VITAMIN D DEFICIENCY IN IRELAND - IMPLICATIONS FOR IMMUNE PROTECTION FOR COVID-19

WHY IS VITAMIN D IMPORTANT?

- Essential for bone and muscle health
- May help to prevent respiratory infections
- Benefits immune function and counters inflammation

WHAT ARE THE RATES OF DEFICIENCY?

1 in 8 13%
older adults in Ireland are deficient = 149,000 adults

1 in 5 20%
older adults in Ireland are deficient in winter = 244,200 adults

Almost 1 in 2
of those over 85 are deficient in winter = 31,500 adults

1 in 4 27%
of the over 70s ‘cocooning’ are likely to be deficient = 115,500 adults

WHO IS AT RISK OF DEFICIENCY?

- Those who don’t get enough...
- Housebound

WHERE IS IT FOUND?

- In rich food sources like oily fish, eggs, liver, and fortified foods
- Vitamin D can be produced from 10-15 minutes of sun exposure from late March to late September

HOW MUCH VITAMIN D SHOULD BE TAKEN TO PREVENT DEFICIENCY?

- 10 ug (400 IU) is the minimum recommended daily intake during the winter time
- Between 15 - 20ug (600-800 IU/day). IU/day) is recommended for most at-risk groups

For more information please visit www.tilda.ie

Source: The Irish Longitudinal Study on Ageing 2020