

Diet and metabolic health may influence flu vaccine effectiveness

- The World Health Organization estimates that vaccination efforts have saved 154 million lives in the last fifty years.
- Multiple factors can influence vaccine effectiveness, and researchers are interested in studying the best ways to increase vaccine efficacy.
- A study conducted in mice with obesity found that dietary interventions resulting in weight loss led to better metabolic biomarkers and improved flu vaccine effectiveness.
- The results highlight the potential impact of a balanced diet and metabolic health on vaccine response.

The World Health Organization (WHO) estimates that immunization efforts have helped save [154 million people](#) *Trusted Source* over the past 50 years. This information highlights the helpfulness of vaccines.

However, certain immunizations, such as the flu vaccine, are not always as [effective](#) as we'd like them to be due to various factors.

A recent mouse study examined how healthy dietary interventions prior to vaccination could influence metabolic health and increase flu vaccine effectiveness. The findings show that improved metabolic health led to better immune function, which increased the vaccine response.

Future research could explore how these findings, recently published in [Nature Microbiology](#) *Trusted Source*, could apply to humans.

News Source:

<https://www.medicalnewstoday.com/articles/diet-metabolic-health-flu-vaccine-effectiveness#Healthy-diet-impacts-flu-vaccine-effectiveness>