



POSITION STATEMENT

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Supplements Important Component in Prevention of Chronic Disease, Maintaining Wellness and Reducing Healthcare Costs

Dietary Supplements, Backed by Strong Science and Research, Demonstrate Prevention in the Continuum of Healthcare by Maintaining Good Health, Well-being and Cost-Savings

Calcium & Vitamin D intake can help teen and young adult women achieve peak bone health, and reduce their risk of osteoporosis later in life.

- *The five-year (2005-2009) **net savings** in hospital, nursing facility, and physician expenditures resulting from a reduction in the occurrence of hip fractures among the elderly through daily intake of 1200 mg of calcium with Vitamin D would be **\$13.9 billion**. Approximately 734,000 hip fractures could be avoided.¹*

Omega-3 Fatty Acids may reduce the risk of coronary heart disease (CHD).

- *The five-year (2008-2012) **net savings** in health care expenditures resulting from a reduction in the occurrence of CHD through daily intake of approximately 1800 mg of omega-3 is **\$3.2 billion**. Approximately 374,301 hospitalizations and doctor fees due to CHD could be avoided.²*

Lutein has shown a direct correlation between use and the reduction of age-related macular degeneration (AMD) and improvement in retinal function.

- *The five-year (2008-2012) **net savings** in health care expenditures associated with AMD through daily intake of 6 – 10 mg of lutein is **\$3.6 billion**. Approximately 190,927 individuals could avoid the transition to dependence either in the community or a nursing facility as a result of advanced AMD.³*

Multivitamin with Folic Acid is a reliable means of filling nutrition gaps and ensuring adequate intake of nutrients. Scientific evidence strongly suggests that the use of a daily multivitamin may be an effective way to address nutrition gaps that exist among low-income and elderly populations. Also women of childbearing age should consume 400 micrograms of folic acid (or a multivitamin containing folic acid) daily. If taken before and during early pregnancy, folic acid can reduce the incidence of birth defects to the brain and spine, known as neural tube defects.

- *Within a health insurance context, the five-year estimate of potential net savings resulting from daily multivitamin intake for adults over 65 is approximately **\$1.6 billion**.⁴*
- *The five-year (2008-2012) **net savings** of folic acid, taking into account the low cost of the multivitamin, **\$1.4 billion** could potentially be saved.⁵*

Dietary Supplements Have the Potential to Reduce Healthcare Costs Associated With Chronic Conditions

¹ Lewin Group. (2004). *Improving Public Health, Reducing Health Care Costs: An Evidence-Based Study of Five Dietary Supplements*.

² Dobson/DaVanzo. (2008). *Effect of Dietary Supplements on Health Care Cost Reduction Key Study Findings*.

³ Dobson/DaVanzo. (2008). *Effect of Dietary Supplements on Health Care Cost Reduction Key Study Findings*.

⁴ Lewin Group. (2003). *A Study of the Cost Effects of Daily Multivitamins for Older Adults*.

⁵ Dobson/DaVanzo. (2008). *Effect of Dietary Supplements on Health Care Cost Reduction Key Study Findings*.

POSITION STATEMENT, continued:

Supplements Important Component in Prevention of Chronic Disease, Maintaining Wellness and Reducing Healthcare Costs

American Consumers Understand the Value and Cost-Saving Potential of Dietary Supplements

- Congress must place a major new emphasis on wellness and disease prevention, while strengthening America's public health system. The benefits associated with key dietary supplements can be a strong component of reducing healthcare costs, promoting wellness and disease prevention especially for vulnerable, high-risk populations (elderly, low-income children, and the disabled).
- The culture of wellness continues to grow in the United States, but so does chronic disease (obesity, diabetes, heart disease). These conditions in some cases are preventable and reversible. Any healthcare reform proposal should provide incentives for individuals and insurers to focus on prevention, wellness and disease management, and provide consumers with added resources, educational tools and encouragement to embrace prevention and stay healthy and productive. As well as understand lifestyle factors, which lead individuals into unhealthy habits.
- Dietary supplements combined with a healthy diet, an appropriate exercise regimen and getting enough sleep are smart choices in promoting good health. Scientific evidence strongly suggests that the use of daily dietary supplement may be an effective way to address nutritional gaps that exist among vulnerable populations.
- More than 150 million Americans use dietary supplements each year. These products help prevent disease and promote good health as a part of an overall healthy lifestyle. Dietary supplements have been associated with prevention and wellness for many years. Education about the benefits associated with key dietary supplements could go a long way to reducing overall healthcare costs and reducing consumer's healthcare expenses.

Dietary Supplements Have Potential to Reduce Healthcare Costs Associated With Chronic Conditions and Save American Families Billions of Dollars