Malnutrition Matters
BAPEN raises awareness & fights malnutrition 2006-8
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**RA TIONA LE**

Malnutrition is detrimental to individuals, health services and society, and continues to be under-recognised and under-treated. BAPEN's approach to fighting malnutrition has been strategic and comprehensive, operating at multiple multidisciplinary levels, across many channels to many audiences (see fig 1). These on-going integrated activities have created a 'mass action effect', a much greater effect than any single time limited activity could have achieved.

**METHODS** (see fig 2)

**Establishing evidence:** BAPEN has established collaborators throughout the UK to examine the prevalence of malnutrition, and assessed the health economics of malnutrition using data collected by BAPEN and Department of Health (DH).

**Increasing awareness:** BAPEN has raised awareness at national, regional & local levels by: briefing Ministers, DH & government officials in all 4 UK nations; using coordinated website & media campaigns; publishing reports, papers & editorials; organising national & regional meetings; and feeding back to reporting centres on local prevalence of malnutrition to benchmark against national data.

**Supporting implementation:** Stimulated by the Malnutrition Universal Screening Tool (‘MUST’) and its evidence base, BAPEN has worked in partnership with governmental and non-governmental agencies (NGOs) to establish national guidelines for health and social care, and policy guidance focused on the importance of screening for malnutrition.

**Creating Adoption:** To make malnutrition matter and change attitudes among health and social care workers BAPEN has integrated its activities and stimulated wide-ranging on-going work across the UK.

**Resources:** Almost all BAPEN’s work has been done voluntarily by the charity’s committees & members, with minimal additional funding from external sources. Funds raised by sale of ‘MUST’ resources (£80,000+ in last 18 months) have contributed.

**RESULTS – Key achievements**

**Creating Evidence**
- BAPEN’s Health Economic Report calculated the cost of malnutrition in the UK: £7.3b a figure & report widely utilised, quoted, referenced & promoted.
- BAPEN Nutrition Screening Week 2007 (NSW07) the largest screening survey ever conducted in the UK established the risk of malnutrition on admission to hospital & care settings, indicating prevalence in the community. Data collected on ~12,000 subjects, together with information on policy & practice from 370 centres. NSW07 supported by all 4 UK Health Departments. NSW07 results have fed into government & consumer initiatives.

**Raising Awareness**
- Extensive & sustained media coverage: TV, radio, online, newspaper & specialist press (see fig 3)
- Growth in Unique Website Visitors (see fig 4)
- ‘MUST’ in National Institute for Health and Clinical Excellence (NICE) clinical guidelines
- BAPEN partnered with ILC-UK: to produce ‘Malnutrition among Older People in the Community – Policy Recommendations for Change’ stimulating further work by the European Nutrition for Health Alliance/ESPEN in the UK & Europe

**Supporting Implementation**
- ‘MUST’ incorporated into the NHS ‘Connecting for Health’ IT system for use by all NHS staff.
- BAPEN a stakeholder in development of Council of Europe (UK) 10 key characteristics of good nutritional care.
- BAPEN’s data & initiatives incorporated into DH/Stakeholders ‘Improving Nutritional Care’ - the Nutrition Action Plan (NAP)
- BAPEN/Professor Elia Chair of Nutrition Screening Committee of NAP Implementation Board

**Adoption**
- BAPEN working with sheltered housing to assess use of ‘MUST’ by non-health professionals
- BAPEN’s expertise used in key educational initiatives: NHS Core Learning Unit nutrition modules; e-learning module on use of ‘MUST’

**CONCLUSION & THE FUTURE**

- BAPEN’s innovative & strategic fight against malnutrition in the UK has focused on (1) creating a sound scientific base accompanied by translational research, (2) adopting a long term strategic commitment with leadership, and (3) stimulating joined up thinking across health, social care & housing with government, professionals & NGOs to create synergy & impact from top down & bottom up. The successful outcome is ‘MUST’ & BAPEN embedded in national policy, professional guidance and training & education in nutritional care.
- Malnutrition awareness in the UK has never been greater. However, changes to established practice are only beginning to emerge: BAPEN’s on-going integrated & multi-disciplinary initiatives, with health trusts & healthcare professionals, politicians, the housing sector, patients/carers, the public & the media, fuel the charity’s continuing fight against malnutrition.

1 BAPEN Nutrition Screening Week 2007 www.bapen.org.uk
2 The Cost of Disease Related Malnutrition 2006
4 The ‘MUST’ Report Malnutrition among Older People in the Community, 2006
5 Annual Conference, 10 Regional meetings 06-08
6 NICE Guidance on Adult Nutrition Support 2006; NHS Quality Improvement Scotland 2007
8 Welsh Consumer Council 'Addressing Malnutrition in the Community' 2008
9 ILC-UK – International Longevity Centre UK
10 Group on Nutrition & Sheltered Housing