



Cost-effectiveness of Naturopathic Medicine

Testimony on S.53
Senate Health and Welfare Committee
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- One-year randomized controlled trial that evaluated the addition of individualized naturopathic care to enhanced conventional care for patients with an increased cardiovascular disease risk in a workplace setting. That study, For the 246 higher-risk individuals in that study, the **risk of a cardiovascular event over the next 10 years was reduced from 10.8 percent to 7.7 percent.** This means that for every 100 workers treated with naturopathic care, approximately three fewer would experience a significant and potentially deadly event such as a heart attack or stroke.

Costs were estimated using direct medical costs measured from medical claims and patient self-report and indirect (productivity) costs from sick leave and presenteeism data. **Cost savings from naturopathic care were found to be \$1187 and \$1138 per employee** from an employer and societal perspective, respectively. These cost savings were in addition to the reductions seen in 10-year cardiovascular disease and event risks.
 - February 2014 issue of the Journal of Occupational and Environmental Medicine (Volume 56, Issue 2, p.171-176),
 - Funded by the Joint Benefits Committee of the Canada Post Corporation and the Canadian Union of Postal Workers was also published in the Canadian Medical Association Journal in April, 2013.
- **Annual health care expenditures** for insured integrative medicine users in Washington State (one of the states with the oldest and highest number of practicing naturopathic physicians) were **\$356 less** than for non-integrative (i.e. conventional) users.
 - Journal of Alternative and Complementary Medicine 2010 Volume 16 Issue 4, pp 411-417
- An internal Blue Shield Insurance study in King County, WA circa 1995 titled “Phase I Final Report: Alternative Healthcare Project” estimated that a **naturopathic-centered managed care program could cut the costs of chronic and stress-related illness by up to 40% and lower costs of specialist utilization by 30%.**
- A Vermont Auto Dealers Association Risk Factor Changes study showed in the first 5 years of monitoring that **Naturopathic care showed a 46% decrease in multiple cardiovascular disease risk factors, a 52% decrease in High Blood Pressure, a 23% decrease in high cholesterol, a 7% decrease in diabetes, a 30% decrease in excessive stress, and a 42% decrease in depression.**