Public Health Measurements in preventing vitamin D deficiency

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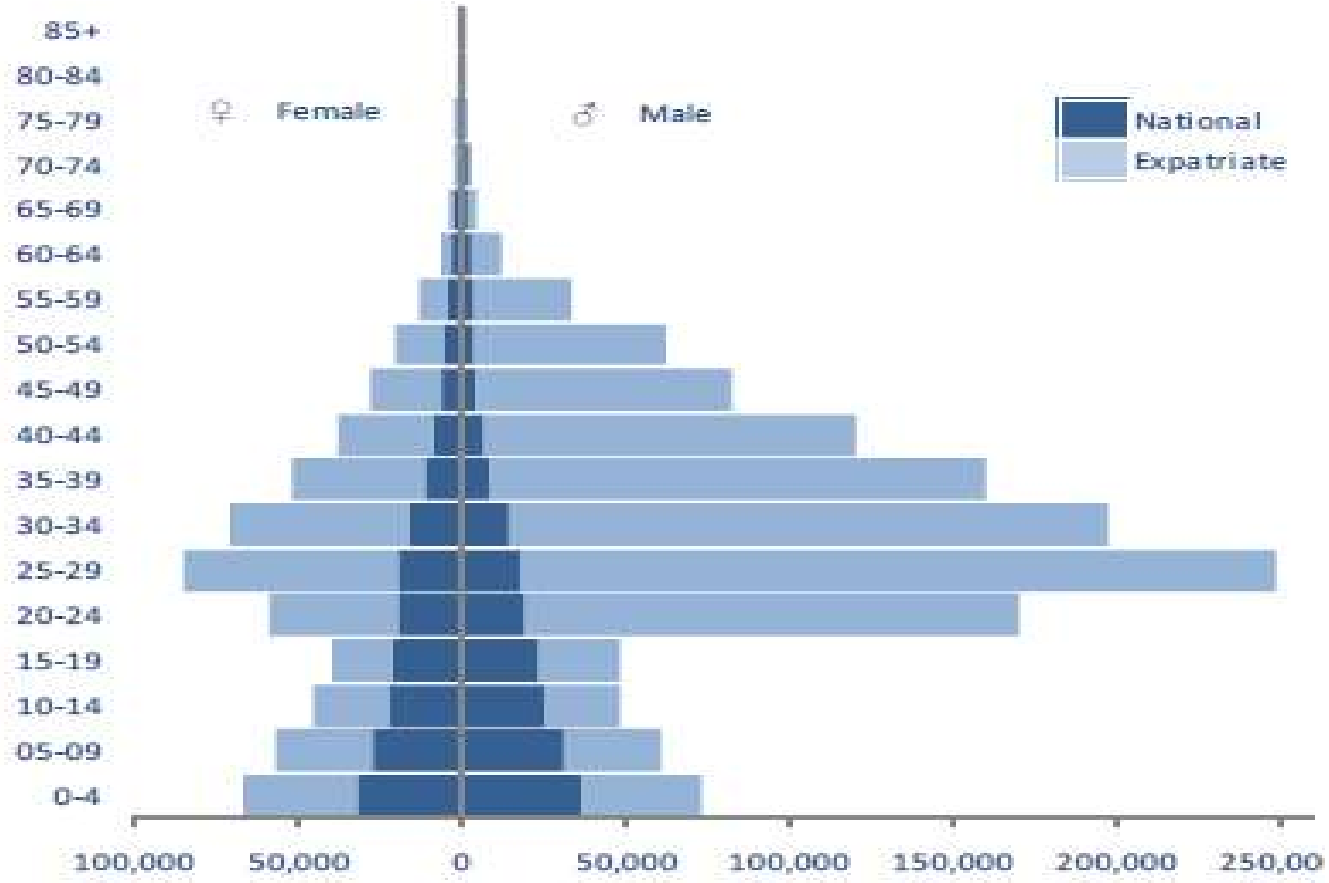
Objectives

- HAAD/ Public Health Department Priorities
- Micronutrient deficiencies
- Meta analysis on vitamin D (to be added later and presented in the conference)
- Sources of Vitamin D
- Public Health Nutrition Programs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Public Health Priorities

2011

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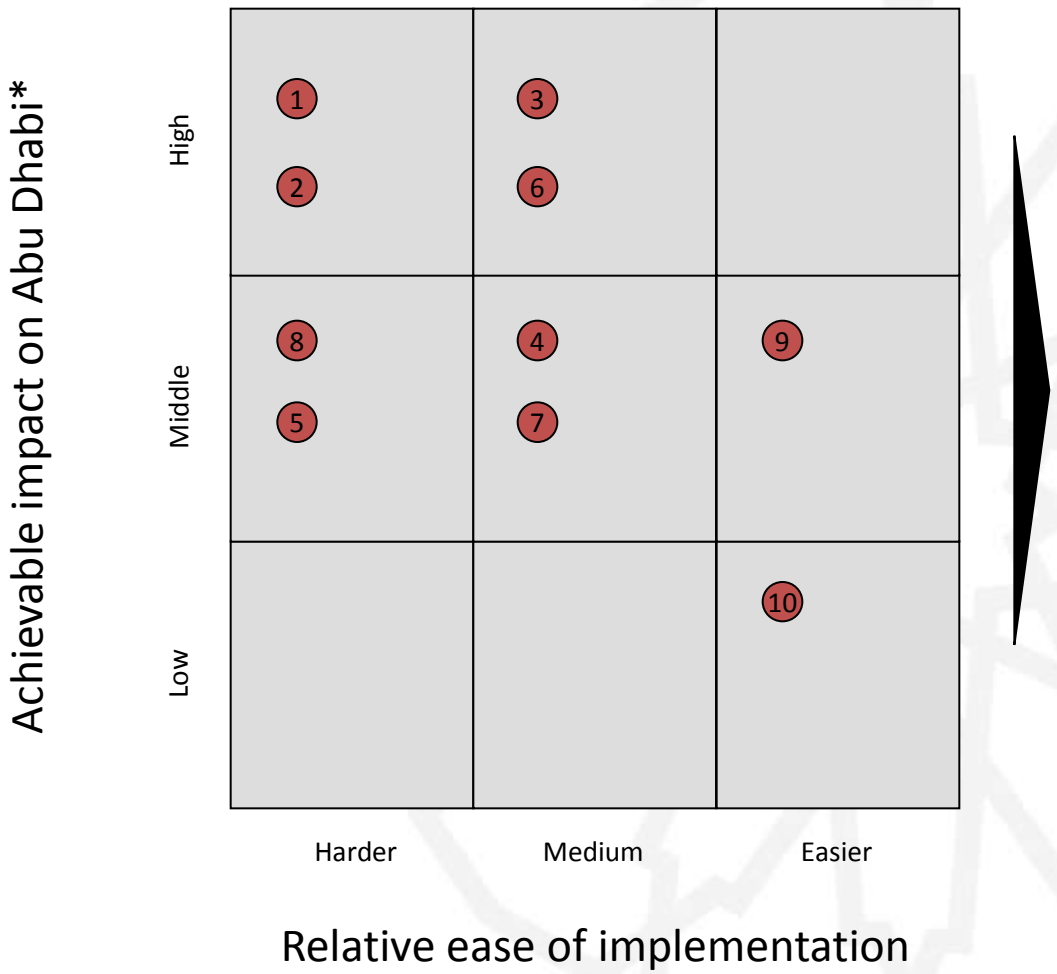
HEALTH AUTHORITY - ABU DHABI



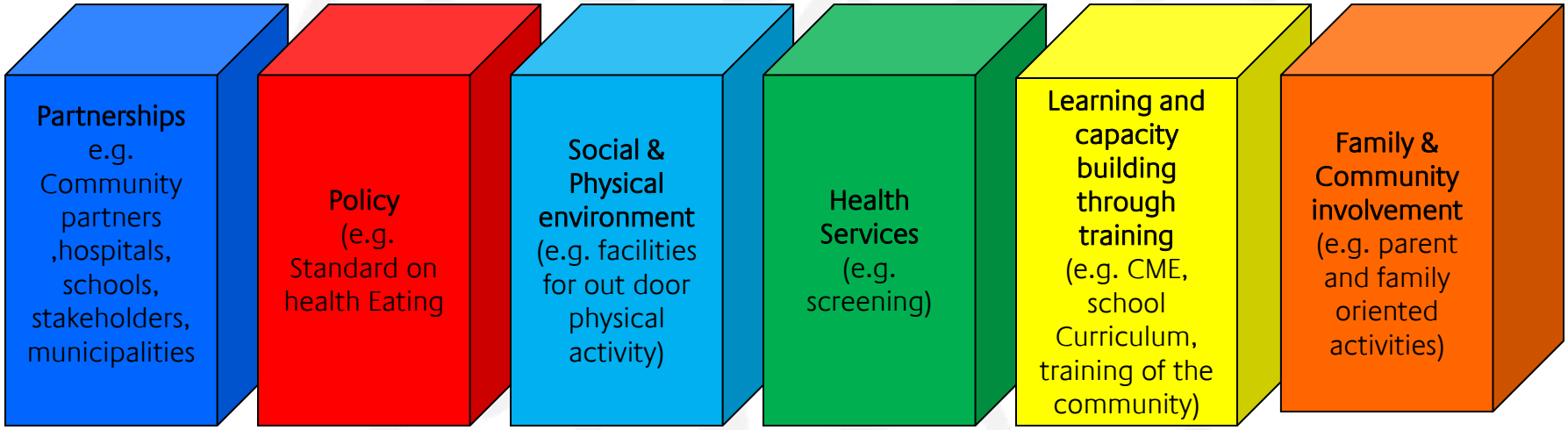
Priority areas for initiatives

1. CVD prevention and management
   - 1.1 CVD Prevention: Unhealthy lifestyle
   - 1.2 CVD Prevention: Obesity
   - 1.3 CVD Prevention: Diabetes
   - 1.4 CVD Prevention: Hypertension
   - 1.5 CVD Management
2. Road safety
3. Tobacco control
4. Cancer control: Colon, cervix and prostate
5. Mental health
6. Mother, infant and school health
7. Musculoskeletal health
8. Occupational and environmental health
9. Infectious diseases: MDRO and surveillance
10. Oral health

* "Achievable impact" combines prevalence, severity, gap between current Abu Dhabi and international best practice, and availability of (an) evidence-based intervention(s)

Public Health framework is based on global best practice

Healthy communities, healthy lives

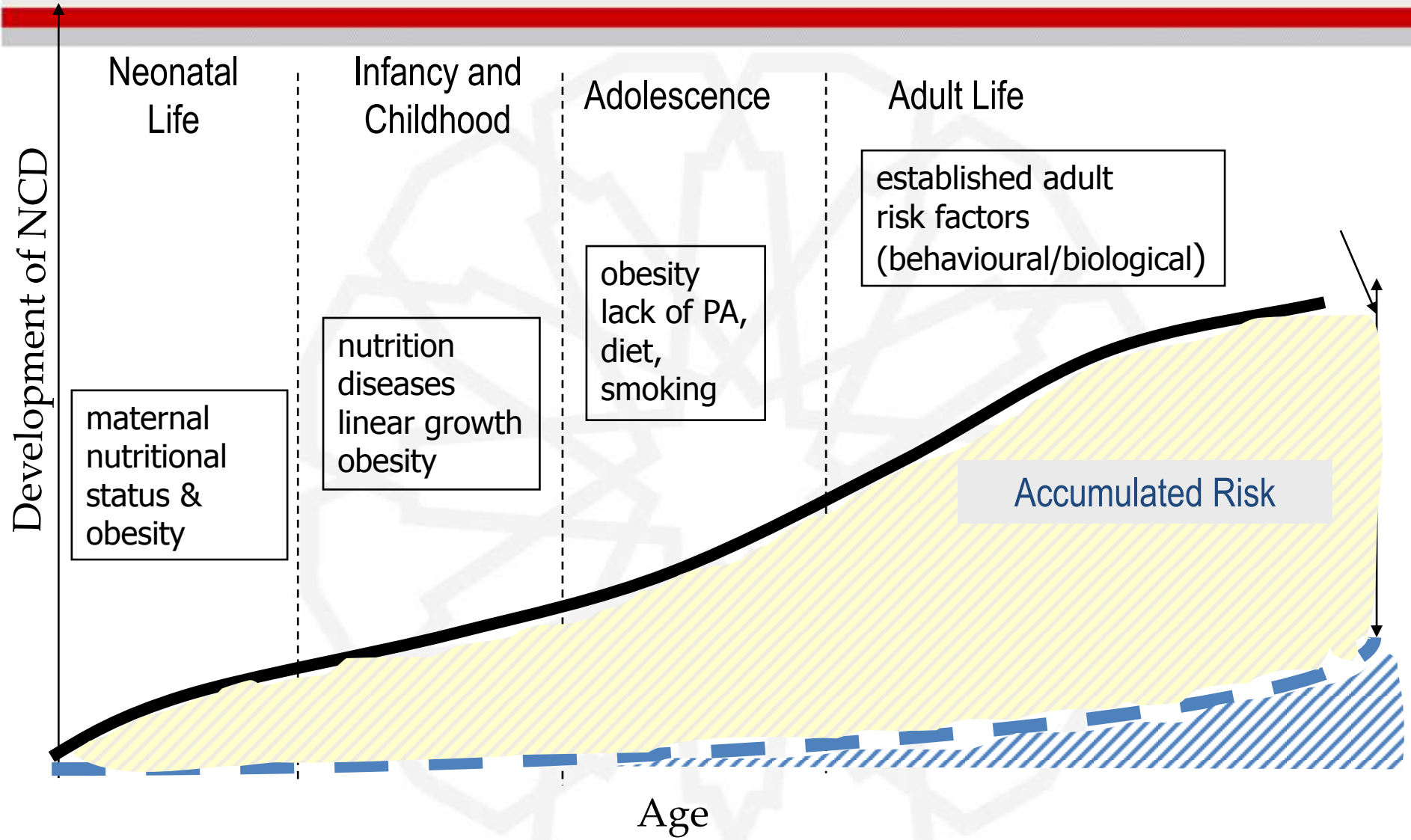


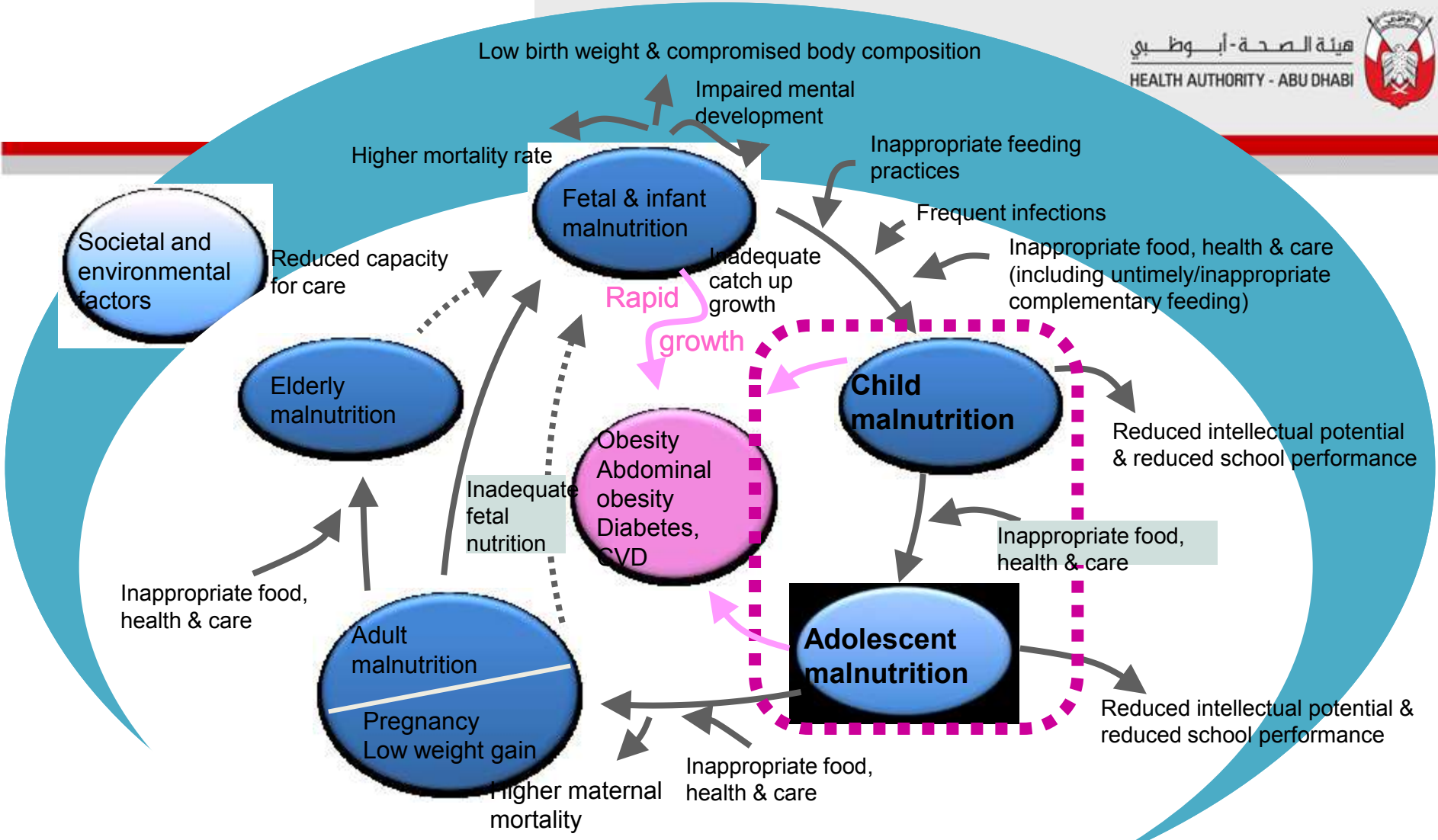
Data

Clear Strategy with defined priorities and measurable outcomes

Good Governance

Life Course Approach





Lifecycle course causal links

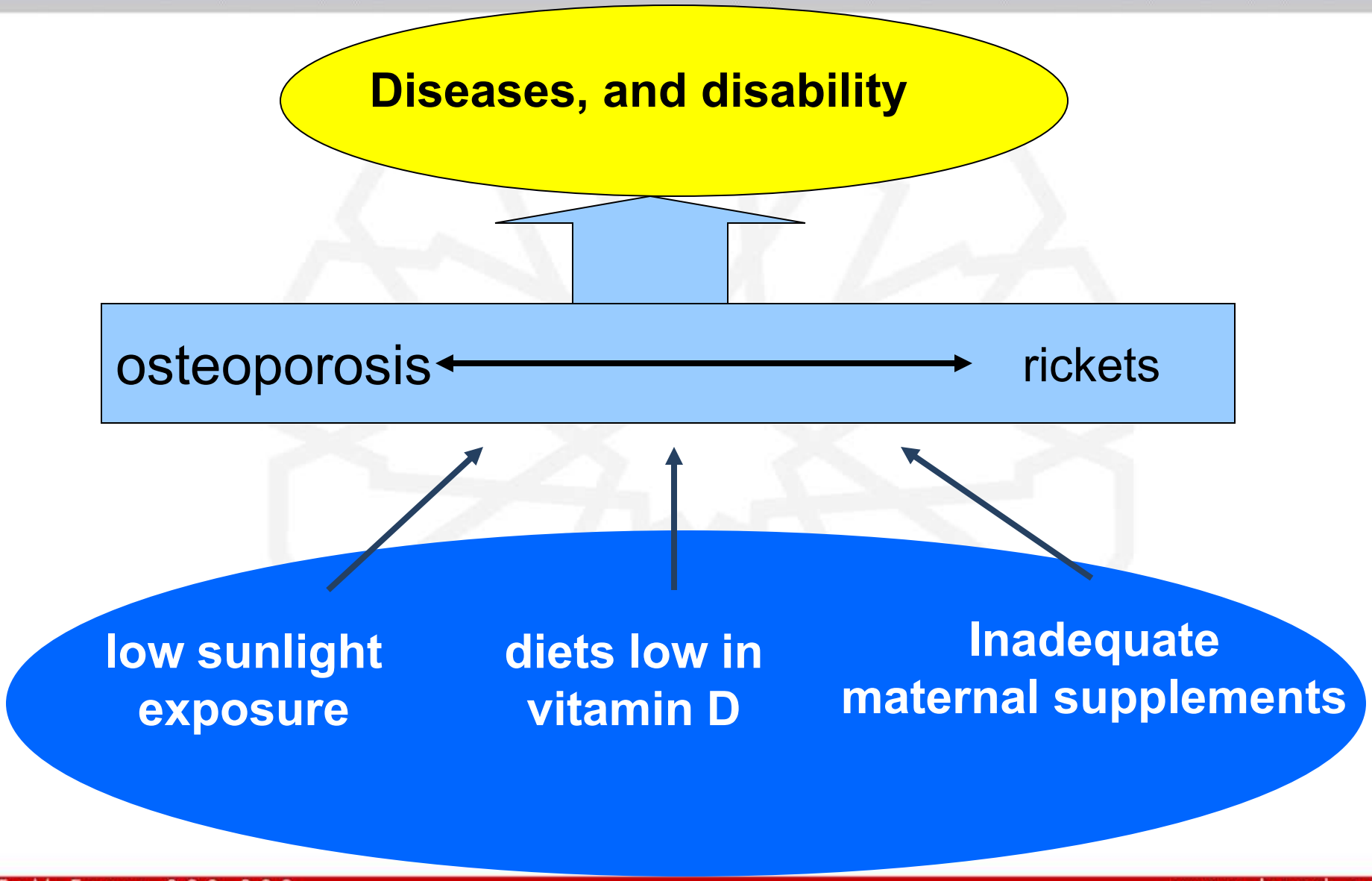
Source: Darnton-Hill, Nishida & James, 2002 (adapted)

Micronutrient deficiencies

- Iodine is critical for thyroid function – deficiency results in cretinism, goiter and delayed development
- Iron is critical for blood and muscles – deficiency results in anemia
- Vitamin A is critical for visual development – deficiency results in blindness
- **Vitamin D OUR TOPIC FOR TODAY – is critical for Bone Development**

Vitamin D Deficiency: Rickets

Vit D Deficiency



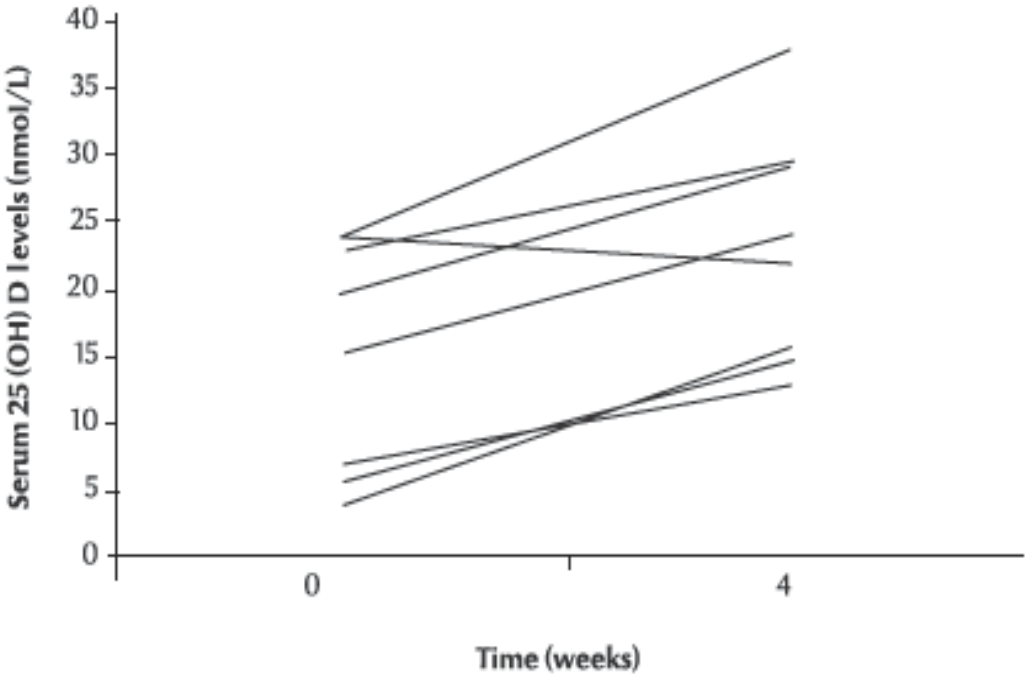
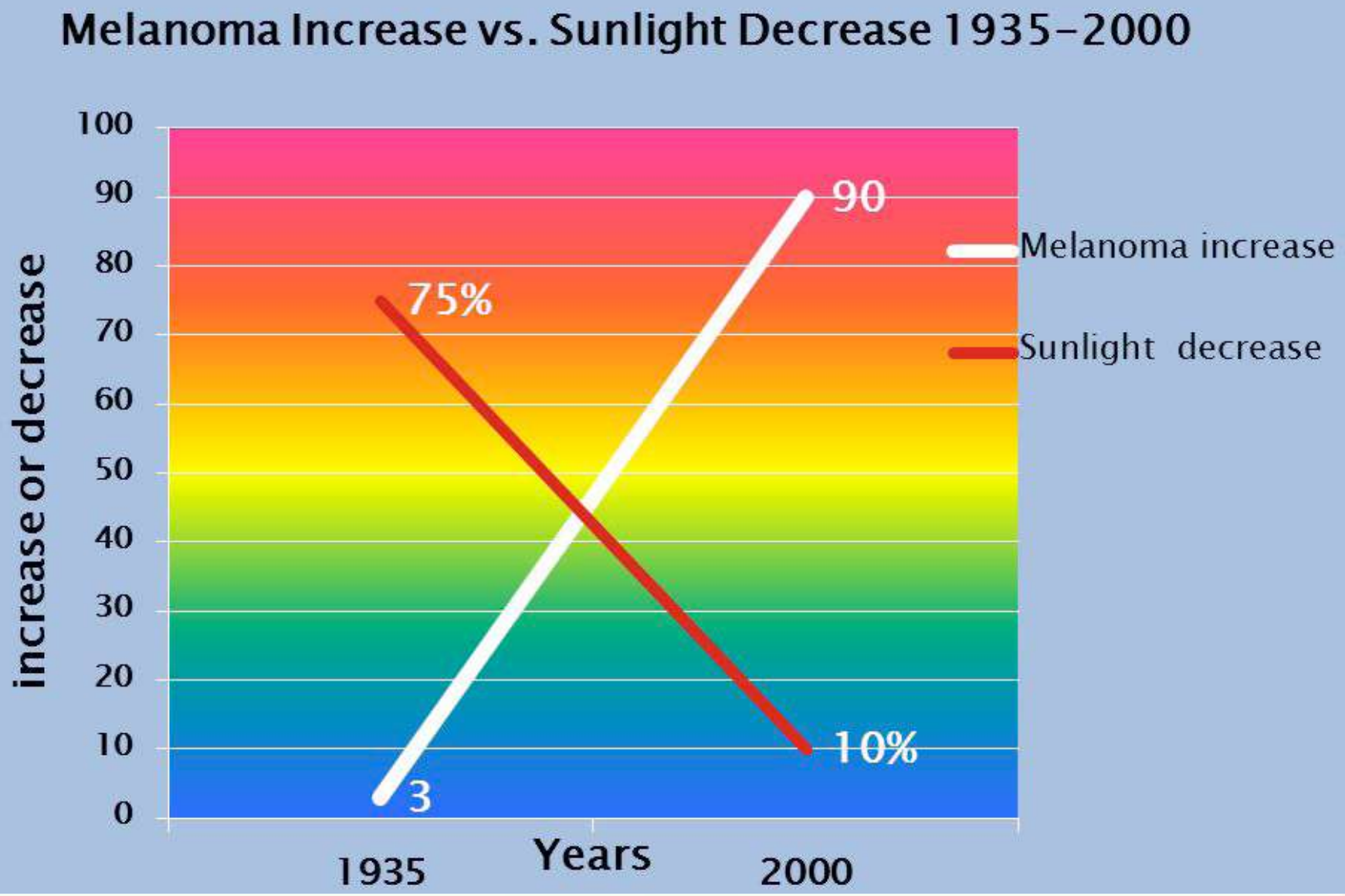


Figure 1 **Individual changes in the 8 women's serum 25-hydroxyvitamin D [25(OH)D] concentrations after 4 weeks of exposure to sunlight for 30 minutes per week (*n* = 8)**

Source: *A. Dawodu, J. Kochiyil and M. Altaye* , (**July, 2011) Pilot study of sunlight exposure and vitamin D status in Arab women of childbearing age. EMHJ Volume 17 No.7**

Sun Exposure



Source of vitamin D in foods

- Fish liver oils
- Fatty fish (Salmon)
- Eggs from hens that have been fed with vitamin D
- Fortified cereals
- Fortified milk products
- Fortified orange juice
- Fortified vegetable oils

Fortification

Reading the Label

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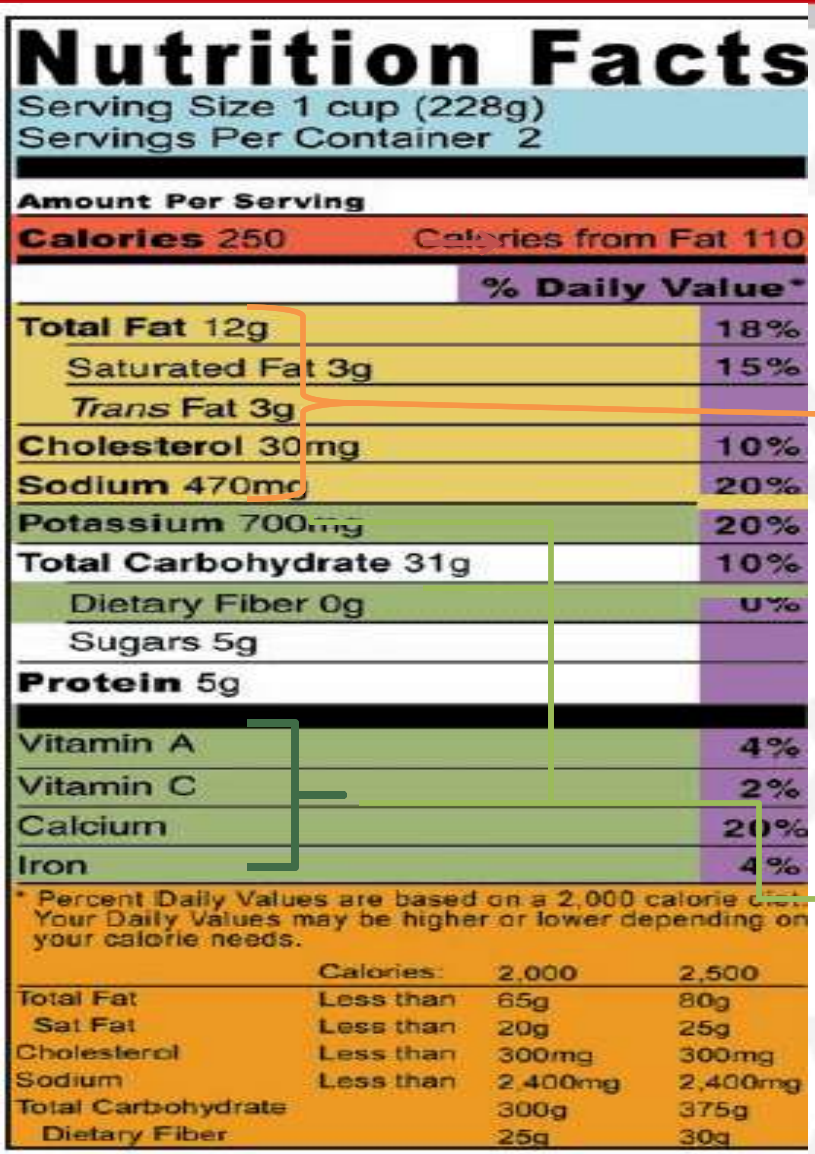

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start hear

Calories

Have more

Have less

The Eat Right & Get Active Campaign

Eat Right & Get Active

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"Schools for health" Health Authority – Abu Dhabi - Healthy Eating - Windows Internet Explorer

http://head.aspgulf.net/healthy-eating.aspx

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Page Safety Tools

WAYS TO TAKE ACTION

Healthy eating patterns in childhood and adolescence are a major protective health factor as it

KNOW MORE

HEALTH FACTS

The Health statistics of the Emirate of Abu Dhabi show that many people are affected by diseases

KNOW MORE

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KNOW MORE

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مدارس واعية صحتي
SCHOOLS FOR HEALTH

Presenting easy to follow guidelines for Students and their parents to follow

معايير المقاصف المدرسية في إمارة أبوظبي

العام الدراسي ٢٠١١ - ٢٠١٢

الإمارات العربية المتحدة

٣٠ مايو ٢٠١١

مجلس أبوظبي للتعليم
Abu Dhabi Education Council

جهاز أبوظبي للرقابة الغذائية
Abu Dhabi Food Control Authority

هيئة الصحة - أبوظبي
HEALTH AUTHORITY - ABU DHABI

احتياجات الطلبة للعناصر الغذائية الأساسية حسب الفئة العمرية

أ- الإحتياجات لوجبة الغذاء

يجب أن يوفر للطلبة ثلاث أو أربع مكونات من الأغذية المتنوعة التي يتوفر في مجموعها ما يعادل التالي:

المرحلة الدراسية	الروضة - الصف الثالث	الصف الرابع - السابع	الصف السابع - الثاني عشر
السعرات الحرارية	٦٣٣	٧٨٥	٨٢٥
البروتين (جرام)	٩	١٥	١٦
الكالسيوم (مج)	٢٦٧	٣٧٠	٤٠٠
الحديد (مج)	٣,٣	٤,٢	٤,٥
فيتامين أ	٢٠٠	٢٨٥	٣٠٠
فيتامين د (مج)	١٥	١٧	١٨

Future Plans & Recommendations

- Food Consumption survey
- Nutrition Guidelines
- Implement and monitoring for food fortification
- Initiate consumer awareness and encouraging adequate sun exposure

الوقاية خيرٌ من العلاج

Prevention is the best cure