

CASE STUDY:

An economic model for the use of yoghurt in type 2 diabetes



In the UK, diabetes accounts for approximately 10% of the total UK National Health Service (NHS) resource expenditure. Findings from meta-analyses indicate that yoghurt consumption may be protective against type 2 diabetes (T2D). Because yoghurt may reduce the risk of diabetes, yoghurt consumption across the UK population could decrease the economic burden of T2D.

YHEC developed an economic model that simulated patients in the UK and explored the potential economic benefit to the NHS of a population increase in yoghurt consumption as a preventative measure against development of T2D. The model was constructed for adults in the UK over the age of 25 years old using incidence rates for developing T2D with both current and increased yoghurt consumption. Data were taken from a meta-analysis of studies of dairy consumption on T2D risk. The risk of developing diabetes and the subsequent comorbidities was measured.

The model predicted that increasing average yoghurt consumption by adults over 25 years of age in the UK by 100g daily could result in nearly 400,000 fewer people developing T2D over 25 years. This could potentially save the UK NHS £2.3bn in direct T2D treatment costs and the costs of treating T2D associated. In addition, 267,000 quality-adjusted life years could be generated.



The research indicated that increasing yoghurt consumption in the adult population of the UK by 100g per day could generate substantial cost savings to the NHS as well as significant patient health benefit through reductions in the incidence of T2D.

Read the full research paper:

link.springer.com/article/10.1186/s40795-016-0115-1

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