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Inadequate micronutrient intake – Impact on health and health care costs

One of mankind's most remarkable achievements is increased life expectancy. Lifespan increased and continues to increase. Unfortunately, for many people this gain in life years is not matched by gain in years of healthy life. We face a continuous increase of non-communicable diseases like osteoporosis, diabetes, cardiovascular diseases and cancer. The good news is that there is growing evidence that lifestyle factors, including nutrition, have substantial effects on health and well-being. A balanced nutrition providing all nutrients is a powerful way to contribute to health, wellness and performance. Inadequate nutrition is linked to serious, irreversible consequences for health and development. Malnutrition with inadequate micronutrient intake is recognized to be an issue for millions. A recent analysis of intake surveys in Western countries like US, Germany, Great Britain and the Netherlands revealed that in these countries - where plenty of food is available - people do not get all the micronutrients comparing to recommendations. For example vitamin D: the data show that globally 88 % of the healthy population does not have an optimal and desired vitamin D status. Data on intake of vitamin E indicate that more than 90 % of the US population do not consume vitamin E according recommendation.

An inadequate status of the essential nutrients has consequences on long term health by an increase of non-communicable diseases like osteoporosis, diabetes, cardiovascular diseases and cancer. Non-communicable diseases are by far the most relevant reason for impairments and death nowadays. WHO states that the risk for non-communicable diseases can be reduced by lifestyle, nutrition being an essential part of it. Approximately one third of cancers and up to 80% of heart disease, stroke and diabetes type 2 deaths are preventable. The impact for individuals as well as the society and health care systems is tremendous.

The talk will address approaches and models which are available and can be used to assess the impact and benefit of nutrition providing information about micronutrient intake and impact on health and health care system.

Biography

Manfred Eggersdorfer is Senior Vice President for Nutrition Science & Advocacy at DSM Nutritional Products. He studied chemistry at the Technical University Munich and did his PhD in organic chemistry in the field of synthesis and characterization of unusual amino acid. He was post-doc at the Stanford-University, California working with Carl Djerassi on the isolation and characterization of sterols from marine origin. Manfred Eggersdorfer is active as professor for Healthy Ageing at the Faculty of Medical Sciences at the University of Groningen. He is member of the Advisory Board of the Johns Hopkins Bloomberg School of Public Health, of the Fraunhofer-Gesellschaft Curatorial for Innovation, and affiliate of various other organizations. He is author of numerous publications in the fields of vitamins, innovation in nutritional ingredients, and renewable resources, reviewer for a variety of journals and associate editor of the "International Journal of Vitamin and Nutrition Research".

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