

An integrated approach to a hidden problem: tackling the consequences of malnutrition

The cost of malnutrition and potential cost savings from
nutritional interventions in England

Marinos Elia

Emeritus Professor of Clinical Nutrition & Metabolism
University of Southampton

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Medical Nutrition

Malnutrition: a major clinical and public health problem

- Common problem present in all medical disciplines, all types of hospital wards, and all age groups, in both health and social care settings e.g. ~30% in hospital, ~35 in care homes, ~15% in hospital outpatient clinics
- More common in older than younger people
- Affects every system of the body
- Predisposes to disease and adversely affects outcome

HOSPITAL



Contents lists available at [ScienceDirect](#)

Clinical Nutrition 2016; 35: 370-380

journal homepage: <http://www.elsevier.com/locate/clnu>

Meta-analyses

A systematic review of the cost and cost effectiveness of using standard oral nutritional supplements in the hospital setting

M. Elia ^{a,*}, C. Normand ^b, K. Norman ^c, A. Laviano ^d

COMMUNITY & CARE HOMES



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Clinical Nutrition 2016; 35: 125-137

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Meta-analyses

A systematic review of the cost and cost effectiveness of using standard oral nutritional supplements in community and care home settings

M. Elia ^{a,*}, C. Normand ^b, A. Laviano ^c, K. Norman ^d

Hospital

Recent review of oral nutritional supplements (ONS) use

- **Reduced complications** up to 35% (meta-analysis)*
- **Reduced mortality** up to 35% (meta-analysis)*
- **Faster recovery from illness** (reduced hospital stay, up to 21%) (meta-analyses)*†
- **Cost saving; cost effective**

*Clin Nutr 2016; 35: 370-380)

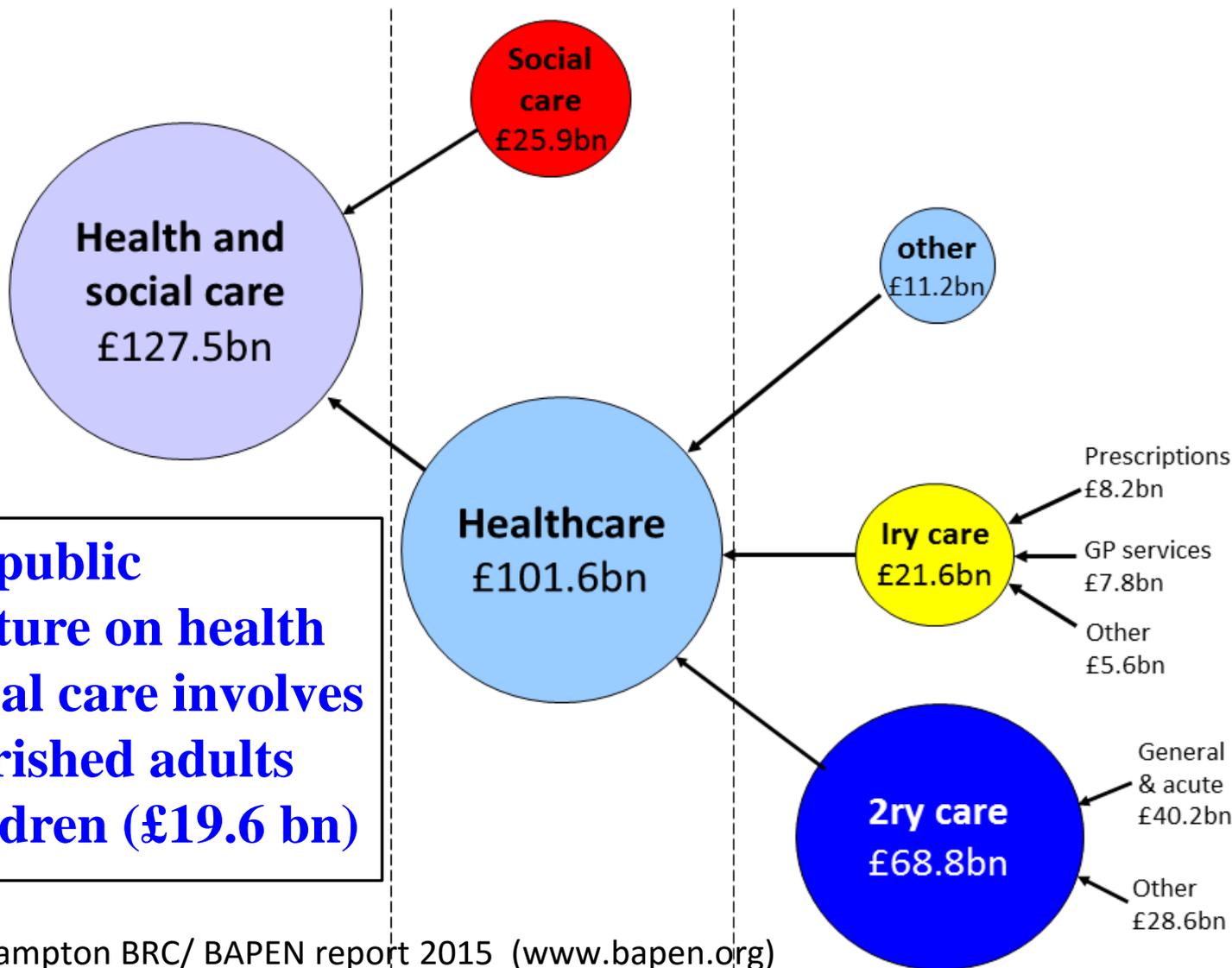
† NIHR Southampton BRC/BAPEN economic report 2015 (www.bapen.org)

Community

Recent review of ONS use

- **Reduced falls & less functional limitations**
More independence
- **Fewer mobility problems**
More independence
- **Less hospitalisation**
More time at home
- **Quality of life and Quality Adjusted Life Years (QALYs)**
Improved
- **Cost neutral; cost-effective**

Distribution of the public health and social care budget in England 2011/12



15% of public expenditure on health and social care involves malnourished adults and children (£19.6 bn)

Key messages - costs

- Malnutrition is not only a common clinical, public health/social problem but also a major economic burden.
- About 15% of the public expenditure on health and social care involved malnourished subjects. In England in 2011-12 this amounted £19.6 bn.
- It costs about over 3 times more to manage a persistently malnourished subject than a non-malnourished subject.

Key messages – cost savings

- It costs more not to treat malnutrition than to treat it (NIHR Southampton BRC /BAPEN report 2015; www.bapen.org).
- Unlike most treatments, the treatment of malnutrition can save rather than cost money (£63-77 million for high risk of malnutrition; up to £172-229 million for medium + high risk), so every effort should be made to start treatment early, or prevent it (NIHR Southampton BRC /BAPEN report 2015; www.bapen.org).
- On the NICE website on cost-saving guidance (accessed 23 May 2016) Nutritional Support in Adults (QS24) ranked 5th highest out of a total 42 (2 out of 18 in the Clinical Guideline/Quality Standard category).
- Exemplar centres need to examine the cost savings in practice using a coordinated operational infra- structure in groups of malnourished subjects recommended by NICE and the broader population of malnourished subjects.