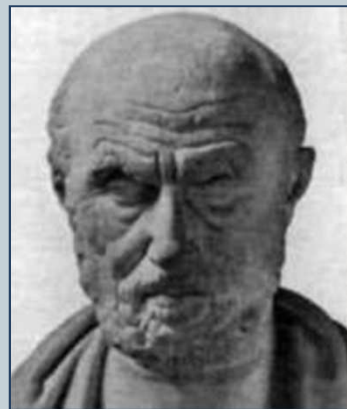


# Impact of Nutrition on Public Health



"LET MEDICINE BE THY FOOD,  
AND FOOD BE THY MEDICINE."

HIPPOCRATES OF COS, GREECE  
460-377 B.C.



# Which role for HTA in NUTRITION?



*“The important policy question ... is the appropriate balance between primary and secondary prevention and between the population and high-risk approach...”*

*The only strategy ... is the population-wide approach to primary prevention. All other strategies will only restrain the epidemics; they will not prevent them.”*

Beaglehole, Lancet 2001:358:661

# Need for an ISG in Nutrition?



The double burden of malnutrition affects all countries, rich and poor. Most governments have populations that are subject to both nutrient “excesses” and “deficiencies,” and therefore need to plan and implement programs to reduce their prevalence (Worldbank )

Non communicable diseases (NCDs) - If the major risk factors for chronic disease were eliminated, at least 80% of heart disease, stroke and type 2 diabetes would be prevented; as well as 40% of cancers (WHO)

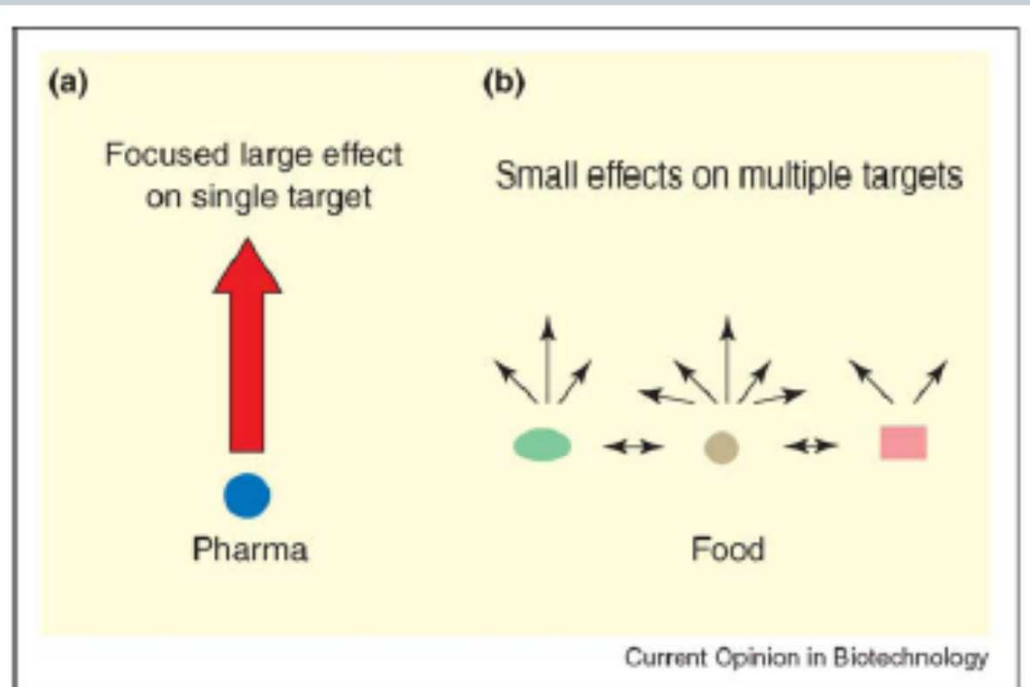
The World Economic Forum recently highlighted NCDs— as one of three of the most significant risks to global well-being, alongside “fiscal crises” and “underinvestment in infrastructure.”

# Differences Pharma & Nutrition



The complexity of food that interacts with multiple interdependent physiological and metabolic processes and of food constituents that impact on different targets, requires

- A holistic approach, different from the pharmaceutical field
- A well-suited design that matches food-related health impact in their socio-economic setting



Comparison of the actions of the bioactive components in (a) pharma and (b) food products.

Current Opinion in Biotechnology 2006, 17:217-225

# Where it all started...



## Initial meetings

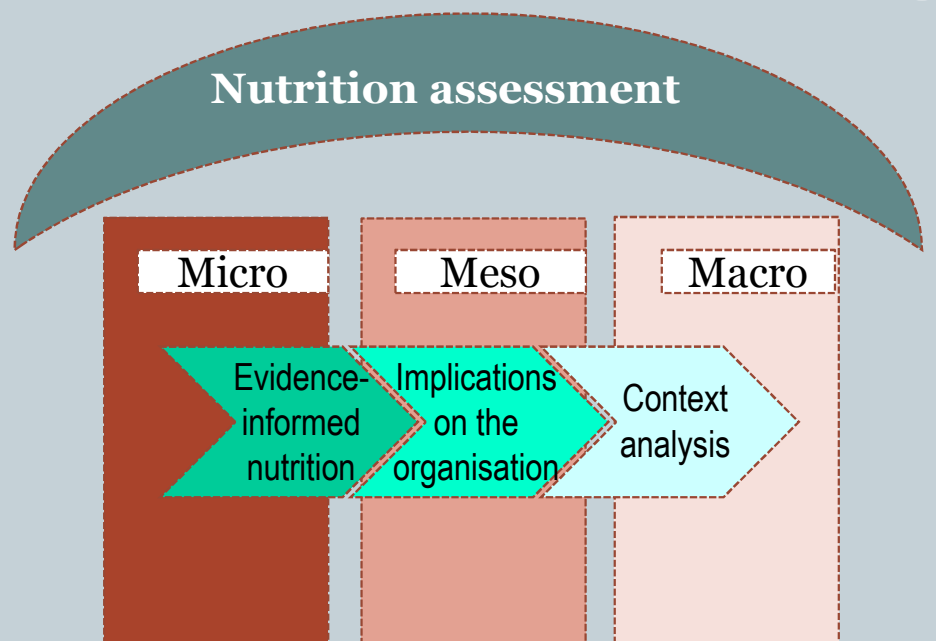
- Nutrition economics – characterising the economic and health impact of nutrition. *British Journal of Nutrition* (2011), 105, 157–166
- Workshop Report: concepts and methods in the economics of nutrition – gateways to better economic evaluation of nutrition interventions *British Journal of Nutrition* (2012), 108, 1714–1720
- Bilbao HTAi 2012 : The challenge of nutrition-associated health impairment & needs for assessment

## **Today we are here to discuss an ISG on Nutrition & Public Health**

### Specificities:

- ⇒ In general, no prescription, no reimbursement
- ⇒ The citizen is the payer, but individual choices may provide unique rewards
- ⇒ Many confounding factors: a hurdle for reliable evidence-informed nutrition
- ⇒ Information on health- and economics outcomes is limited
- ⇒ Issues on measurement of daily functioning and wellbeing
- ⇒ Lack of standardized methods
- ⇒ Small effects over a long timespan can yield tremendous cost-savings

# What kind of evidence is needed



Nutrition assessment and health(care) systems

=> Any intervention that may be used to promote health, to prevent, diagnose or treat disease or for rehabilitation or long-term care

Nutrition economics is the discipline dedicated to researching and characterising health and economic outcomes in nutrition for the benefit of society (BJN 2011)

- Who needs the information
- For what purpose?
- Who are the stakeholders involved?
- Which are the metrics
- Which are the methods
- Which are the endpoints?
- Who should define the endpoints?

# Project options for discussion



- Guidance & standards
- Systematic reviews
- Research on markers of healthy eating habits
- Barriers and enablers of healthy lifestyle interventions
- Efficiency of health policy programs in daily nutrition
- Dedicated session in Oslo (HTAi 2015)
- Networking and partnerships
- Active dissemination
- .....

Agreement on practical & logistic aspects