

Response Template

Name: Manuel Olivares

Organization: Instituto de Nutrición y Tecnología de los Alimentos (INTA), Universidad de Chile.

Position: Head, Program & Laboratory of Micronutrients

Address: Macul 5540, Casilla 138-11, Santiago, Chile

Email Address: molivare@uec.inta.uchile.cl

Phone Number: 56-2-678 1482

Please share your activities related to iron, folic acid, and zinc in the following areas:

(Please specify the time period, status, and context such as: objectives, target groups, locations, partners and funders, lessons learned, etc.)

1. Advocacy

Our group provided evidence to convince the Chilean Ministry of Health I) to fortify with iron, zinc, copper and ascorbic acid the powdered milk that is distributed free of cost to 70% of Chilean infants. The program began in 1998. II). To add folate to wheat flour that was fortified only with ferrous sulfate and some vitamins of B complex. Fortification with folate began in year 2000.

2. Fortification

Iron absorption from the powdered milk fortified with iron, zinc, copper and ascorbic acid was 11%. In a study of effectiveness milk fortification decreases prevalence of anemia in infants from 28% to 8%.

Dr Eva Hertrampf performed a study of the effectiveness of folate fortification of wheat flour in women of fertile age. There was a significant increase in serum and erythrocyte folate levels. Preliminary results showed a 40% decrease in the incidence of neural tube defects.

3. Supplementation (Please specify target groups, i.e. pregnancy, infancy, childhood)

We are performing a supplementation trial in Nicaraguan infants. The objective is to compare oral and parenteral supplementation with iron on the incidence of infections and the prevention of IDA. This study is funded by Micronutrient Initiative. Researchers from de Universidad Autónoma de Nicaragua participate in the study.

4. Dietary Promotion

5. Research

Bioavailability of reduced iron.

Effectiveness of wheat flour fortification with folate in the prevention of neural tube defects.
Factors that modulate heme-iron absorption.

6. Other

Please share experiences or lessons you have learned that may be useful to others.

What partners or organizations have helped make your projects successful?

Please share your future plans and goals.

What else do you need? Is there any specific information that would be useful?

Send completed response templates to: IronReport@INFFoundation.org