

**Stewart, Ashley PREM:EX**

---

**From:** OfficeofthePremier, Office PREM:EX  
**Sent:** April-09-14 12:01 PM  
**To:** Stewart, Ashley PREM:EX; Ross, Kara L PREM:EX  
**Subject:** FW: School of Public Policy roundtable - May 4 & 5th, 2014  
**Attachments:** Roundtable Program May 5\_2014\_FINAL.PDF

---

**From:** Claire Rosenau [<mailto:Claire.Rosenau@ampfinancialinc.com>] **On Behalf Of** Allan Markin  
**Sent:** April-09-14 11:56  
**To:** OfficeofthePremier, Office PREM:EX  
**Cc:** [stockwellday@stockwellday.com](mailto:stockwellday@stockwellday.com)  
**Subject:** School of Public Policy roundtable - May 4 & 5th, 2014

Dear Premier:

Attached and below is a copy of the invitation for the University of Calgary School of Public Policy (SPP) roundtable on "The Vitamin D Dilemma: Are Canadians getting enough". This event will be held in Ottawa on May 5, 2014 at the Fairmont Chateau Laurier, and will be attended widely, including representatives from Health Canada, the Public Health Agency of Canada, and numerous Universities.

Our objective is to promote the use of Vitamin D at higher levels, with a focus on policy change surrounding that. Many of the experts present have been involved in analyzing the benefits seen from our Pure North program.

I encourage you to join us, and to also extend the invitation to others within the Cabinet whom you feel would be appropriate to observe the event.

Sincerely,

Allan Markin

---

April 9<sup>th</sup>, 2014

Dear Premier,

We would like to take this opportunity to invite you to the upcoming School of Public Policy roundtable on "The Vitamin D Dilemma: Are Canadians getting enough?". This event will be held in Ottawa on May 5, 2014 at the Fairmont Chateau Laurier. This day-long event will look at critical policy questions regarding the potential for Vitamin D to improve chronic disease management, reduce prevalence of chronic disease and to encourage better personal health of Canadians. With an annual cost of at most \$30 per year per person for Vitamin D supplements, the value for money proposition for Vitamin D is compelling.

The event will begin with a dinner on May 4 with a keynote presentation by Dr. Michael Holick of Boston University and author of the 2013 book *The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem*.

The program on May 5 will be organized around 4 sessions each with a presentation by leading experts on the safety and health benefits of Vitamin D. The presentations will be the entrée to in depth discussion of the topic amongst attendees who are vitamin D researchers, representatives of interested stakeholder groups, government, Health Canada and US public health agencies. Please see the program attached for the agenda and discussion format.

We hope you will consider joining us as an audience member at the event. Please RSVP by April 16 to Kara Lipischak at [kara.lipischak@purenorth.ca](mailto:kara.lipischak@purenorth.ca).

Wendy Paramchuk  
Executive Director  
Pure North S'Energy Foundation

---

This message, including any attachments, contains confidential information intended for a specific individual(s) and purpose, and is protected by law. If you are not the intended recipient, you should delete this message and notify the sender immediately at 403-457-5077. Any disclosure, copying, or distributing of this message, or taking of any action based on it, is strictly prohibited.

## The Vitamin D Dilemma: Are Canadians getting enough?

May 5, 2014

Fairmont Chateau Laurier, Ottawa

---

### Objectives

To address the trend towards increasing prevalence of chronic diseases in Canada, primary prevention is considered to be a cost effective strategy for improving the health of Canadians while reducing the service demands on the publicly funded medical treatment system. Public health strategies are key to primary prevention. Given the relatively low cost of vitamin D supplements and the potential for addressing chronic disease prevalence and burdens in Canada, there is considerable interest in vitamin D.

Currently the Institute of Medicine and Health Canada assess that evidence demonstrates that a blood serum 25(OH)D level of 50 nmol/L, achievable with the existing recommended daily intake for vitamin D supplementation of 400IU to 1000IU per day, results in adequate health without exposing the population to unnecessary risk of harm. With an average blood serum 25(OH)D level in the Canadian population of 67 nmol/L, there is no evidence of widespread vitamin D insufficiency according to this target. A lack of evidence from RCTs of health benefits beyond this blood serum levels along with concerns over the safety of higher doses of vitamin D for prolonged periods justifies leaving these recommendations as they are. Grounds for caution arise with previous experience with hype over other vitamin supplements for vitamin A and vitamin E. Predicted health benefits were not apparent with higher intakes in the population and concerns over health risks of higher intakes were apparent.

A number of studies, largely non-Randomized Clinical Trials (RCTs) in nature, demonstrate a number of better health outcomes associated with 25(OH)D levels of 75nmol/L and even higher that in turn are associated with substantial potential for reducing chronic disease prevalence and burden in Canada. The Endocrine Society proposed clinical practice guidelines that recommend blood serum 25(OH)D levels of 75nmol/L which requires vitamin D supplementation of at least 1000IU/day. The Alberta Medical Association estimates that between 70% and 97% of Canadians have Vitamin D insufficiency and to address this Toward Optimized Practice (TOP) has released new clinical practice guidelines (CPG) recommending Vitamin D supplementation of 800-2000 IU daily for the general adult population in Alberta. These serum

levels are well above the Canadian average of 67 nmol/L and require daily intakes of vitamin D of as much as 4,000IU, currently the IOM and Health Canada recommended upper tolerable limit, to achieve.

Any recommendations or actions on vitamin D dosing and intake requires a consideration of what constitutes necessary and sufficient evidence for health benefits and analogously, absence of harms to health.

Consequently, the purpose of this roundtable is to discuss the evidence based cases for leaving vitamin D dosing recommendations where they are versus increasing the dosing recommendations.

*The questions that we wish to explore at a roundtable in Ottawa on May 5, 2014 include the following:*

- *Are Canadians getting enough vitamin D? Is there sufficient evidence to establish the health benefits of an increase in vitamin D supplementation on the part of Canadians and are there safety concerns with such an increase?*

**May 5<sup>th</sup> 2014**

- 7:30 – 8:30 a.m.      **Registration and Breakfast**
- 8:30 – 8:45 a.m.      **Introduction and Welcoming Remarks**  
Dr. Jack Mintz  
Director and Palmer Chair in Public Policy, The School of Public Policy, University of Calgary
- 8:45 – 09:15 a.m.      **Overview: Defining Vitamin D Deficiency**  
Speaker: Dr. Michael Holick  
Professor, School of Medicine, Endocrinology, Diabetes & Nutrition, Boston University
- 09:15 – 10:45 a.m.      **Safety of Vitamin D Supplementation**  
  
Chair: Dr. Susan Whiting  
Professor, College of Pharmacy and Nutrition, University of Saskatchewan  
  
Speakers: Dr. Reinhold Vieth  
Professor, Departments of Laboratory Medicine and Pathobiology and Nutritional Sciences  
University of Toronto  
  
Dr. David Hanley  
Professor, Faculty of Medicine, University of Calgary  
  
Dr. Mona Calvo  
Expert Regulatory Review Scientist, Center for Food Safety and Applied Nutrition, US Food and Drug Administration
- 10:45– 11:00 a.m.      **Break**
- 11:00 – 12:00 p.m.      **Evaluating Evidence**  
  
Chair: Dr. Lory Laing  
Professor, School of Public Health, University of Alberta  
  
Speakers: Dr. Edward Giovannucci  
Professor, Departments of Nutrition and Epidemiology, Harvard School of Public Health  
  
Dr. Don Husereau  
Senior Associate, Institute of Health Economics
- 12:00 – 1:00 p.m.      **Lunch**

1:00 – 2:00 p.m.      **Extra-skeletal Effects and Physiological Considerations for Vitamin D Recommendations**

Chair:      Dr. Michael Holick  
Professor, School of Medicine, Endocrinology, Diabetes & Nutrition, Boston University

Speakers:      Dr. Robert Heaney  
Professor, School of Medicine, Creighton University

                         Dr. Clifford Rosen  
Director, Clinical and Translational Research, Maine Medical Center's Research Institute

2:00 – 2:15 p.m.      Break

2:15 – 3:15 p.m.      **Serum 25(OH)D Target Level Discussion**

Chair:      Dr. Reinhold Vieth  
Professor, Departments of Laboratory Medicine and Pathobiology and Nutritional Sciences  
University of Toronto

Speakers:      Dr. Hasan Hutchinson  
Director General, Office of Nutrition Policy and Promotion, Health Canada

                         Dr. Paul Veugelers  
Professor, School of Public Health, University of Alberta

3:15 – 4:00 p.m.      **Roundtable Discussion and Q&A with Audience:**  
**How Do We Implement Existing Policy Into Action in Canada?**

Moderator:      Dr. Lory Laing  
Professor, School of Public Health, University of Alberta

4:00 – 4:15 p.m.      **Closing Remarks**

                         Dr. Herb Emery  
Program Director, Health Policy, The School of Public Policy, University of Calgary

                         Dr. Jack Mintz  
Director and Palmer Chair in Public Policy, The School of Public Policy, University of  
Calgary