


## ODIN Spring Newsletter 2016

Welcome to the ODIN Spring 2016 newsletter.

**About  ODIN:** The Cork Centre for Vitamin D and Nutrition Research group at University College Cork, led by Professors Mairead Kiely and Kevin Cashman, is co-ordinating the EC-funded integrated ODIN project. The project involves a multi-disciplinary consortium of 30 partners, including 9 industry partners, from 18 countries. ODIN started a 4-year programme of research in November 2013, and is currently two and a half years through.

### JOIN US

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ODIN is working to develop safe, effective and sustainable solutions to prevent vitamin D deficiency and improve vitamin D related health outcomes using a food first approach.

**The prevalence of vitamin D deficiency in Europe is 13%**

**[Read full publication](#)**

### **New Data on Prevalence of Vitamin D Deficiency in Europe**

ODIN has recently published much needed data on the prevalence of vitamin D deficiency. This European-wide internationally comparable data on vitamin D deficiency in Europe shows that the prevalence of vitamin D deficiency, which is completely preventable through nutrition, is 13%: these data present firm evidence for significant risk to public health from vitamin D deficiency. To read more and for link to the full publication [click here](#), and to view the data in summary form on an interactive map [click here](#).

Congratulations to the Cork Centre for Vitamin D and Nutrition Research which has received certification from the Centres for Disease Control and Prevention's Vitamin D Standardization Program for their LCMS/MS method for measuring total 25 hydroxyvitamin D (25(OH)D). This is the third year the centre has achieved this distinction, and as of March 2016, it is one of only four labs worldwide, and the only academic research lab, to be certified three years in a row. Certification ensures 25(OH) D results generated for ODIN are traceable to the highest order reference method procedures.



## ODIN Successful One-day Symposium at EU Commission in Brussels

ODIN held a one-day symposium at the EU Commission Champ de Mars Building in Brussels on the 3<sup>rd</sup> March, 2016. New data from ODIN on vitamin D status, dietary intake and food-based strategies for increasing vitamin D was disseminated to more than 60 invited participants from European Commission regulatory bodies, European agencies and food companies. Participating in the event were Professor Judy Buttriss, British Nutrition Foundation and Dr Mona Calvo pictured here.



### ODIN New Data on the Effect of UV-irradiated Mushrooms on Vitamin D Status

UV-irradiated mushrooms, enriched in vitamin D<sub>2</sub>, may improve vitamin D status in individuals with *low* but not high vitamin D status. This is the main finding from an ODIN systematic review and meta-analysis that has recently been published. To read more and for a link to the full publication [click here](#)

### ODIN New Data on Bioavailability of Vitamin D<sub>2</sub> in Bread

ODIN researchers have published new randomised controlled trial data showing very poor bioavailability of vitamin D from bread made with UV-irradiated yeast which has implications for its ability to improve vitamin D status. [Click here](#) to read more and for a link to access the abstract and publication

## ODIN Conferences

There were a significant number of ODIN oral and poster presentations at the 19<sup>th</sup> Vitamin D Workshop in Boston, MA recently. These included ODIN-related oral presentations by Professor Kiely, Professor Sempos and Professor Lips on vitamin D in a pregnancy cohort, vitamin D measurement standardization, and vitamin D and type II diabetes, respectively. There were 5 ODIN-related poster presentations by Professor Cashman, Dr. Smith, Dr. Adebayo and Ms. Hauger.

**Congratulations to ODIN's Taryn Smith who won the Trainee Travel Award to present at the 19<sup>th</sup> Vitamin D Workshop.**