Vitamin D and Other Micronutrients in Maternal and Child Health Conference

28th - 29th March 2014
Landmark, Amman - Jordan
General Information

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Objectives:

- To discuss the importance of micronutrient deficiencies in maternal and child health.
- To discuss the importance of vitamin D in health and disease of the mother and child and present findings about vitamin D status globally and regionally.
- To present an overview of the status of vitamin D in the Jordanian population with special reference to the study findings from maternal and neonatal vitamin D which was conducted at Al Bashir hospital.
- To discuss and present recommendations to tackle the problem of vitamin D deficiency in Jordanian infants and pregnant women.

Audience:

- Paediatricians, academicians, public health personnel.
- Obstetricians and Gynaecologists.
- Representatives of international organizations.
- Media representatives.
- Policy makers.
Background and Justification:

The medical community recognizes malnutrition as a major health problem, but micronutrients and micronutrient deficiency continue to be relatively ignored despite several country wide studies, which demonstrated significant deficiency in vitamin D, iron vitamin A and zinc. These studies however had major gaps since several important patient groups were excluded such as infants less than one year of age, pregnant women and people over 49 years of age. In addition the findings of these studies are not widely disseminated among medical professionals and decision makers, which left many of these problems without a comprehensive plan of action to solve these deficiencies. In order to increase awareness among the medical professionals, decision makers and the public a regional meeting on micronutrients will be convened in Amman, Jordan in March 2014. The aim of this meeting is to bring into focus the importance of micronutrients in health and disease with special emphasis on the findings of our study, which confirmed widespread deficiency of vitamin D in mothers and their newborn infants. The ultimate goal of the meeting is to help decision makers in Jordan adopt a course of action aimed solving this important public health problem.

This micronutrient meeting is directed at decision makers including the parliamentarians, Ministry of health decision makers, paediatricians, academicians, and public health specialists. The participation of the public sector and decision makers in the different ministries of health in the Arab countries is encouraged in order to help raise the awareness of micronutrient deficiency in the Arab region especially as the number of refugees has increased due to the political instability and the deterioration in health and nutritional support due to the economic downturn in many of these countries. Invitation will be sent out to all these entities requesting their active participation in these efforts. The involvement of the different media organizations including the social, written media as well as the TV and radio will be sought.
Agenda:

Friday March 28, 2014

Session one - Overview of Nutrition and Micronutrients
Nutrition in the normal mother and child
1. Maternal nutrition and its impact on the fetus and the child
2. Child nutrition at the different life stages
3. Importance of micronutrients in mother and child health
4. Economic conditions and its impact on child and maternal nutrition, global and regional trends

Session two - Micronutrients other than vitamin D and health
1. Vitamin deficiencies, other than vitamin D
2. Key micronutrient deficiencies: Iron/Iodine/Zn /Vitamin A and folate
3. Special nutritional needs in diseases states
Agenda:

Saturday March 29, 2014
Session one - Vitamin D in health and disease of the mother and child
1. Vitamin D overview
2. Vitamin D deficiency in the infant and child
3. Vitamin D status in Jordan and the region and the study results at Al Bashir
4. Vitamin D and respiratory illness severity, the Jordan study

Session two
1. Vitamin D and infection
2. Vitamin D and other disease states
3. Supplementation of at risk groups and treatment of vitamin D Deficiency (route IM versus oral, dose, formulations, dangers of Excess. Follow up)

Public policy and addressing vitaminD deficiency in the population
1. Supplementation versus fortification, who should be supplemented And how
2. Fortification of foods, which foods, what works?
3. How to implement wide scale programs

Final session and recommendations
This session will be done in the presence of the undersecretary of health as well as representatives of UNICEF, WHO and the parliamentary medical committee
1. Jordan and vitamin D deficiency, how to tackle the problem
2. Further statements and recommendations
3. What next??

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