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**Title**

Cost-effectiveness analysis of nutrition therapy provided by dietitian: a retrospective case-control study

**Abstract**

A 1 year, retrospective, case control study is underway to evaluate the cost of and health benefits attributable to the nutrition therapy conducted by a dietitian. The study population consists of diabetic patients aged > 30 years, who have HbA1c > 7 %. Data were obtained from MyStar®, a diabetes data management. Clinically significant health outcomes are: the percentage of study participants who achieved a clinically significant changes in glycosylated hemoglobin and fasting plasma glucose, which are defined as a reduction from a high-risk level to a HbA1c and FPG below these thresholds, HbA1c < 53 mmol/mol (< 7 %) and FPG: 70 – 130 mg/dl and a clinically significant weight loss, defined as at least a 5% decrease in weight. The total cost per participant for delivery of the dietary intervention provided by dietitian over the course of a year will be estimated. After all, the cost-effectiveness ratio for nutrition treatment will be calculated.

**Key references**

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**Key messages**

1. The economic evaluation in the nutritional field is still too under-utilized
2. Given the growing demand for health and scarcity of economic resources, it is crucial to use criteria of effectiveness and convenience to identify the health programs to which the use of public resources should be directed

