



**Dr Trevor Smith**  
BAPEN President

# An Update from BAPEN

**We've had a busy autumn so far and we've still got a number of exciting things ahead to look forward to.**

## **UKMAW 2022**

This October we celebrated our fifth UK Malnutrition Awareness Week (UKMAW) – a brilliantly exciting milestone to have reached. This is a week I always look forward to, and this year didn't disappoint. Together with our colleagues at the Malnutrition Task Force (MTF), we revisited our theme of 'Ask, Look, Listen', which was so successful in 2021, and brought to the fore the fact that we really are all in this together. Our core message that malnutrition is everybody's business resonated with our audiences and I hope was heard widely and clearly.

The campaign week was packed with awareness raising activities, and a new addition to the schedule this year was a virtual 'Sharing of Practice' learning day, hosted by the MTF. This brought a number of different voices together to share ideas, top tips and research – all with the aim of sharing best practice. The conference day was a huge success, thriving off collaboration and common visions, and I urge you to keep your eyes peeled for clips coming out over the coming weeks and months of the key highlights and insights. Another highlight was the #ChallengesTuesday, which asked you to write down challenges you or your teams face in delivering good nutritional care. I think it was so important to be able to read and hear perspectives from various settings around the UK that some of us may relate to and others may have solutions to, and it was inspiring to see the conversations of good practice that ensued on social media.

It was great to see how much support UKMAW had this year, and I'd like to thank everybody who got involved. The lasting impact of the pandemic along with the cost-of-living crisis means that even more people are becoming vulnerable and will be at a greater risk of being malnourished. With this backdrop, I think we are all even more aware of the need to look out for people. As we move into winter, let's ensure the legacy of UK Malnutrition Week continues, and we look out for neighbours, friends, colleagues and carers who may be at risk. The resources shared during UKMAW are still available to view here for more information: <https://bit.ly/BAPENMAW22>.

## **National Screening Survey**

October also saw the opening of our National Screening Survey, which is run by the Malnutrition Action Group (MAG). This is always such an important opportunity for us to 'take the temperature' of the malnutrition problem in the UK, gathering data from a range of health

and social care settings and comparing results to previous years to review emerging trends and patterns.

The 2021 survey, which is available to read at <https://bit.ly/BAPENSURVEY2021>, worryingly found that 39% of adults screened were at risk of malnutrition, with prevalence highest in individuals with gastrointestinal conditions (48%), respiratory conditions (45%), cancer (45%) and neurological diseases (44%).

In hospitals, 40% of patients were at risk of malnutrition, and in community settings, there was a higher malnutrition prevalence in those in their own homes (51%) and residents in care homes (60%). Meanwhile, the use of nutritional care plans was lower in 2021 than in previous years.

It will be really interesting to see how the picture has changed in 2022, and as always, I'd like to extend my thanks to all those who took the time to contribute their data. It really does facilitate us being able to make a difference.

## **BAPEN Conference 2022**

Now looking ahead, this year's conference (<https://bit.ly/BAPENCONF2022>) is fast approaching, and is something that I am really looking forward to. Not only will we be coming back together to meet in person this year, but we'll also be celebrating 30 years of BAPEN, and unveiling our new strategy for 2022 to 2027. This is shaping up to be a brilliant event!

Taking place on the 29th and 30th November in Brighton, the event focuses on providing quality nutritional care and bringing together professionals involved in, and committed to, improving nutritional policy, care and treatment in community, care and hospital settings.

We'll kick off the proceedings with the launch of BAPEN's new strategy and then the schedule is packed full of lectures, exhibitions, poster sessions, and networking. The Nutrition Village will return with workshops on key practical skills in clinical nutrition, we'll host the BAPEN 2021 Awards, and we'll relive the 70's with 'A Night with ABBA!'

Don't forget to take a look at the schedule here: <https://bit.ly/BAPENCONF2022>, and book in for sessions in advance if required. The programme is catered towards the range of multi-disciplinary healthcare professionals that make up BAPEN, and I'm confident there will be something for everyone in there.

I look forward to celebrating a truly special year for BAPEN and catching up with many of you there.