Objective: To determine the association between whole blood DHA status and children’s reading ability, working memory and Attention Deficit Hyperactivity Disorder (ADHD)-type symptoms.

Study Design:
- Cross-sectional, observational study
- 493 children aged 7-9 years from mainstream primary schools in Oxfordshire, UK
- All had below average reading performance in national assessments at age 7

Assessments:
- Whole blood docosahexaenoic acid (DHA) status
- Reading ability - using the Word Reading Achievement sub-test of the British Ability Scales 2nd Edition
- Working memory - using the Recall of Digits Forward and Recall of Digits Backward sub-tests from the BAS II
- Behavior (ADHD-type symptoms) - assessed by both parents and teachers using the long versions of the Conners’ Rating Scales.

Conclusion:
- This is the first study to determine the association of blood fatty acid profiles with cognitive performance and behaviour in healthy children from the general UK population.
- It showed that DHA and other Omega-3 LC-PUFAs were low relative to adult cardiovascular health recommendations, and directly related to measures of cognition and behaviour in this group of healthy UK children with below average reading ability.
- These findings suggest that previously reported benefits of dietary supplementation with Omega-3 LC-PUFA in people with ADHD, dyspraxia, dyslexia, and related learning disorders might extend to the general school aged population.

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