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Title

One-size-fits-all nutrition strategies versus interventions with a personalized nutrition component: overview and critical appraisal of cost-effectiveness evaluations

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Abstract

It is of the utmost importance to identify interventions that are both effective and economically feasible bearing in mind the high rates of non-communicable diseases associated with inadequate nutrition around the globe and projections of greater rate increases in low- and middle-income countries. An increasing number of modeling studies indicate that population-wide strategies may have greater and longer-lasting benefits for population health at a lower cost to society. Personalized nutrition has attracted a lot of attention recently since it might help to prevent diet-related diseases more effectively and efficiently. However, to the best of our knowledge, there hasn't been a thorough analysis of the cost-effectiveness of interventions that include a personalized nutrition component. Thus, in our presentation, a critical analysis and a sneak peek at the methodology and findings of a previously published very diverse body of literature on cost-effectiveness evaluations of interventions with a personalized nutrition component will be given. There is heterogeneity in the cost-effectiveness analyses methodology used in the personalized nutrition field, including disparities in definitions and conceptualization, PICOs, and modeling approaches. All things considered, regardless of differences in health economic outcomes within studies, interventions with a personalized nutrition component are in general more economical than a one-size-fits-all strategy. Lastly, the best way to further increase health outcomes and cost-effectiveness is through an integrated strategy that incorporates both psychological and biological concepts of individualization.

Keywords

cost-effectiveness; dietary interventions; nutrition economics; personalized nutrition