

## Max Rubner Conference 2009

### Vitamin D and Folic Acid: Critical Micronutrients?

The Max Rubner Conference 2009 will continue the series of the Karlsruhe Nutrition Congresses which were previously hosted by the former Federal Research Centre for Nutrition and Food. The topic of the Max Rubner Conference 2009 will be: "Vitamin D and folic acid: Critical micronutrients?" Recent national as well as international surveys suggest that the intake of these vitamins is insufficient. In addition, for vitamin D the question has been raised whether current recommended dietary intakes should be increased. Folic acid supplementation has recently been associated with increased disease risk. These issues require further research before recommendations for policy makers can be made.

New epidemiological data indicate that intake levels as well as blood concentrations of folic acid and vitamin D each are associated with the risk of cardiovascular disease and specific cancers. Other diseases associated with inadequate vitamin D intake include osteoporosis and autoimmune diseases. While data from randomized controlled trials with folic acid reported conflicting results, intervention studies with vitamin D, especially at higher concentrations, are missing.

The Conference will address these controversially discussed issues in four sessions. It will present current data on intake and status of these vitamins, epidemiological evidence, potential adverse effects, optimal intake levels, and on strategies to increase the daily intake.

It is intended to encourage multi-disciplinary discussions on the health potential of these vitamins among nutritionists, epidemiologists, physicians, food chemists, food technologists and biochemists.

You are kindly invited to this Conference, to participate in the scientific programme, to meet your colleagues and friends, and to experience the city of Karlsruhe and the beautiful Black Forest. Welcome to Karlsruhe!

**Max Rubner-Institut**  
**Federal Research Institute of Nutrition and Food**  
Haid-und-Neu-Straße 9  
76131 Karlsruhe, Germany

Phone: + 49 721 6625 611  
Fax: + 49 721 6625 111

E-Mail: [knc@mri.bund.de](mailto:knc@mri.bund.de)  
Internet: [www.mri.bund.de](http://www.mri.bund.de)

#### Accommodation

A link to hotels in Karlsruhe : [www1.karlsruhe.de/Tourismus/ukv/](http://www1.karlsruhe.de/Tourismus/ukv/)

#### Conference language

All contributions will be in English.

#### Conference venue

The conference will be held at the Max Rubner-Institut, Federal Research Institute of Nutrition and Food, Haid-und-Neu-Straße 9, Karlsruhe, Germany.

#### Evening event – dinner

There will be a complimentary dinner on October 12, 2009, for 60 guests. Separate registration is required (see registration form). Seats will be assigned to the first 60 participants (date of receipt of registration applies).

#### Payment

All payments should be made in EUR by bank transfer. Sorry, no credit card payments. Please indicate your name!

##### International bank transfer

IBAN: DE08 7500 0000 0075 0010 07  
BIC: MARKDEF 1750

Reason for transfer:  
1063 1001 7427 BEW 03037309

##### German bank transfer

Dt. Bundesbank Regensburg  
BLZ: 750 000 00  
Konto-Nr.: 750 010 07  
Verwendungszweck:  
1063 1001 7427 BEW 03037309

#### Registration fee

The fee covers participation in the sessions of the conference, abstract volume, meals and drinks at the get-together, at lunch and during coffee breaks.

|              | Before Sept 10 | After Sept 10 |
|--------------|----------------|---------------|
| Participants | 230 EUR        | 250 EUR       |
| Students*    | 100 EUR        | 120 EUR       |

(\* Please fax or mail a copy of student ID.)

The registration will apply only by receipt of payment before September 10, 2009

#### Cancellation policy

Registration fees will be refunded, if written cancellation is received before September 10, 2009. No Refunds will be made after this date.



Federal Ministry  
of Food, Agriculture and  
Consumer Protection

**MRI**  
Max Rubner-Institut



## Programme

### Max Rubner Conference 2009 Vitamin D and Folic Acid: Critical Micronutrients?

October 11-13, 2009  
Karlsruhe, Germany

Max Rubner-Institut  
Federal Research Institute  
of Nutrition and Food

## Programme

### Sunday, October 11, 2009

- 15:00–16:00 Registration - Coffee
- 16:00–16:30 Welcome and opening lectures  
Welcome Address
- 16:30–17:15 **Health potential of vitamin D**  
Anthony Norman, University of California,  
Riverside, USA
- 17:15–18:00 **Health potential of folic acid**  
Jacob Selhub, Tufts University, Boston, USA
- 18:00 Get-together

### Monday, October 12, 2009

- 09:00–09:40 **NVS II: the German perspective**  
Carolin Krems, Max Rubner-Institut, Karlsruhe,  
Germany
- 09:40–10:20 **EPIC: the European perspective**  
Mazda Jenab, International Agency for  
Research on Cancer, Lyon, France
- 10:20–10:50 Coffee break
- 10:50–11:30 **NHANES: the US perspective**  
Rosemary Schleicher, Centers for Disease  
Control and Prevention, Atlanta, USA
- 11:30–12:10 **Determinants of vitamin D status in humans**  
Birte Hintzpeter, Robert Koch-Institut, Berlin,  
Germany
- 12:10–13:30 Lunch break
- 13:30–14:10 **Vitamin D and cardiovascular disease**  
Robert Scragg, University of Auckland,  
New Zealand
- 14:10–14:50 **Vitamin D and cancer**  
Jakob Linseisen, Helmholtz Zentrum München,  
Germany

- 14:50–15:30 **Intervention effects of vitamin D**  
Heike Bischoff-Ferrari, University Zurich,  
Switzerland
- 15:30–16:00 Coffee break
- 16:00–17:20 Guided poster session
- 17:30 Departure for dinner  
Burg Windeck, Black Forest ([www.burg-windeck.de](http://www.burg-windeck.de))

### Tuesday, October 13, 2009

- 08:00–08:40 **Folic acid and cardiovascular disease**  
Heiner Boeing, German Institute of Human  
Nutrition, Nuthetal, Germany
- 08:40–09:20 **Folic acid and colon cancer**  
Young-In Kim, University of Toronto, Canada
- 09:20–10:00 **Intervention effects of folic acid**  
Lydia Bazzano, Tulane University, New Orleans, USA
- 10:00–10:30 Coffee break
- 10:30–11:10 **ESCO Working Group on the analysis of risks and  
benefits of fortification of food with folic acid –  
what's going on in Europe**  
Alfonso Lampen, Federal Institute of Risk  
Assessment, Berlin, Germany
- 11:10–11:50 **Strategies to achieve an optimal intake**  
Gerhard Rechkemmer, MRI, Karlsruhe, Germany
- 11:50–12:05 Break
- 12:05–13:30 Discussion (in German)  
**Vitamin D und Folsäure: Anreicherung –  
wissenschaftlich sinnvoll, politisch erwünscht?**  
Moderation: Gerhard Rechkemmer, MRI, Karlsruhe,  
Germany
- 13:30 End of conference

## Registration Form

### Max Rubner Conference 2009

Title \_\_\_\_\_

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Fax \_\_\_\_\_

Vegetarian meal for lunch  yes  no

Registration for complimentary dinner  yes  no

Vegetarian meal for dinner  yes  no

Signature \_\_\_\_\_

Registration is complete upon receipt of payment.

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