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
- People with chronic disease and lung conditions
- Smokers, obese, inactive people

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

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