What UV is What You Get
Vitamin D in development and everyday life

Vit. D in Pregnancy and Development
- Preeclampsia
- Low birth weight
- Neonatal hypocalcemia
- Poor postnatal growth
- Bone fragility
- Autoimmune diseases
- Brain development

Importance of Getting Sun
Vitamin D deficiency can result in:
- Leg paresthesia (pins & needles)
- Joint stretching
- Abnormal bone development
- Rickets

Recommended Daily Dose
- 400 IU for ages 0-12 mo.
- 600 IU for ages 1-70 yrs.
- 800 IU for ages 80+ yrs.

Environment
- Vitamin D is gained most readily though the sun
- For people living in places like WNY, they experience winter ~7-8 mo. a year, making it hard to get required levels
- Taking a vit. D supplement can increase muscle strength, immune function and reducing the risks of heart disease.

Social
- Reduced sunlight is linked to: Anxiety, Panic Attacks, Seasonal Affective Disorder, and Irregular Sleep Patterns
- The more likely people are suffering from these disorders, the less likely they are socializing and being active outside
- Vitamin D deficiency is more common in individuals with darker skin and presents healthcare inequality for these individuals.

Economics
Supplements: ~ $8/250 capsules
- Families may have to choose between other food items for supplements depending on need
- People cannot necessarily afford to move to a climate where they can get more vit. D
- Fortifying flour was found to be cost efficient in adding VD3 to flour and reducing VDD without the use of supplements
References


Tavakolizadeh, Reza, et al. “Is There Any Relationship between Vitamin D Deficiency? Vitamin D.” Mayo Clinic, Mayo Foundation for Medical Education and Research, 9 Feb. 2021,
