

**EMBARGOED UNTIL 00.01am Tuesday 27 November 2007**

**3 PAGES**

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## **BAPEN STUDY REVEALS THAT 1 in 4 OF ALL ADULTS ACROSS ALL AGE GROUPS ADMITTED TO HOSPITAL AND CARE HOMES IN THE UK AT RISK OF MALNUTRITION**

- These are the first results released from BAPEN's UK-wide survey on malnutrition on admission to care services (BAPEN NSW 2007)<sup>1</sup>
- Data was collected over three days during BAPEN NSW 2007 on more than 11,600 patients and residents admitted to 372 hospitals, mental health units and care homes in England, Scotland, Wales and Northern Ireland

“More than 1 in 4<sup>2</sup> of every single adult admitted for stay in hospital, mental units or care homes is at risk of malnutrition,” says Professor Marinos Elia, Chair of BAPEN and joint project lead of NSW at the launch of the results of BAPEN's Nutrition Screening Week (Tuesday 27<sup>th</sup> November, BAPEN Conference, Harrogate).

The overall prevalence of risk of malnutrition is 28% and is the same for admission into hospital and care homes. Early analysis suggests that the overall prevalence is similar across all four nations in the UK.

Professor Elia continues: “All hospitals and care homes should implement nutrition screening on admission to ensure that *all* those at risk– no matter their age or physical appearance - are identified and an appropriate and individual nutritional care plan is provided.”

Whilst a significant increase in the risk of malnutrition with age<sup>3</sup> is shown in the data in both hospital and care homes, BAPEN's NSW 2007 also reveals significant risk for younger age groups.

- ***In hospitals***, those under 30 years of age had a 27% risk of malnutrition compared with a 34% risk of malnutrition for those over 80.
- ***In care homes***, those under 70 years of age had a 26% risk compared with a 32% risk for those over 80.

BAPEN's NSW 2007 reveals that every single day the 372 centres taking part admitted into their care more than 1,000 individuals of all ages who were at risk of malnutrition. The majority were admitted from their own homes.

“This finding establishes – if there was any doubt - that malnutrition is a major public health issue in the community that must be addressed both at source and when individuals are admitted into care,” states Professor Elia.

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<sup>1</sup> BAPEN's Nutrition Screening Week took place across the UK 25/27 September 2007

<sup>2</sup> 28% of all adults surveyed on admission to hospitals, mental health units and care homes were at risk of malnutrition

<sup>3</sup> See Notes to Editors No 6 below

Christine Russell, joint project lead BAPEN NSW 2007, says: "Whilst it is nurses in hospitals and care homes who usually do nutrition screening, it is the responsibility of all Healthcare Professionals and Managers to ensure that policies, structures and resources are in place so everyone *can* be screened on admission and an appropriate nutritional care plan implemented. BAPEN has recently launched an on-line information resource to help in this regard."<sup>4</sup>

Christine Russell adds: "One piece of very encouraging news from BAPEN NSW 2007 is that 89% of hospitals and 82% of care homes told us that they already have nutrition screening policies in place."

BAPEN's Nutrition Screening Week provides up-to-date, robust and consistent data to underpin the work of all agencies addressing malnutrition within the framework of the joint action plan '*Improving Nutritional Care*'<sup>5</sup> recently launched in partnership with the Department of Health.

Ivan Lewis MP, Under-Secretary of State for Care Services, says:

"BAPEN's research has provided us with consistent information on the scale of malnutrition in the community for the first time. This work highlights the fact that on being admitted to a hospital or a care home it is important that every older person is given a nutritional screening which is reviewed on a regular basis.

"We know that good nutrition is central to people's good health and ability to recover from illness, which is why last month I launched a Nutrition Action Plan in conjunction with over 25 leading stakeholders.

"Gordon Lishman, Chief Executive of Age Concern, is overseeing the implementation of this plan which will raise awareness of the link between nutrition and good health, ensures the right guidance is available and encourage training for all front line staff on the importance of nutrition."

BAPEN will disseminate further detailed results from NSW 2007 over the coming months and plans to repeat the Nutrition Screening Week in 2008.

Professor Marinos concludes: "I and BAPEN pay tribute to our health and care colleagues in 177 hospitals, 22 mental health units and 173 care homes who have worked extremely hard to submit data on 11,665 patients and residents to this highly significant and robust UK-wide study – the largest of its kind ever done in the UK and possibly in any other single country in the world.

Together we have identified the scope of the problem of malnutrition; together we must help deliver the solutions."

**ENDS/ - Notes for Editors follows**

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BAPEN NSW 2007 [www.bapen.org.uk](http://www.bapen.org.uk)

Professor Marinos Elia, Christine Russell and BAPEN NSW 2007 participants available for interview.

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<sup>4</sup> Organisation of Food and Nutrition Support in Hospital' BAPEN 2007 [www.bapen.org.uk](http://www.bapen.org.uk)

<sup>5</sup> Improving Nutritional Care – a Joint Action Plan from the Department of Health and Nutrition Summit Stakeholders  
[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079931](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079931)

## Notes for Editors:

1. **BAPEN NSW 2007** is the largest UK-wide study ever conducted into risk of malnutrition on admission to hospital and care and one of the largest studies of its kind in any other single country in the world
2. Data was collected on **9,762 patients admitted to hospital; 1,903 admitted to care**
3. **Total number subjects:** (not all questions completed on all subjects)  
Hospitals: General Acute: 9722 Mental Health Acute: 40 Total: 9762  
Care homes: 1610 MH Long Stay/Rehab 293 Total: 1903
4. **% Subjects by Country**  
General Acute Hospitals: England 76%, Wales 10%, NI 7%, Scotland 7%  
Care Homes; England 78%, Wales ~2%, NI 10%, Scotland 10%  
Mental Health: 21 /22 MH units were in England, 1 was in Scotland
5. **Total Number of Reporting Centres:**  
Hospitals – 177  
Mental Health Units – 22  
Care Homes – 173

## 6. **Effect of Age on risk of malnutrition**

**Hospital patients:** 53% patients were >65 yrs of age. Significant increase in risk with age

| Age (Yrs) |     |
|-----------|-----|
| < 20      | 30% |
| 20-29     | 27% |
| 30-39     | 27% |
| 40-49     | 24% |
| 50-59     | 22% |
| 60-69     | 26% |
| 70-79     | 28% |
| 80-89     | 33% |
| >90       | 38% |

**Care home residents:** Significant increase risk with age.

Residents over 90 yrs almost 40% higher risk than those <70yrs.

| Age (Yrs) |     |
|-----------|-----|
| <70       | 26% |
| 70-79     | 27% |
| 80-89     | 30% |
| >90       | 36% |

**Mental Health Acute Hospitals:** small numbers, only 40 patients in total.  
26% <40 years and 33% >40 years. (No significant difference)

**Mental Health Long Stay /Rehab:**

13% <66.5years and 23% >66.5 years. (Significant increase with age.)

## 7. **Malnutrition Risk by Country and Sector**

**General Acute Hospitals:** Overall 28% those admitted were at risk

|          |     |
|----------|-----|
| England  | 29% |
| Wales    | 26% |
| NI       | 25% |
| Scotland | 23% |

**Mental Health Acute:** Overall 30% were at risk

**Long stay/Rehab MH Units:** Overall 18% were at risk

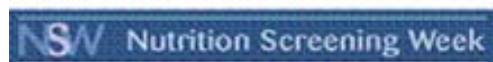
**Care Homes:** Overall 28% those admitted in last 6mths were at risk

|          |  |
|----------|--|
| England  | 28%  |
| Wales    | 24% (only 41 care homes in total from Wales) |
| NI       | 31%  |
| Scotland | 27%  |

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Nutrition Screening Week is an initiative of BAPEN in collaboration with the British Dietetic Association and the Royal College of Nursing, supported by the National Patient Safety Agency, the Department of Health in England, the Welsh Assembly Government, the Scottish Government and the Chief Nursing Officer in Northern Ireland.

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