

# CWSF 2014 - Windsor, Ontario

## Kristin Smith

### Iron Ladies

**Challenge:** Health

**Category:** Junior

**Region:** Manitoba Schools Science Symposium

**City:** Grande Pointe, MB

**School:** Balmoral Hall School

**Abstract:** Low iron levels is common in adult females. Known to cause multiple symptoms, the question is asked: Could low iron levels affect mood, work performance and general quality of life ? Iron supplementation in females with decreased ferritin levels improve mood with 52%, work impairment with 38% and general quality of life with 8%

### Biography

Kristin Smith, a Canada-Wide Science Symposium finalist, is a grade 8 student from Winnipeg, Manitoba. She attends Balmoral Hall School and is the Head Girl of middle school. Only 14 years old, Kristin has won debate tournaments, provincial French-speaking competitions and was selected as "Young Citizen of Canada" by Canada's History Forum. Kristin enjoys kickboxing, watching youtube video's and spending time with friends. She has a passion for animals, tutoring younger students and of course - Science! The inspiration for her project is the result of her aspiration to become a doctor. Following weeks of searching for project ideas with no success, Kristin decided to look a little closer to home. Low iron levels is a common condition within her family. This led to her asking the question: Does iron supplementation in females with low ferritin levels lead to an improvement in mood, work impairment and general quality of life? The results were astounding. Kristin hopes this will lead to further studies by the medical community. Her advice to other aspiring students? If you can dream it, you can achieve it!

### Awards

### Value

Excellence Award - Junior - Silver Medal Sponsor: Youth Science Canada	\$300
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 300