Background

Vitamin D is an essential nutrient, well known for its role in skeletal health. While Southeast Asian nations are situated near the equator, recent studies in this region have shown that deficiency of this sunshine vitamin is highly prevalent across all age groups, in both urban and rural populations. At the same time, preliminary findings about the non-skeletal benefits of vitamin D have been widely circulated in the past decade.

The US and European countries have recently revised recommendations on vitamin D intake levels in view of these findings, yet expert opinion on the optimal requirement level remains inconsistent. More research and education are clearly required, but more importantly, awareness of vitamin D deficiency, its health implications and corrective actions need to be raised and addressed in the Southeast Asian region.

Objectives

This important seminar will:

1. Provide the latest information on the current status of vitamin D in Southeast Asia, and the consequences of deficiency and insufficiency

2. Improve understanding of how vitamin D requirement is determined, and how different sources of vitamin D contribute to meeting of this requirement

3. Share state-of-the-art knowledge from the region on the role of vitamin D in skeletal health and beyond – including muscular and neurocognitive function, cardiovascular health, cancer and autoimmune disease

4. Discuss the strategies and regulatory landscape in improving vitamin D adequacy in Southeast Asian countries

Who Should Attend

Nutritionists and dietitians, researchers, academia, government and regulatory officials, food & supplement industry personnel, and others seeking current information on vitamin D and health

Organizer: Co-Organizers: Media Partner:
One-Day Seminar Program

Session 1: Vitamin D Status in the Region
Topics:
• Vitamin D deficiency and health outcomes in Asia
• Studies on vitamin D status in selected South East Asian countries

Session 2: Requirements and Sources of Vitamin D
Topics:
• Requirement and measurement of vitamin D: Challenges and strategies in meeting adequacy
• Vitamin D sources: Are they all the same?

Session 3: Vitamin D and Health
Topics:
• Vitamin D and health benefits: Skeletal health and beyond
• Vitamin D beyond skeletal health: Role in human adipocytes and human brain
• Vitamin D receptor gene polymorphism and colorectal cancer risk
• Vitamin D and immunity: A case study on tuberculosis in Indonesia
• Vitamin D and geriatrics

Session 4: Strategies to Improve Vitamin D Adequacy
Topics:
• Fortification and supplementation: The right solution?
• Regulatory aspects: Fortification and health claims

Speakers will include:
- Prof. Geok Lin Khor, International Medical University, Malaysia
- Dr. Tito Torralba, University of Santo Tomas Hospital, Philippines
- Prof. Kevin Cashman, University College Cork, Ireland
- Prof. Peter R. Ebeling, The University of Melbourne, Australia
- Dr. Hataikarn Nimitphong, Mahidol University, Thailand
- Dr. Woon-Puay Koh, National University of Singapore, Singapore
- Dr. Drupadi HS. Dillon, University of Indonesia, Indonesia
- Dr. Maryantoro Oemardi, University of Indonesia, Indonesia
- Mr Geoffry Smith, ILSI SEA Region

Registration Fees

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<th>Local participants</th>
<th>Overseas participants</th>
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<tr>
<td>Industry</td>
<td>IDR 500,000 / person</td>
<td>USD 180 / person</td>
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<tr>
<td>Government &amp; Academic</td>
<td>IDR 350,000 / person</td>
<td>USD 120 / person</td>
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Registration Details

For inquiries, registration and payment details, please contact:

For local participants
Ms Tissa Eritha
PT Media Pangan Indonesia
FOODREVIEW INDONESIA
KULINOLOGI INDONESIA
Jl Pandu Raya No 151-153, Indraprasta II
Bogor 16152, Indonesia
Tel: +62 251 7191945
Fax: +62 251 8328 376
Mobile: +62 857 8247 5179
E-mail: tissaeritha@gmail.com

For overseas participants
ILSI Southeast Asia Region
9 Mohamed Sultan Road #02-01
Singapore 238959
Tel: +65 6352 5220
Fax: +65 6352 5536
Email: ilsisea@singnet.com.sg