

EP Vitamin D Conference Call for Action Brussels 23-3-2010



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Vitamin D inadequacy in all age groups



- Vitamin D inadequacy is world wide, regardless of geographical location or season. Low levels of vitamin D occur in all age groups, who do not get sufficient vitamin D from sunlight or diet, particularly in housebound elderly
- Starts in utero and continues through all age groups, life

1998 EU Recommendation 4



Develop and implement policies to advise the general public and health professionals about calcium and vitamin D nutrition

- The European Summit on the Role of Vitamin D in the Management of Osteoporosis: A Meta Forum 10-11 October 2005, Dublin, Ireland.
- Hosted by Nottingham University and Trinity College Dublin
- Professor Michael Hollick lecture on Vitamin D, at the Annual Conference 2005 organized by the Irish Osteoporosis Society, both received a lot of publicity in both the medical and lay press.
- An article was published in the Irish Medical Times on Vitamin D Feb 2010, to highlight problem

Nottingham City Hospital and Trinity College Dublin 2005, Summery



- **Vitamin D is essential for calcium absorption and bone health in men and women.**
- **Low levels of vitamin D may lead to suboptimal calcium absorption, secondary hyperparathyroidism with high bone turnover and an increased risk of fractures, especially among those with osteoporosis and in older people (≥ 65 years).**



Nottingham City Hospital and Trinity College Dublin 2005, Summery

- **Vitamin D is particularly important for maintaining muscle function and balance. Vitamin D inadequacy may contribute to the risk of falls and fractures.**



HSE and FSAI to implement vitamin D Policy for Infants

- Department of Health Policy and Food Safety Authority of Ireland (FSAI) FSAI 2007 report“ National Policy on vitamin D supplementation for infants in Ireland
- HSE is implementing a policy that all infants(0-12 months) should be given a daily vitamin D supplement of 5microgrammes(5 μ) vitamin D3 this year.



Vitamin D

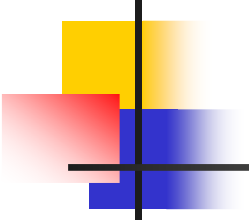
- Due to Northerly latitude, there is reduced production of vitamin D
- Low dietary intake results in low vitamin D
- Vitamin D supplementation is necessary for optimal health and to prevent rickets



Vitamin D

- Primary prevention of osteoporosis starts early in life, in utero, and continues throughout life.
- Important during period of bone formation 8-20 years
- As well as a balanced diet and daily weight-bearing exercise, normal hormones, adequate caloric intake, calcium and vitamin D are essential for the prevention of osteoporosis.

Vitamin D

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- Low Levels of vitamin D may be due to low oestrogen levels,
 - Low vitamin D intake and also to poor absorption due to gastrointestinal disorders, particularly, gluten intolerance.
 - The IOS recommends that everyone requires the daily amounts of calcium and vitamin D.
 - Because of the fear of skin cancer, people cover up, wear high levels of sun block



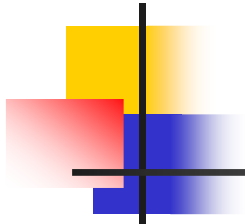
IOS

- Osteoporosis is on the Syllabus for Biology and Home Economics for the leaving Certificate in 2010
- The IOS re wrote the module on osteoporosis for home econonics
- IOS has produced a DVD on osteoporosis made by teenages for 12-18 age group,
- Questions and answers for DVD
- 122 powerpoint slides on osteoporosis
- Home econmics book review
- Assisting with new science info (osteo section) for 12-18



IOS

- Lectures and workshops given to home economics teachers, secondary schools 12-18
- National Dairy Council have sponsored talks throughout the country and will be distributing the DVD package to schools who are in "Schools Milk" Programme. Fridges given free to schools to encourage participation-fortified milks
- Hoping to make DVD for Primary school children



Bone disease targets unusual suspects





Most popular awareness

- TV advert – to show affects all age groups
- Poster distributed to hospitals, PT, GP, universities, senoir citizens groups etc
- Avonmore- Irish dairy company now have a TV advert emphazing the importance of Vitamin D

Preventive Strategies



- Oestrogen is needed to form vitamin D.
- Oestrogen is low in premenopausal women with amenorrhea particularly those with eating disorders.
- Thin postmenopausal women especially if they have had an early menopause are also at risk.
- Vitamin D Inadequacy Leads to Suboptimal Calcium Absorption.
- Secondary Hyperparathyroidism
- Increased Calcium Loss From the Skeleton
- With an Increased Risk of Fractures.

Preventive Strategies



- Inadequate Formation from sunlight
- Inadequate intake from foods
- Inadequate absorption
- Must Identify the Causes of Vitamin D Insufficiency
- Gluten Intolerance
- Harmonisation of Recommendations for Calcium and Vitamin D intake is extremely important