

Optimal Calcium and Vitamin D Nutrition

Session Description

Vitamin D is one of the most active areas of research in nutrition. In the last decade, there have been several dose response studies, many epidemiological studies relating vitamin D status and various health outcomes, and a number of intervention studies of vitamin D and/or calcium. Dr. Zhu has studied calcium and vitamin D interventions and bone and muscle health in adults and children and Dr. Weaver has studied calcium and Vitamin D requirements in children. Vitamin D insufficiency is a widespread problem, even at the equator. Calcium deficiency is also prevalent. Diet is an important factor in bone health. Dr. Ongphiphadhanakul will review this evidence.

Purpose

1. To discuss current evidence for optimal vitamin D status and calcium intakes.
2. To review calcium intake and vitamin D status in Asia.

Session chair/moderator:

Connie M. Weaver, Purdue University USA

Session Topics and Speakers:

Topic 1: *Calcium and Vitamin D needs in adults*

Speaker: Kun Zhu, Perth, Australia

Topic 2: *Calcium and vitamin D needs in children*

Speaker: Connie M. Weaver, Purdue University, USA

Topic 3: *Vitamin D and Calcium Nutrition in Asia*

Speaker: Boonsong Ongphiphadhanakul, Ramathibodi Hospital, Thailand