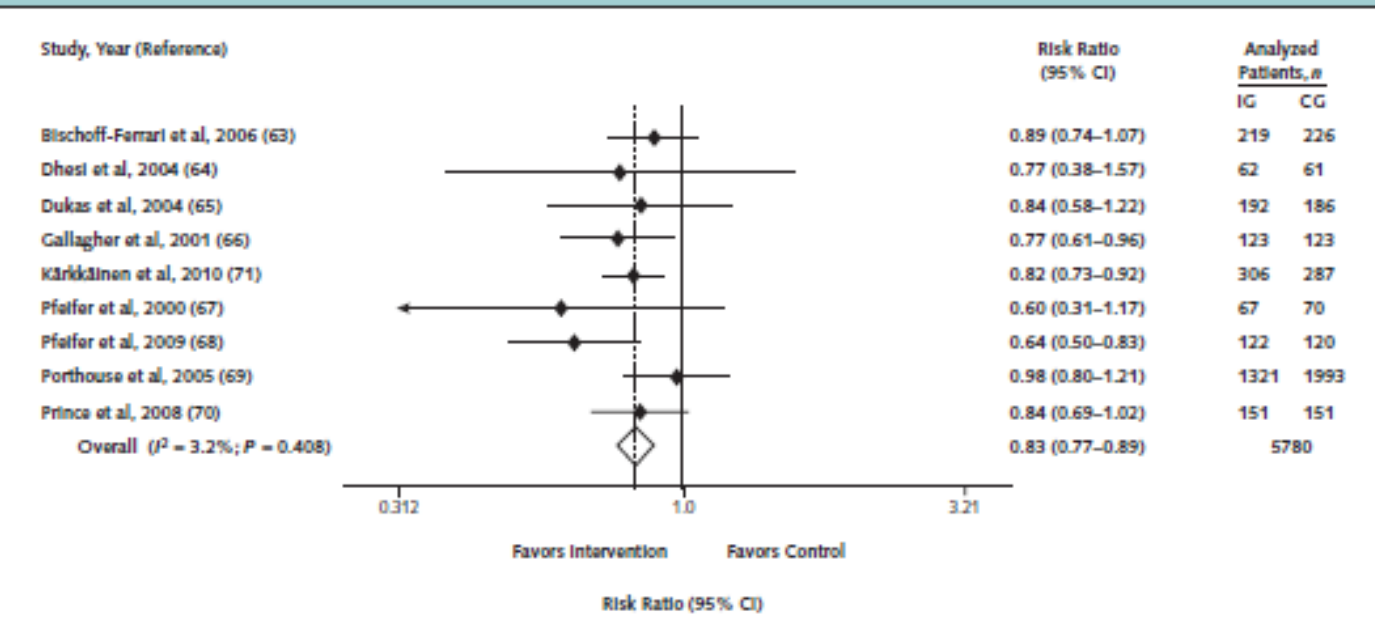


US Preventive Services Task Force 2010

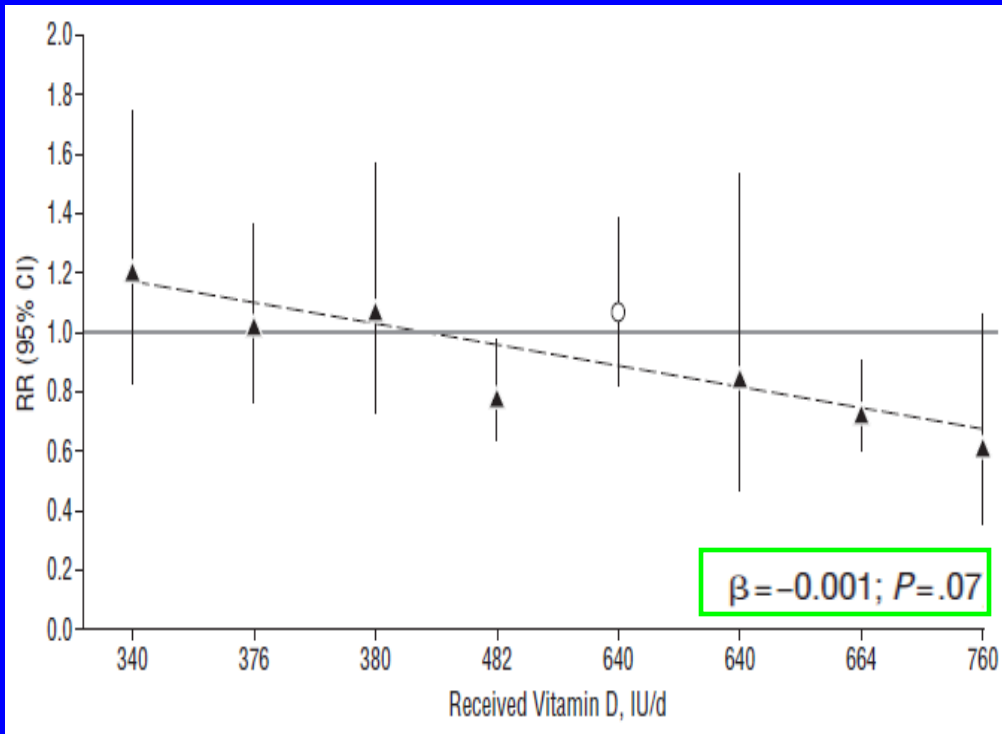
Pooled risk for falling: Vitamin D (in community dwelling older adults)

Figure 3. Pooled risk for falling for single clinical treatment interventions: vitamin D.

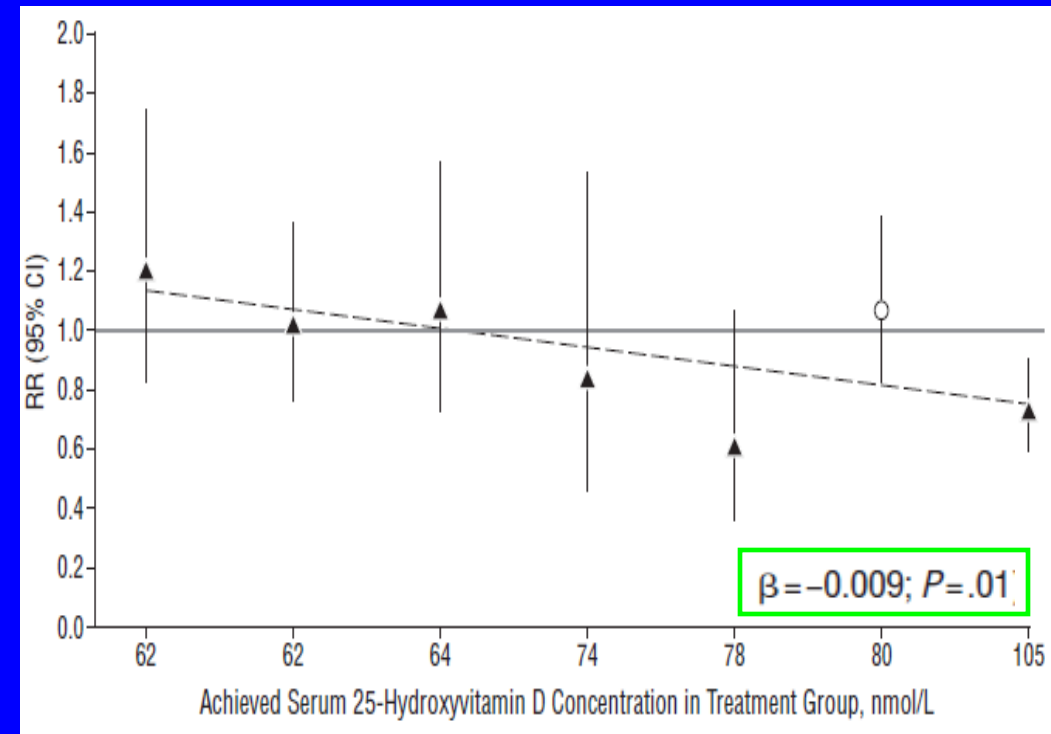


Michael YL. Ann Int Med 2010;153:815-825.

Variation of Hip Fracture Prevention by Received Dose and Achieved 25(OH)D



(Range: 340 - 760 IU/d;
n = 40,886 from 8 trials)



(Range: 62 - 105 nmol/L;
from 7 trials)

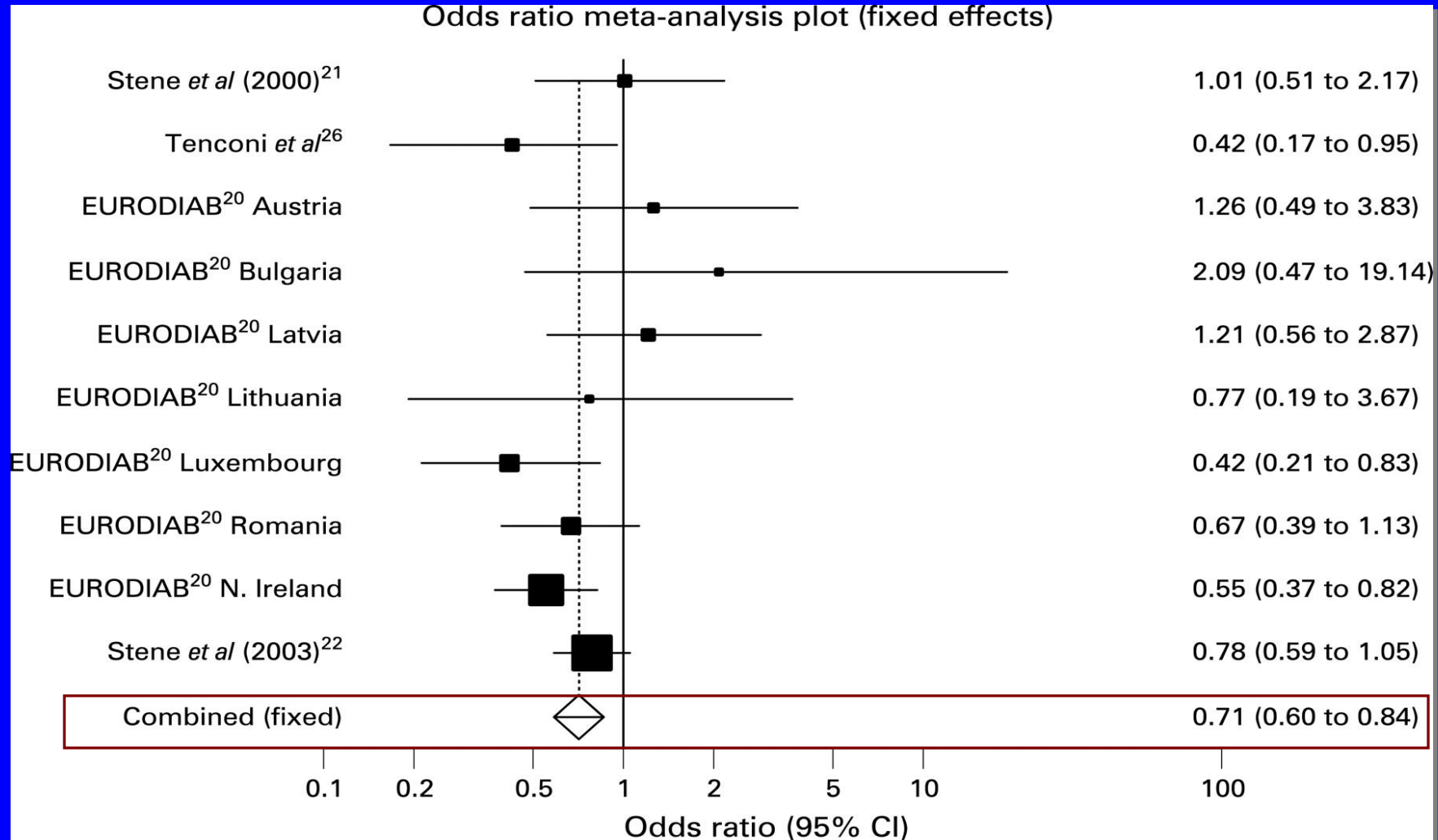
IOF Position Statement

Vitamin D Recommendations for Older Adults

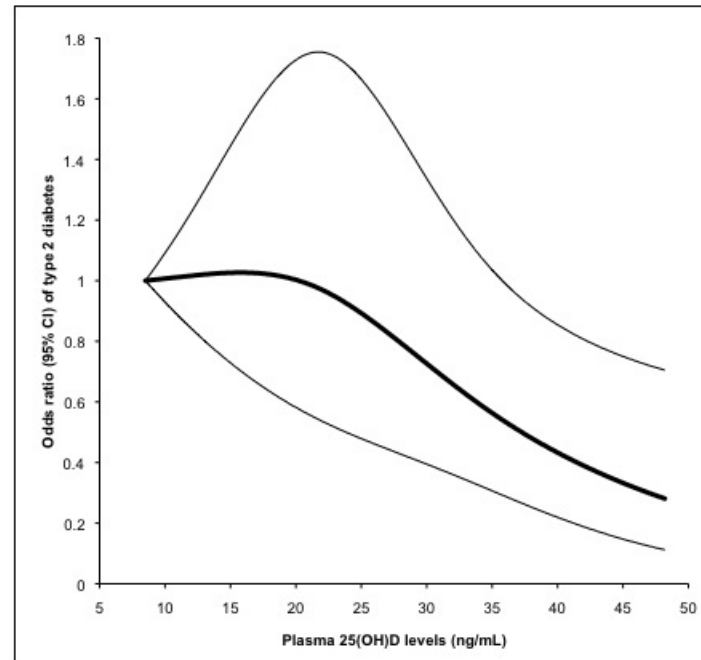
- Adults with little regular sun exposure should take 800 to 1000 IU/d of vitamin D3.
- At risk groups for deficiency should have 25OHD measured and be supplemented in amounts needed to reach serum 25OHD level of 75 nmol/l. They should be retested ≥ 3 mo later to ensure adequacy of their supplementation.

Vitamin D supplementation in early childhood and development of type 1 diabetes

observational studies



Odds Ratio for Incident Type 2 Diabetes and Serum 25OHD (Nurses Health Study, 608 cases and 559 controls)*



*Adjusted for matching factors, latitude, date, and assay batch, and for BMI

Pittas A. Diabetes Care 2010;33:2021-2025

RCT: Effect of Vitamin D₃ on Incidence of Influenza

(334 school children, 1200 IU/d vs placebo, Dec 08 - Mar 09)

Outcome	RR on vitamin D	CI	P
Influenza A*	0.58	0.34, 0.99	0.04
Asthma attack	0.17	0.04, 0.73	0.006

*Confirmed by antigen testing of nasal swab specimen.