

ODIN Autumn Newsletter 2015

Welcome to the ODIN Autumn 2015 newsletter which gives an update on recent news and events in ODIN.

About  ODIN: The Vitamin D Research group at University College Cork, led by Professors Mairead Kiely and Kevin Cashman, is co-ordinating the EU-funded integrated ODIN project. The project involves a multi-disciplinary consortium of 31 partners, including 9 industry partners, from 19 countries. ODIN started a 4-year program of research in November 2013, and is currently half-way through.

ODIN Scientific objective

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

ODIN approach

Within the first two years of the 4-year ODIN project, the focus has been on generating much needed data on the prevalence of vitamin D deficiency in Europe, new evidence to set dietary requirements for vitamin D in pregnant women, children, adolescents and ethnic adults and modelled estimates of vitamin D intake and status resulting from changes in vitamin D in the food supply accounting for diversity across the wide European latitude (~34-70°N), sun exposure and dietary habits. Some of this data is coming on stream and the next issue of the Newsletter will feature some of this new key information for Europe in relation to vitamin D.

In the second half of ODIN, we will provide food-based strategies to eradicate vitamin D deficiency, clarity on the associations between vitamin D and health and translation of ODIN outcomes for industry and regulatory stakeholders, the medical and scientific communities and citizens.

ODIN featured on Horizon2020 website

ODIN was recently featured on the Horizon2020 website as an example of some of the best research currently being carried out. The article describes how "Europe's first fully comparable evaluation of vitamin D status and dietary intake – as they relate to vitamin D deficiency – will soon be available thanks to the EU-funded ODIN project." and how "this could lead to innovative food-based solutions designed to

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increase vitamin D in the food supply". The full article is available at <http://www.odin-vitd.eu/public/71-shining-a-light-on-vitamin-d-deficiency-in-europe/>.

ODIN in Iceland

ODIN participants involved in work on vitamin D and health in older adults met in Reykjavik in September 2015 to discuss their research. This was extensively reported in the local media and this is a photograph of ODIN co-ordinators, Professors Kevin Cashman and Mairead Kiely with Gudny Eiríksdóttir of the Icelandic Heart Association, an ODIN partner and local host for the meeting.



Recent Conferences

ODIN was represented at the 2nd EVIDAS conference on vitamin D in Warsaw, Poland in October 2015 in which several ODIN PIs gave plenary lectures including Professors Mairead Kiely, Chris Sempos and Christel Lamberg-Allardt. ODIN researcher Suvi Itkonen contributed a poster.

A number of PIs from ODIN were invited to speak at the 12th European Nutrition Conference (FENS) in Berlin in October 2015 including Professors Kevin Cashman, Inge Tetens and Paul Finglas. ODIN scientists, Danijela Ristic-Medic and Mirjana Gurinovic contributed posters.

ODIN would like to congratulate the VUMC team led by Dr Natasja van Schoor and Prof Paul Lips on hosting the 18th Workshop on Vitamin D at Delft earlier this year. The ODIN project was well-represented at the meeting, and our science was discussed in several plenary lectures from Profs Lips, Lamberg-Allardt, Kiely and Sempos, as well as posters from several ODIN scientists.

ODIN co-ordinator, Professor Mairead Kiely, participated in a special symposium on the eradication of rickets at the International Conference on Children's Bone Health in Salzburg in June 2015.

Recent Conferences

- EVIDAS
- FENS
- Vitamin D workshop in Delft
- International Conference on Children's Bone Health

