Nutrition Score

Overview:

The Nutrition Score is used to assess the subcutaneous fat deposits of the newborn infant.

Areas examined

• face

• chest

• thigh

• buttocks

Category	Description	Score
face (baby supine head in mid-line)	excess fullness to face	5
	large temporal and buccal pads	4
	flat temporal pads with obvious buccal pads	3
	flat temporal pads with scant buccal pads	2
	concave cheeks	1
chest (head in mid-line observe anterior chest wall)	round contour with large fat pads in anterior axilla	5
	round contour with ribs not obvious	4
	some ribs noted	3
	ribs more obvious with intercostal spaces prominent	2
	ribs prominent with intercostal spaces concave	1
thigh (over inguinal triangle)	skin taut	5
	skin and subcutaneous tissue displaceable with difficulty	4
	skin and subcutaneous tissue moderately displaceable	3
	skin and soft tissue easily displaceable	2
	skin lies in folds with little subcutaneous tissue	1
buttocks (body prone legs flexed beneath abdomen)	buttocks large round and firm with deep gluteal fold	5
	buttocks round and firm with deep gluteal fold	4
	buttocks round and less firm, with flattening of	3

	inferior border; less deep gluteal fold	
	flat inferior margin to buttocks with gluteus maximus and perirectal muscles obvious; gluteal fold flattened	2
	little to no gluteus maximus with infecior margin sagging; no gluteal fold	1

nutrition score = (score for face) + (score for chest) + (score for thigh) + (score for buttocks)

Interpretation:

• minimum score 4

• maximum score 20

• normal singleton infants have a mean nutrition score of 13.8 with range of 12 to 16

References:

Deter RL Harrist RB. Chapter 35: Assessment of normal fetal growth. pages 361-385 (Figure 35-9 page 378). IN: Chervenak FA Isaacson GC Campbell S. Ultrasound in Obstetrics and Gynecology. Little Brown and Company. 1993.

Hata T Deter RL Hill RM. Reduction of soft tissue deposition in normal triplets. J Clin Ultrasound. 1991; 19: 541-545.