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!
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

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