



Global Health Bytes webinar

Wednesday 16 September 2020, 4.00-4.30 pm NZ time

Dunedin: Room AVC2, Disability Information & Support, Student Learning Centre Offices
(Central Library/Information Services Building), Albany Street

Remote participation by Zoom:

<https://otago.zoom.us/j/486443663?pwd=WGgyUkEyQm13djIPRDRhWFVmWUZZUT09</h4>>

Password: 303183

Does nutrient insufficiency in low-middle income settings affect COVID-19 susceptibility and outcomes?

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The global coronavirus (SARS-CoV-2) pandemic is severely affecting low-middle income countries (LMICs), with 8 of the top 10 worst hit countries being LMICs. Specific vitamins and minerals have important roles in immune function, with deficiencies of these nutrients resulting in decreased resistance to infection and increased morbidity and mortality. Many regions of the world have deficiencies in these nutrients, including some of the worst hit countries. Many of the risk factors for COVID-19 also overlap with risk factors for nutrient deficiencies. Recent research is indicating associations between lower vitamin D status and higher country COVID-19 cases and mortality. There are currently over a dozen registered trials investigating vitamin D intervention for COVID-19.

The World Health Organization recently prioritised vitamin C for further research as an adjunctive intervention with biologic plausibility for COVID-19. Results from recent reviews have indicated low vitamin C status and a high prevalence of hypovitaminosis C and deficiency in LMICs, and highlighted the numerous factors that can affect vitamin C status globally. Based on the important role that vitamin C plays in immune function, lower baseline vitamin C status likely affects COVID-19 susceptibility and outcomes. Furthermore, patients with pneumonia and sepsis, major complications of COVID-19, have severely depleted vitamin C status due to enhanced requirements for the vitamin during infectious processes. These critically ill patients require intravenous administration of gram amounts to reach normal plasma levels, and trials are currently underway globally to assess its efficacy for COVID-19.

Since vitamin intervention trials are more likely to be efficacious if the participants have low baseline vitamin status, further vitamin intervention trials for COVID-19 should be prioritized for low-middle income settings where nutrient insufficiencies are more common.

Instructions for attendees

You will need Internet access as well as speakers on your computer. Each Global Health Bytes webinar will be approximately ½ hour in duration.

1. To join a webinar:

Click on the Zoom link from from PC, Mac, iOS or Android:

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The guest speaker will present their talk, and you will be able to ask questions using the *Chat* function in Zoom. The speaker will respond to questions either verbally, or using Chat. *Please note - this is a webinar and you will not be able to turn your video or microphone on, you are welcome to send questions and chat messages instead.*

2. Using the Chat

1. Attendees will ask questions using the Chat function. In your controls at the bottom window, click **Chat**.

The *Chat* window will open on the right side of your screen if you are not in full screen mode. If you are full screen mode, it will open in a window that you can move around your screen. *Chat* will be in the controls at the bottom of your screen.

3. Type your message and press **Enter** to send it.
4. You can also select who you would like to send the message to by clicking on the drop down next to **To**:
 - When you receive a *Chat* message, you will receive a notification at the bottom of your screen if you do not currently have the Chat window open.

The meeting will be recorded and available through OGHI (web and Facebook links will be posted). It will be part of an archive of meetings which can be accessed via the web. By participating in the *OGHI Global Health Bytes*, you agree to the webinar being recorded and available online.

For any questions or help with Zoom, please contact eConferencing on econferencing@otago.ac.nz or call +64 3 479 8440 during normal work hours (8:30am – 5:00pm NZ time)