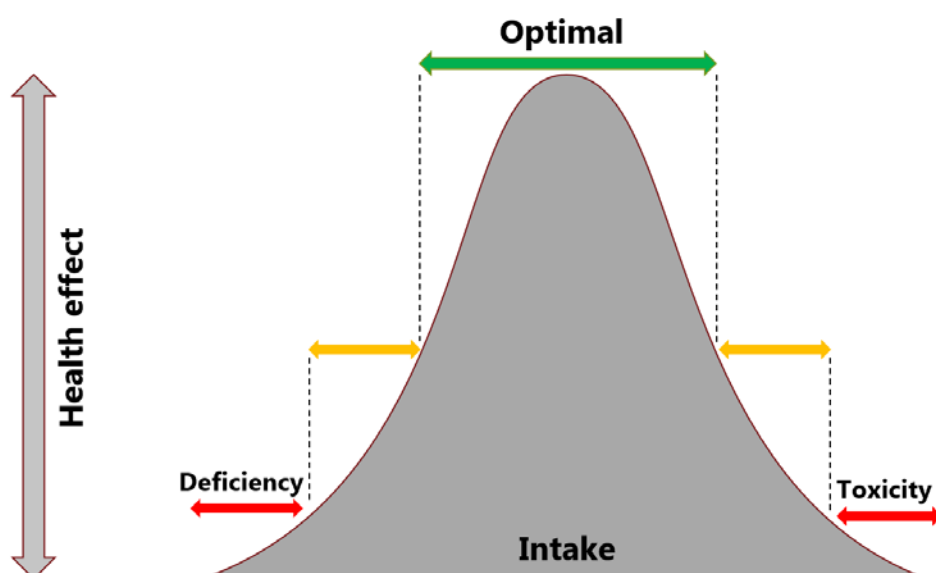




SYMPOSIUM  
**The Dual Risk Approach in Nutrition**  
*Present and future perspectives and challenges*

**14 march 2018 in Copenhagen**



*Venue:*

Aud. A1-01.01 (Festauditoriet), University of Copenhagen, Bülowsvej 17, 1958 Frederiksberg C.

*Arranged by:*

Vitality – Centre for Good Older Lives  
Department of Nutrition, Exercise and Sports

*The Symposium is supported by a grant from the NKMT,  
Nordic Council of Ministers.*

**Vitality**  
Centre for good older lives

SYMPOSIUM

## **The Dual Risk Approach in Nutrition**

### *Present and future perspectives and challenges*

The classical risk assessment approach offers a highly systematic framework within which information can be organized and evaluated. Contrary to non-nutrients, nutrients have a dual risk with a health risk at the low nutrient intake range (deficiency) and a risk at the high end of the nutrient intake range (toxicology).

The **purpose of the symposium** is to discuss the strength and challenges of applying a nutrition risk assessment approach in setting nutrition recommendations.

At the symposium invited **experts will discuss** the methodological approaches from the classical risk assessment approach in setting threshold levels for risk of adverse effects and the nutrition risk assessment approach in defining distribution of requirements. **Case studies** from the Nordic countries will be presented to underline some of the current challenges in setting nutrition recommendations. Especially, the **lack of data** for nutrition risk assessment will be addressed and how extrapolations are used to derive data for subgroups like children and the elderly. Finally, the development of nutrition risk assessment using nutrient intakes and chronic disease endpoints will be discussed in the light of the forthcoming update of the **Nordic Nutrition recommendations**.

# Program 14 March 2018

09:00 – 09:05 Welcome  
- *Inge Tetens, DK*

## SESSION ONE

### **The Dual Risk approach in Nutrition – The concept, terminologies and approaches**

*Chairs: Helle Margrete Meltzer & Hanna Eneroth*

09:05 – 09:15 Introduction to the Dual Risk concept in nutrition  
- *Inga Thorsdottir, IS*

09:15 – 09:35 Terminologies in nutritional risk assessment  
- *Inge Tetens, DK*

09:35 – 09:55 The approach and use of the lower level (LI) in the Nordic countries  
- can we do without it?  
- *Anna Karin Lindroos, SE*

09:55 – 10:15 The approach in setting the upper level (UL) – methodologies and issues to address  
- *Jan Alexander, NO*

10:15 – 10:25 What are the implications for NNR? Time for questions and reflections  
- *Moderators*

10:25 – 10:50 Coffee break

## SESSION TWO

### **Current challenges**

*Chairs: Inga Thorsdottir & Hanna Eneroth*

10:50 – 11:10 What are nutrient intakes from supplements vs intakes from diets in the Nordic countries?  
- *Liisa Valsta, FI*

11:10 – 11:30 Infants and vitamin D intoxication, recent outbreak in DK  
- *Lotte CG Høgberg, DK*

11:30 – 11:50 Pregnancy/lactation and iodine, recent situation in Nordic countries  
- *Ingibjorg Gunnarsdottir, IS*

11:50 – 12:00 What are the implications for NNR ? Time for questions and reflections  
- *Moderators*

12:00 – 13:00 Lunch

### SESSION THREE

#### **Filling in the data gaps - extrapolations**

*Chairs: Liisa Valsta & Inge Tetens*

13:00 – 13:25 Extrapolations – allometric or isometric scaling?  
- *Hildegard Przymbel, DE*

13:25 – 13:50 Challenges in setting reference values for energy  
- *Monika Neuhaeuser-Berthold, DE*

13:50 – 14:15 Elderly and protein recommendation – when disease endpoints are also considered  
- *Tommy Cederholm, SE*

14:15 – 14:30 What are the implications for NNR? Time for questions and reflections  
- *Moderators*

14:30 – 14:55 Coffee break

14:55 – 15:20 Options for basing dual risk assessment on chronic disease endpoints  
- *Elizabeth Yetley, US*

15:20 – 15:50 Symposium Panel discussion:  
How can we use the dual risk approach for the future NNR?  
Impressions of the day  
- *Rune Blomhoff, NO*, chair of the upcoming NNR2022  
followed by a Panel discussion with presenters of the day!  
- *Moderators*

15:50 – 16:00 Closing  
- *Inge Tetens, DK*