

BILLIONS OF REASONS TO EAT GRAIN FIBRE

ADDITIONAL STATISTICS

New research, conducted by Deloitte Access Economics and Nutrition Research Australia, reveals Australians are not eating enough fibre and demonstrates how a national increase in grain fibre could prevent hundreds of thousands of cases of chronic disease and save the economy billions of dollars each year.

MAIN RESEARCH FINDINGS

- Four out of five Australian adults are not eating enough fibre to help reduce the risk of chronic diseases¹, such as cardiovascular disease (CVD) and type 2 diabetes (T2D).
- These two diseases are currently estimated to cost \$21.7 billion per annum in direct healthcare costs and lost productivity in the workplace².
- Grain fibre is one of the most effective fibres for reducing the risk of CVD and T2D^{3,4}.
- If every Australian adult adds one serve of high fibre grain food to their diet each day, which contains four to five grams of grain fibre, it could **prevent 64,000 cases of CVD and 126,000 cases of T2D** a year².
- This addition of one serve of high fibre grain food a day could save the economy \$1.5 billion in healthcare and productivity costs in a year².
- If Australian adults add two to three serves of high fibre grain food to their diet each day, it could **prevent 139,000 cases of CVD and 272,000 cases of T2D per year and result in economic savings of \$3.3 billion per year**².
- Foods containing 4–5 grams of grain fibre:
 - 1 bowl of high fibre cereal or porridge
 - 2 slices of wholemeal bread
 - ¼ cup whole grains such as barley or corn

ADDITIONAL FACTS FROM RESEARCH

On disease prevalence:

- In 2015–16, there were 1 million cases of CVD and 1.2 million cases of T2D with the latter likely to be underestimated with many people undiagnosed². CVD is accountable for a third of Australian deaths⁵.

1 NRA, 2017. Secondary Analysis of the 2011-12 National Nutrition and Physical Activity Survey

2 Deloitte Access Economics and NRA, 2017

3 Threapleton et al, 2013

4 Inter Act Consortium, 2015

5 AIHW, 2016b

- T2D is estimated as being the underlying cause of 1.3% of Australian deaths⁶.
- There are an estimated 186 newly registered Type 2 diabetics every day in Australia⁷.

On fibre intakes in Australia:

- Two out of three Australian adults are not meeting their Adequate Intake for dietary fibre, as outlined by the National Health and Medical Research Council, (25g for women and 30g for men per day)⁸.
- Four out of five Australian adults are not meeting their Suggested Dietary Target for fibre to help reduce the risk of chronic disease (28g for women and 38g for men per day)⁸.
- 47% of Australian adults are deliberately limiting grains in their diet⁹ which contributes to lower fibre intakes since grains are the number one source of fibre in the Australian diet.
- The problem is more exaggerated in lower income groups. In the lower socioeconomic groups, only 33% of children and 24% of adults meet the Adequate Intake for dietary fibre compared to 51% of children and 33% of adults from higher socioeconomic groups⁸.
- Only 15% of adults in the lower socioeconomic groups ate enough fibre to help reduce the risk of chronic disease compared to 21% of adults in the higher income groups⁸.
- Inadequacy is also more prevalent in men. Only 14% of men are getting enough fibre to help reduce the risk of chronic disease compared to 20% of women⁸.
- The problem is even larger in young men, with only 11% getting enough fibre to help reduce the risk of chronic disease compared to 16% of older men⁸.

On potential savings:

- For every gram of grain fibre we eat, we reduce the risk of CVD by 1.1%¹⁰ and T2D by 2.5%¹¹, so eating 10g of extra grain fibre reduces the risk by 11% and 25% respectively.
- Adding one serve of high fibre grain food each day, which contains four to five grams of grain fibre, could save up to \$1.5 billion a year – \$600 million of that from direct healthcare costs and \$900 million from lost productivity in the workplace¹².
- Potential for savings is largest in lower socioeconomic groups since fibre intake was lowest in these groups. Those in the lowest socioeconomic groups could potentially save the economy \$522 million in direct healthcare costs and lost productivity compared with \$146 million in the highest socioeconomic groups¹².
- Men are more likely to contribute to savings than women because men have a larger gap since men are less likely to meet their fibre targets. Savings for men are in the vicinity of \$942 million when compared to women at \$587 million¹².

6 AIHW, 2016c

7 Diabetes Australia, 2017

8 NRA, 2017. Secondary Analysis of the 2011-12 National Nutrition and Physical Activity Survey

9 GLNC, 2017. Grains Consumption Study

10 Threapleton et al, 2013

11 Interact Consortium, 2015

12 Deloitte Access Economics and NRA, 2017