 - 6.9	6.0	54	2.8	2.8 - 6.9	6.0	89	4.7	4.7 - 9.9	9.9	89	4.7	4.7 - 9.9	9.9
55	2.9	2.9 - 6.1	6.1	55	2.9	2.9 - 6.1	6.1	90	4.7	4.7 - 10.0	10.0	90	4.7	4.7 - 10.0	10.0
56	2.9	2.9 - 6.2	6.2	56	2.9	2.9 - 6.2	6.2	91	4.8	4.8 - 10.1	10.1	91	4.8	4.8 - 10.1	10.1
57	3.0	3.0 - 6.3	6.3	57	3.0	3.0 - 6.3	6.3	92	4.8	4.8 - 10.2	10.2	92	4.8	4.8 - 10.2	10.2
58	3.1	3.1 - 6.4	6.4	58	3.1	3.1 - 6.4	6.4	93	4.9	4.9 - 10.3	10.3	93	4.9	4.9 - 10.3	10.3
59	3.1	3.1 - 6.6	6.6	59	3.1	3.1 - 6.6	6.6	94	4.9	4.9 - 10.4	10.4	94	4.9	4.9 - 10.4	10.4
60	3.2	3.2 - 6.7	6.7	60	3.2	3.2 - 6.7	6.7	95	5.0	5.0 - 10.6	10.6	95	5.0	5.0 - 10.6	10.6
61	3.2	3.2 - 6.8	6.8	61	3.2	3.2 - 6.8	6.8	96	5.1	5.1 - 10.7	10.7	96	5.1	5.1 - 10.7	10.7
62	3.3	3.3 - 6.9	6.9	62	3.3	3.3 - 6.9	6.9	97	5.1	5.1 - 10.8	10.8	97	5.1	5.1 - 10.8	10.8
63	3.3	3.3 - 7.0	7.0	63	3.3	3.3 - 7.0	7.0	98	5.2	5.2 - 10.9	10.9	98	5.2	5.2 - 10.9	10.9
64	3.4	3.4 - 7.1	7.1	64	3.4	3.4 - 7.1	7.1	99	5.2	5.2 - 11.0	11.0	99	5.2	5.2 - 11.0	11.0

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An exact % weight loss can also be calculated using the equation

$$\frac{\text{ORIGINAL WEIGHT} - \text{CURRENT WEIGHT}}{\text{ORIGINAL WEIGHT}} \times 100$$

Unplanned weight loss in past 3-6 months

%	Score
<5	= 0
5-10	= 1
>10	= 2