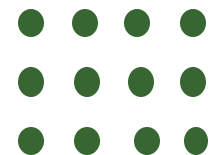


The Impact of Nutritional Supplements on Healthcare Costs in the Elderly



A focus on Prevention, Cost Savings, and Improved Outcomes

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Introduction

- Aging population = rising healthcare costs
- Nutritional supplements can prevent deficiencies, improve outcomes, and reduce medical expenditures.
- Focus: elderly population (65+)



Why Nutrition Matters?

Declining
nutrient
absorption
(B12, D).

Increased
chronic disease
risk.

Sarcopenia,
osteoporosis,
cognitive
decline.

More vulnerable
to deficiencies
&
complications.



Key Supplements with Cost-savings Benefits

Supplement	Health Benefit Cost Impact	
Vitamin D + Calcium	Prevents fractures, reduces fall risk	↓ hospitalizations
B Vitamins	Supports brain and heart health	↓ dementia-related care
Protein	Prevents sarcopenia	↓ mobility-related costs
Omega-3s	Reduces inflammation, heart risk	↓ CVD events

Evidence-Based Cost Reductions



- \$4B saved/year from calcium + vitamin D use (55+).
- \$3.9B saved/year from omega-3 supplementation.

Frost & Sullivan (2013)

- 21% ↓ in hospital length of stay
- 8.4% ↓ in readmissions
- \$4,734 saved per patient using oral nutrition supplements.

Aspen Study

Dietary Supplements



Dietary Supplements – small investment today, big return tomorrow

Evidence demonstrates that the use of certain dietary supplements by specific populations can reduce the direct and indirect medical costs associated with several common conditions as shown in these topline findings. Learn more: SupplementsToSavings.org

Science-backed supplement intervention

Supplementing at preventive intake levels has been shown to reduce the occurrence of medical events related to these diseases in high risk populations.

CORONARY ARTERY DISEASE (CAD)
Omega-3, Magnesium, Dietary Fiber, Vitamin K2



OSTEOPOROTIC FRACTURES
Calcium & Vitamin D



AGE-RELATED MACULAR DEGENERATION
Lutein & Zeaxanthin



COGNITIVE DECLINE
Vitamins B6, B9, B12



IRRITABLE BOWEL SYNDROME
Probiotics

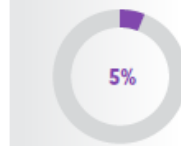
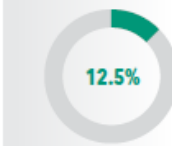
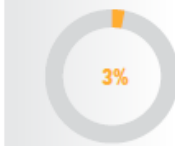
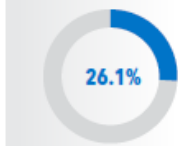
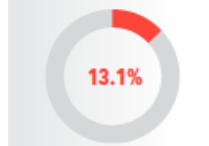


CHILDHOOD COGNITIVE DEVELOPMENT DISORDERS
Choline



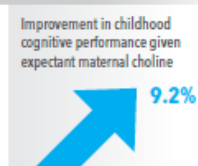
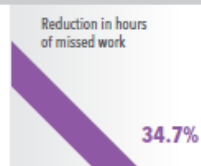
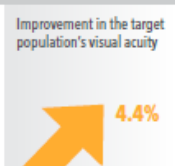
Event rate

% of targeted population that will experience a medical event per year.
Source: Centers for Disease Control and Prevention



Relative risk reduction

The risk of having a medical event reduced by taking these supplements.



CUMULATIVE 2022 – 2030

Avoidable medical events

If the entire target population supplements at preventive intake levels.



Net savings

\$13.3 – 85.3 billion

\$179.32 billion

\$959.2 million

\$109.93 billion

\$110.22 billion

\$1.08 billion

Savings yet to be realized

With full supplementation among target population.

\$12.66 – 83.84 billion

\$155.41 billion

\$942.7 million

\$97.64 billion

\$94.83 billion

\$1.07 billion



Indirect Benefits

Delayed entry
into long-term
care.

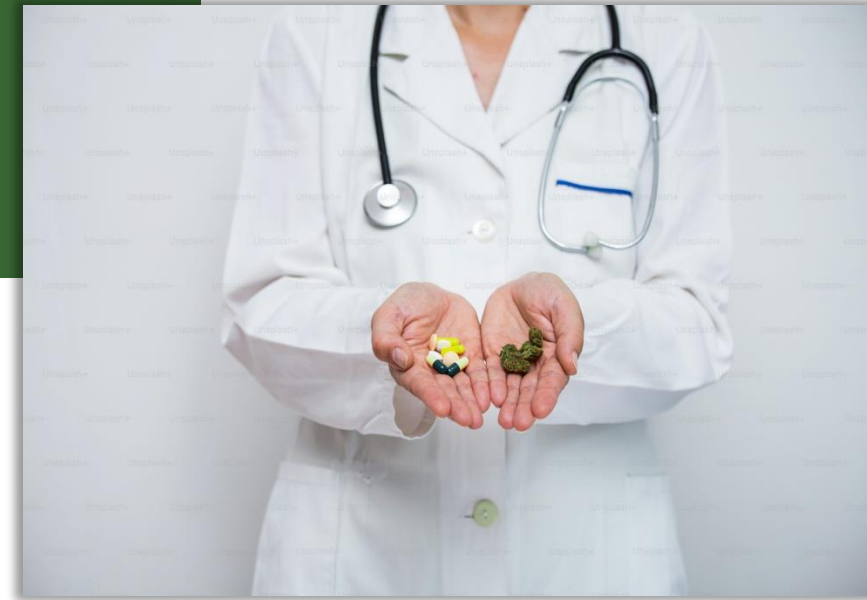
Improved
recovery post-
surgery.

Reduced
polypharmacy

Enhanced
quality of life
and
independence.

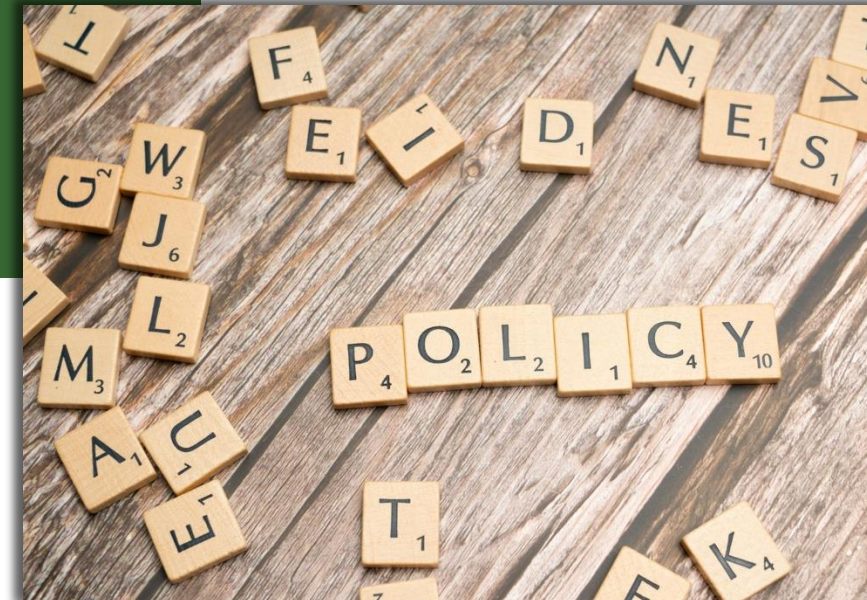
Limitations & Considerations

- Not a replacement for a healthy diet.
- Must be targeted and evidence-based.
- Overuse = potential harm (e.g., vitamin A toxicity).
- Should be part of integrated geriatric care.



Policies Implications

- Encourage supplementation in high-risk elderly groups.
- Promote screening for nutritional deficiencies
- Potential for insurance coverage of key supplements.
- Educate providers and caregivers.





Conclusion



✓ Supplements can improve health



✓ Reduce hospitalizations & care costs



✓ Preserve independence



✓ Especially impactful in the elderly



Q&A

