

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

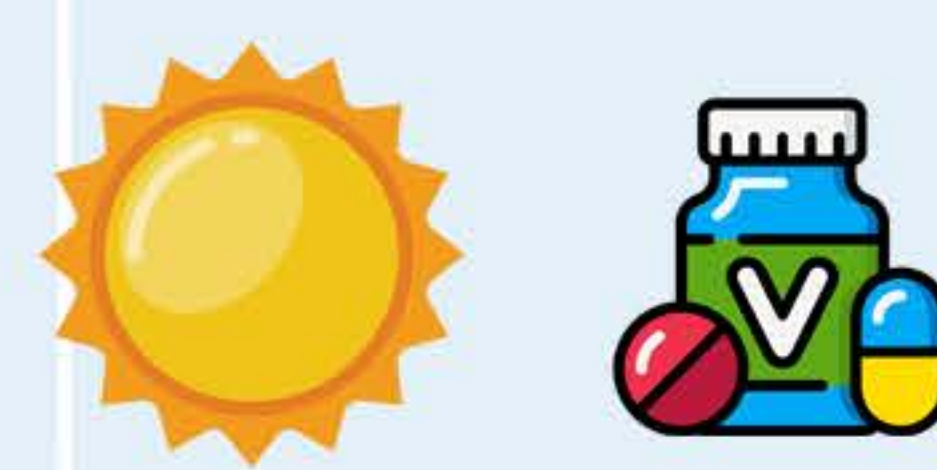
Anti-inflammatory



Pro - inflammatory

WHO IS AT RISK OF DEFICIENCY?

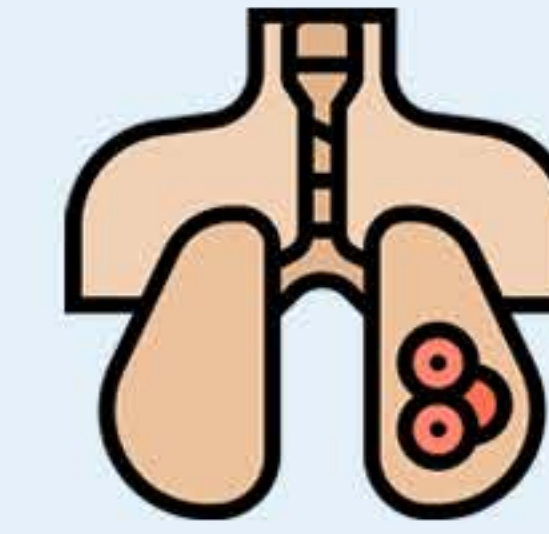
THOSE WHO DON'T GET ENOUGH...



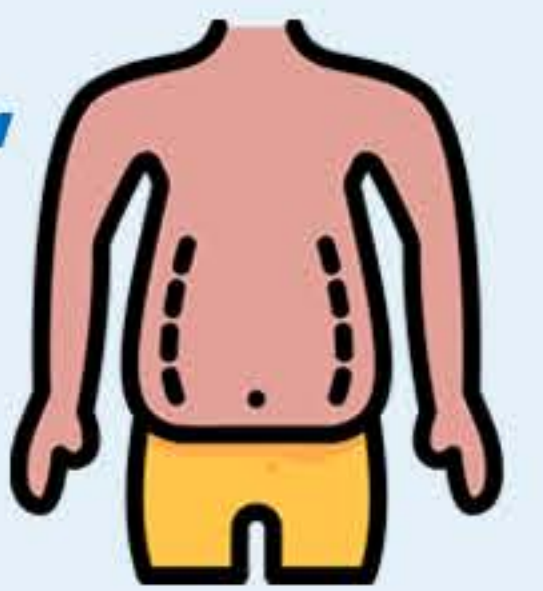
HOUSEBOUND



PEOPLE WITH CHRONIC DISEASE AND LUNG CONDITIONS



SMOKERS, OBESE, INACTIVE PEOPLE



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 **47%**

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

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