

Vitamin D and Health

About Vitamin D and Health

Vitamin D is made in the skin from sun exposure, which is the reason it is often called the ‘**sunshine vitamin**’ and is important for bone maintaining bone and muscle health as we age. It may also benefit immunity, helping to prevent respiratory infections and reduce inflammation. **Sunshine, not food, is where most of our vitamin D comes from.** So even a healthy, well balanced diet, is unlikely to provide enough vitamin D.

Vitamin D
The sunshine
vitamin

Where is vitamin D found?

- It can be produced in the skin from 10-15mins sun exposure (**March-September in Ireland**)
- Rich food sources like **oily fish** such as **salmon, sardines** and **trout, cod liver oil, eggs, liver** and some **fortified foods** (e.g. breakfast cereals, fortified milk and some yogurts)
- Food supplements

What are the rates of deficiency in Ireland?

- 1 in 8 adults aged 50 and older, 1 in 5 (**during winter**)
- 1 in 2 adults aged 85 and older (**during winter**)

Who is at risk of Vitamin D deficiency?

- **Those who don't get enough daylight** exposure or cover most of their skin when outside
- **People over 65 years +**
- People with darker skin tones
- Those with **chronic diseases** and **lung conditions**
- Smokers, **people with elevated weight** and **inactive people**

Vitamin D supplements - preventing deficiency

- All adults should consider taking a daily supplement containing **10 micrograms (10µg) of Vitamin D**, especially during autumn and winter
- Adults aged 65 and older take a vitamin D supplement of **15 micrograms (15µg)** every day

If you are concerned you are not getting enough vitamin D, speak to your doctor

