



University of  
South Australia

**Sansom Institute**  
for Health Research

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to better health.

## Sansom Institute Visiting Researcher Seminar

**Date:** Wednesday 28th September 2011

**Time:** 4:00pm – 5:00pm

**Place:** PM-06 (northern stairwell  
mezzanine between floors 2 & 3)  
Playford Building  
City East Campus  
University of South Australia  
Frome Road, Adelaide

**RSVP:** 27th September 2011  
[sansominstitute@unisa.edu.au](mailto:sansominstitute@unisa.edu.au)

The Sansom Institute for Health Research is pleased to invite you to a Visiting Researcher Seminar.

### **Dr Sheila Skeaff**

Senior Lecturer, Department of Human Nutrition,  
University of Otago, New Zealand

### ***Going in circles: from iodine deficiency to sufficiency and around again***

Dr Sheila Skeaff has lectured in human nutrition at the University of Otago for 20 years, with particular expertise in trace elements. Dr Skeaff teaches Introduction to nutrients and the processes of Nutrition; diet and lifestyle; life-cycle nutrition; and trace elements in health and disease.

For the past 15 years, in collaboration with various colleagues, she has undertaken a number of studies investigating the iodine status of New Zealanders, which have shown that iodine deficiency has re-emerged in New Zealand. More recently her research has focussed on the consequences of mild iodine deficiency on the developing brain. Her research involves monitoring the iodine status of at-risk groups such as children and pregnant women to determine if dietary intakes are meeting requirements. Other interests include childhood eating patterns and issues affecting women's health.