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Title: Association between the mini nutritional assessment and the COPD assessment test

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Body: Background: The Mini Nutritional Assessment® (MNA) has not been studied extensively in COPD patients. Objectives: We evaluated whether COPD patients with impaired health status as determined by the COPD Assessment Test (CAT) have poor nutritional status according to the MNA. Methods: We recruited clinically stable male COPD outpatients (age, ≤65 years) for a cross-sectional study. We conducted the following examinations: pulmonary function tests, nutritional assessment using the MNA questionnaire (high scores indicate good nutritional status), the CAT, and dyspnoea evaluation. The patients were divided into 2 groups: (A) those with CAT scores ≥10 and (B) those with CAT scores <10. We also calculated 4 scores exploring the domains of the nutritional status from the MNA questionnaire: anthropometric, general, dietary, and subjective scores. Results: The study included 68 patients (mean age, 75.4 years). The total score was significantly correlated with FEV1% predicted, BMI, the modified Medical Research Council dyspnoea score, and the CAT score (Spearman's rank correlation coefficient, $\rho = 0.298$, $p = 0.013$; $\rho = 0.701$, $p < 0.0005$; $\rho = -0.373$, $p = 0.002$; and $\rho = -0.363$, $p = 0.002$; respectively). Group (A) ($n = 47$) had significantly lower total, general, dietary, and subjective scores than group (B) ($n = 21$) ($p = 0.003$, $p = 0.029$, $p = 0.045$, and $p = 0.014$, respectively, Mann-Whitney U-test). Conclusions: The nutritional status as determined by the MNA was associated with pulmonary function, dyspnoea, and the COPD-related health status. In addition, the nutritional status as determined by the MNA was significantly lower in COPD patients with CAT scores ≥10 than in those with CAT scores <10.