



Micronutrient (MN) deficiencies are referred to as the 'hidden hunger' because unlike macronutrient deficiencies, these do not cause obvious wasting/obesity and ill health but silently extract a heavy toll on human health, development and economy. Micronutrient deficiencies are more common than macronutrient deficiencies; it is estimated that over a third of the global population suffers from one or more micronutrient deficiencies. While poverty and poor access to food, safe drinking water and appropriate health care are important determinants of macronutrient deficiencies, micronutrient deficiencies are widely prevalent even among population groups without economic constraints in accessing balanced food. Unhealthy eating habits and life styles are important factors leading to micronutrient deficiencies among higher income groups.

The symposium will focus on - prevalence, patho-physiology, health consequences of three well recognised public health problems: iron and folate deficiency anaemia, iodine deficiency disorders and Vitamin A deficiency, and emerging problem of Vitamin D deficiency. In the symposium expert will review:

- current prevalence of IDD, Vitamin A deficiency, anaemia and Vitamin D deficiency and factors responsible for these,
- ongoing interventions for prevention of micronutrient deficiencies,
- ongoing programmes for detection and treatment of these micronutrient deficiencies,
- identify what interventions work, where and when and also bottlenecks which prevent progress and
- suggest research priorities and priority interventions to effectively combat these four micronutrient deficiencies and achieve the goals set for the 12<sup>th</sup> Plan period.

**The President and the Board of Directors  
of the Nutrition Foundation of India  
cordially invite you to attend the**

**NAMS - NFI SYMPOSIUM  
on  
MICRONUTRIENT DEFICIENCIES**

**Venue: Lecture Hall  
Nutrition Foundation of India  
C13, Qutab Institutional Area  
New Delhi 110016.  
Date: 22<sup>nd</sup> March, 2013**