

**Faculty Talk: Insightful Seminar Series**  
**Faculty of Livestock, Fisheries, and Nutrition**  
**Wayamba University of Sri Lanka**

**Topic**

**Vitamin D requirements, functions and its biomarkers**

**Overview**

Vitamin D is a unique nutrient with the ability to be synthesized by the human body through sunlight exposure. It is essential for a variety of critical bodily functions, including calcium and phosphorus metabolism, insulin regulation, immune function, cell growth, differentiation, and apoptosis. Despite its importance, the appropriate levels of vitamin D required for optimal health are still debated.

The Scientific Advisory Committee on Nutrition (SACN) recommends a serum 25(OH)D concentration above 25 nmol/L as sufficient, while the Institute of Medicine (IOM) advises a higher threshold of 50 nmol/L. Given that vitamin D deficiency is a prevalent public health concern worldwide, accurately assessing vitamin D levels in different populations is crucial. The most common biomarker for vitamin D status is serum 25(OH)D, though it is costly to measure. As a result, current research often uses sun exposure levels as a proxy indicator.

This presentation will explain the different methods of determining the vitamin D status, reasons for the controversies of vitamin D requirements, functions of vitamin D, and the guidelines to achieve optimum vitamin D status in the human body.

**Speaker**

**Dr. Thilanka Ranathunga, Senior Lecturer**

Department of Applied Nutrition, Faculty of Livestock, Fisheries, and Nutrition  
Wayamba University of Sri Lanka

Dr. Thilanka Ranathunga is an accomplished scholar who was awarded the prestigious Commonwealth Scholarship in 2015, leading to her PhD in Human Nutrition from Newcastle University, UK, completed in 2020. She also holds an MPhil from the Postgraduate Institute of Agriculture, University of Peradeniya, and a BSc in Human Nutrition from Wayamba University of Sri Lanka.

Dr. Ranathunga's research interests focus on micronutrient deficiencies, nutrition in the elderly, musculoskeletal health, and the promotion of healthy diets. She currently serves as a Senior Lecturer in the Department of Applied Nutrition.



**Moderator**

**Dr. W.A. Harindra Champa, Chairman, Research Development and Publication Committee, Faculty of Livestock, Fisheries and Nutrition**

**Date & Time**

**11:30 AM - 12:00 Noon on 14<sup>th</sup> August, 2024**

**Venue**

**Auditorium, Faculty of Livestock, Fisheries and Nutrition**

**Contact**

**For inquiries, please contact Dr. W.A. Harindra Champa, Chairman, RDPC, FLFN, WUSL.  
Email: harindra.bsu@wyb.ac.lk**

**Organized by: Research, Development and Publication Committee**  
**Faculty of Livestock, Fisheries, and Nutrition**