



**Chairman:
René Rizzoli**

**Chair, ESCEO
Scientific Committee**

DAIRY PRODUCTS & BONE IN 2017

*From **health benefits**
to **health economics***

SATELLITE SYMPOSIUM CERIN





**DAIRY PRODUCTS
& BONE IN 2017**

*From health benefits
to health economics*

Dairy products: facts and fantasy

Jean-Yves Reginster

University of Liège, Belgium



GLOBAL DAIRY PLATFORM





Saving lives and resources by preventing osteoporotic fractures with dairy products

Mickael Hiligsmann

Maastricht University, the Netherlands





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& BONE IN 2017**

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Take home messages

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GLOBAL DAIRY PLATFORM





DAIRY PRODUCTS & BONE IN 2017

From *health benefits*
to *health economics*

- During childhood and adolescence, observational studies and RCTs have shown a favourable effect of dairy products on peak bone mass
- In adults, dairy products have a beneficial effect on bone density and structure and bone markers
- Epidemiological data on dairy products and fracture are scarce and controversial but no intervention trial is available
- However several meta-analyses of RCT support the role of calcium **and** vitamin D for the prevention of osteoporosis and fractures



GLOBAL DAIRY PLATFORM



CERIN



DAIRY PRODUCTS & BONE IN 2017

From *health benefits*
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- According to ESCEO and IOF, dietary sources of calcium are the preferred option
- Dairy products represent the best dietary sources of calcium due to their high calcium and nutrient content, high absorptive rate, availability and relatively low cost
- Most of adults over 65 years do not reach the recommended intake of 3 servings of dairy products per day which is safe and does not appear to increase body weight, the risk of CVD, cancer or mortality.



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- The use of vitamin D-fortified dairy products could substantially reduce the burden of osteoporotic fractures and seem to be an economically beneficial strategy.
- **In high risk of population**, dairy products are
 - highly cost-effective in patients aged over 65y
- **In general population**, dairy products are:
 - at the border of efficiency in people >60 y
 - highly cost effective in women over 70y



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