

# 'Hidden hunger' discussion at upcoming Eden Mills Natural World Speaker series

By Rebecca Ring

Micronutrient malnutrition or "hidden hunger" and how it affects public health and economic development will be discussed by Everton's Quentin Johnson at the Eden Mills Natural World Speaker series on Thursday, January 14 from 7 to 8:30 pm at the Eden Mills Community Hall.

Johnson has been studying and working with food for over 35 years, beginning in the milling and baking industry. Currently, is a self-employed food and nutrition consultant, bringing his knowledge and expertise to third world countries in Africa, Asia and the Middle East. His goal is to implement micronutrient fortification of staple foods, which

means adding vitamins and minerals to foods such as wheat and maize flour, rice and vegetable oil. His work takes him all over the world – he has travelled to 79 countries in the last 12 years.

Johnson says that much of the world's population suffers from "hidden hunger"; people are getting food but not adequate amounts of vitamins and minerals.

"This lack of adequate amounts of vitamins and minerals has a significant impact on the health of populations in developing countries – especially women and children," he said. There are higher rates of maternal and infant mortality and cognitive development in children is impaired. If a pregnant

woman gets inadequate folic acid, her baby may develop neural tube defects resulting in spina bifida.

"Micronutrient malnutrition is one of the leading hidden obstacles which prevent populations in the developing world from reaching their human potential and hold back countries in their economic development," he says. "The solutions are inexpensive and feasible

because they build on existing food consumption patterns and habits and have been shown to be cost effective."

Food fortification is taken for granted in North America, as flour, margarine, milk and more is fortified or enriched with vitamins A and D, iron, folic acid, etc. Johnson works with food producers, governments, NGOs, and international agencies,

such as UNICEF, World Health Organization World Food Program, and the World Bank to design and implement food fortification programs. One of his great success stories is the wheat flour fortification program in Egypt. To feed the population, the Egyptian government implemented a subsidy program, which provides staple foods such as bread and vegetable oil at significant

reduced prices. Of the 77 million population, 55 million people buy their food through this program. Over the last three years, Johnson and his team have worked with the government to introduce iron and folic acid in the bread and vitamin A in the vegetable oil.

For more information, contact Johnson at [quentin@quican.com](mailto:quentin@quican.com) or visit <http://quican.com>.



**SHARING HEALTH:** Food and nutrition consultant Quentin Johnson will speak at the Eden Mills Community Hall next Thursday at 7 p.m. He is shown here (right) in Egypt where he worked with others to get vitamins and minerals added to staple foods.

- Submitted Photo

## A New Year Social

Everyone welcome

Sunday, January 10<sup>th</sup>  
2:00 p.m. to 4:00 p.m.

Victoria Park  
Seniors Centre  
150 Albert St. W.  
Fergus



Wellington-Halton Hills MPP Ted Arnott



## Seven drunk drivers arrested

Seven drivers were arrested and charged with impaired driving by Wellington OPP at holiday R.I.D.E. (Reduce Impaired Driving Everywhere) spot checks over the holiday season.

Across the OPP West Region, officers checked over 1,174,224 vehicles on OPP patrolled roadways during this year's Festive R.I.D.E. initiative that ran from November 27 through to January 4.

OPP officers issued 432 administrative driver's licence suspensions (ADLS) for criminal code related drinking and driving offences and a further 709 ADL suspensions for a blood/alcohol concentration (BAC) in the .05 and .08 range.

OPP laid a total of 5,329 charges as a result of this year's initiative, 298 of which were for impaired driving, over .08 BAC or for refusal to comply with a demand to provide a breath sample. The remaining 5,031 charges were for other Criminal Code, Highway Traffic Act, or Liquor Licence Act offences.

New to this year's Festive R.I.D.E. program

was the Ontario legislation which increased driver's licences suspension periods issued for a BAC between .05 and .08. Previously considered in the "warn range", the legislation introduced in May 2009 prescribes that drivers now subject to a licence suspension which gradates from a minimum three to seven then 30 days for that level of BAC.

"While it appears that the message is slowly getting across to drivers, there are still people who think they are sober enough to drive when they aren't", said OPP Commissioner Julian Fantino in response to the 2009 statistics, "the only truly safe level of alcohol consumption for drivers is none".

In Wellington County, OPP stopped 55,543 vehicles, issued 20 warning range suspensions and seven people were charged with impaired driving or over 80 or refusal.

Police laid 109 other charges – including Criminal Code, Highway traffic Act, Liquor Licence Act – and there was one fatal accident.