

The Daily

Statistics Canada

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Canadian Health Measures Survey: Vitamin D blood plasma concentrations in the population

2007/2008 (preliminary)

This release presents preliminary data on blood plasma levels of vitamin D from the Canadian Health Measures Survey (CHMS), the most comprehensive direct health measures survey undertaken on a national scale in Canada.

Results show the mean concentration of Vitamin D in blood plasma for the Canadian population aged 6 to 79 was 66.9 nanomoles per litre (nmol/L) in 2007/2008. Children aged 6 to 11 had the highest concentration (76.0 nmol/L) followed by older Canadians aged 60 to 79 (73.5 nmol/L).

The national estimates reflect measures from one-half of the CHMS sample (slightly more than 2,600 Canadians aged 6 to 79) that is representative of the national population.

Data were collected across Canada during a one-year period from March 2007 to February 2008, covering all seasons. These are the first national data on the vitamin D status of Canadians available in over 35 years.

Vitamin D is a nutrient that helps the body use calcium and phosphorus to build and maintain strong bones and teeth. The CHMS measures vitamin D levels as part of the assessment of chronic disease risk factors and nutritional status.

The CHMS preliminary national estimates of vitamin D in plasma concentrations, by age and sex, are being released today to provide baseline estimates to researchers and other organizations interested in nutrition.

Normal population reference ranges for plasma vitamin D, and possible health effects, are not well-defined in Canada or the United States. A

comprehensive review jointly funded by the American and Canadian governments is currently underway to review the 1997 Dietary Reference Intakes values for vitamin D.

Note: The CHMS measures plasma 25-hydroxyvitamin D, or 25(OH)D, a circulating metabolite that reflects different forms of vitamin D in our bodies that we get through dietary sources or through skin exposure to sunlight. The release of full CHMS data will begin in January 2010 with information related to this topic such as outdoor activity, sunscreen use, and food consumption of fish and milk. Additional information on nutrition and supplement intake is available from the Canadian Community Health Survey (2004) and comparative American data are available from the National Health and Nutrition Examination Survey.

Nanomoles per litre (nmol/L) is a concentration measure that reflects the number of vitamin D molecules per litre of blood. Because molecules are small, we would have to add multiple zeros to each nmol measure to actually show the concentration of vitamin D molecules per litre of blood.

Definitions, data sources and methods: survey number 5071.

For more information about this preliminary CHMS data release on vitamin D status in the Canadian population, or to enquire about the concepts, methods or data quality of this release, contact Renée Langlois (613-951-0878; renee.langlois@statcan.gc.ca), Statistics Canada, or Media Relations (613-957-2983), Health Canada.

For additional information about vitamin D, see *Vitamin D: Recommendations and Review Status* on the Health Canada website (www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php).

□

Vitamin D (nmol/L): Plasma concentration, by age and sex, household population, Canada, 2007/2008

Age	Number	Mean			5th percentile		
		Estimate	Low	High	Estimate	Low	High
		95% confidence interval			95% confidence interval		
Both sexes							
6 to 11	435	76.0	67.4	84.6	38.5 ^E	17.0	60.0
12 to 19	428	64.0	58.9	69.1	26.5	21.6	31.4
20 to 39	611	63.5	60.5	66.5	29.4	26.3	32.4
40 to 59	683	66.1	61.1	71.1	28.8	23.0	34.5
60 to 79	516	73.5	70.8	76.3	33.9	25.8	42.0
Total 6 to 79	2,673	66.9	63.2	70.7	29.5	24.8	34.2
Males							
6 to 11	223	77.2	72.8	81.6	42.2	35.0	49.4
12 to 19	225	64.6	58.7	70.5	25.8	20.6	30.9
20 to 39	260	59.8	56.6	62.9	27.3	24.9	29.6
40 to 59	310	65.5	59.2	71.8	27.8	22.4	33.1
60 to 79	259	72.4	68.2	76.6	33.0	28.4	37.6
Total 6 to 79	1,277	65.7	61.8	69.7	28.9	26.6	31.2
Females							
6 to 11	212	74.9	60.2	89.6	F	F	F
12 to 19	203	63.4	56.7	70.2	26.5 ^E	16.9	36.1
20 to 39	351	66.6	63.4	69.8	32.0	24.2	39.8
40 to 59	373	66.6	62.6	70.6	30.8	25.1	36.4
60 to 79	257	74.9	72.2	77.5	36.8 ^E	24.6	48.9
Total 6 to 79	1,396	68.0	64.4	71.6	30.8	23.6	37.9

^E use with caution

^F too unreliable to be published

Vitamin D (nmol/L): Plasma concentration, by age and sex, household population, Canada, 2007/2008

Age	Number	10th percentile			25th percentile		
		Estimate	Low	High	Estimate	Low	High
		95% confidence interval			95% confidence interval		
Both sexes							
6 to 11	435	45.5	32.2	58.8	61.8	51.1	72.5
12 to 19	428	32.0	25.3	38.7	43.4	39.7	47.0
20 to 39	611	35.2	32.0	38.5	45.1	41.5	48.7
40 to 59	683	36.3	31.1	41.5	47.7	43.7	51.6
60 to 79	516	42.6	37.8	47.3	55.3	53.1	57.5
Total 6 to 79	2,673	36.6	32.5	40.8	48.0	43.9	52.1
Males							
6 to 11	223	53.0	42.5	63.5	65.1	58.7	71.4
12 to 19	225	32.8	26.7	38.8	43.3	37.3	49.2
20 to 39	260	32.8	31.1	34.5	42.6	40.4	44.7
40 to 59	310	36.3	29.9	42.6	47.8	43.1	52.6
60 to 79	259	41.3	35.0	47.5	55.1	51.7	58.6
Total 6 to 79	1,277	35.8	32.9	38.7	47.3	43.5	51.2
Females							
6 to 11	212	41.8 ^E	17.1	66.5	58.4	41.1	75.7
12 to 19	203	30.8	21.3	40.4	43.4	35.7	51.1
20 to 39	351	36.7	31.2	42.2	47.5	42.2	52.8
40 to 59	373	36.5	31.7	41.3	47.3	43.1	51.4
60 to 79	257	45.0	39.3	50.7	57.0	52.0	62.0
Total 6 to 79	1,396	37.5	32.3	42.7	49.4	45.2	53.7

^E use with caution

Vitamin D (nmol/L): Plasma concentration, by age and sex, household population, Canada, 2007/2008

Age	Number	50th percentile			75th percentile		
		Estimate	Low	High	Estimate	Low	High
		95% confidence interval			95% confidence interval		
Both sexes							
6 to 11	435	76.0	70.6	81.5	88.1	82.2	94.0
12 to 19	428	60.4	56.3	64.5	78.9	71.3	86.5
20 to 39	611	61.0	56.0	65.9	78.8	75.0	82.5
40 to 59	683	66.1	59.7	72.5	80.7	73.8	87.7
60 to 79	516	74.0	70.5	77.4	90.9	88.7	93.1
Total 6 to 79	2,673	66.3	61.9	70.6	82.8	79.8	85.8
Males							
6 to 11	223	76.8	74.2	79.3	88.1	82.2	94.0
12 to 19	225	63.5	57.2	69.8	80.0	71.1	89.0
20 to 39	260	56.6	52.8	60.4	73.0	69.2	76.8
40 to 59	310	64.9	58.2	71.6	81.1	70.7	91.5
60 to 79	259	71.8	65.5	78.0	90.3	84.9	95.7
Total 6 to 79	1,277	65.1	59.8	70.4	81.9	77.9	86.0
Females							
6 to 11	212	72.4	62.0	82.7	88.6	77.2	100.1
12 to 19	203	58.6	53.8	63.3	76.8	67.4	86.3
20 to 39	351	64.3	58.8	69.7	82.6	80.1	85.0
40 to 59	373	67.2	60.4	74.0	80.7	76.6	84.9
60 to 79	257	75.0	72.5	77.5	91.7	89.0	94.3
Total 6 to 79	1,396	67.0	63.1	70.8	83.5	81.3	85.8

Vitamin D (nmol/L): Plasma concentration, by age and sex, household population, Canada, 2007/2008

Age	Number	90th percentile			95th percentile		
		Estimate	Low	High	Estimate	Low	High
		95% confidence interval			95% confidence interval		
Both sexes							
6 to 11	435	107.8	97.4	118.2	121.0	109.5	132.5
12 to 19	428	98.3	88.6	108.0	107.7	97.8	117.6
20 to 39	611	93.8	88.3	99.3	108.3	97.2	119.3
40 to 59	683	96.8	90.8	102.7	110.9	100.6	121.2
60 to 79	516	103.0	100.1	105.9	112.3	106.7	118.0
Total 6 to 79	2,673	98.6	93.9	103.3	111.5	106.4	116.7
Males							
6 to 11	223	99.8	90.8	108.8	112.2	103.5	120.8
12 to 19	225	99.3	87.4	111.3	108.5	98.3	118.7
20 to 39	260	90.5	84.4	96.6	95.5	80.2	110.8
40 to 59	310	95.8	88.1	103.4	105.2	84.7	125.7
60 to 79	259	101.7	97.4	106.1	110.7	100.2	121.1
Total 6 to 79	1,277	95.5	89.7	101.3	106.1	96.8	115.4
Females							
6 to 11	212	114.2	97.4	131.1	123.8	107.3	140.3
12 to 19	203	97.1	87.2	106.9	107.5	88.2	126.9
20 to 39	351	100.8	94.4	107.1	118.2	104.9	131.4
40 to 59	373	98.0	94.4	101.7	111.9	106.1	117.7
60 to 79	257	108.0	103.5	112.4	112.4	109.6	115.2
Total 6 to 79	1,396	101.3	97.4	105.3	113.6	108.3	118.8

Electric power statistics

April 2009

Data on electric power are now available for April.

Available on CANSIM: tables 127-0002 and 127-0003.

Definitions, data sources and methods: survey number 2151.

For more information, or to enquire about the concepts, methods or data quality of this release, contact the dissemination officer (toll-free 1-866-873-8789; 613-951-9497; energ@statcan.gc.ca), Manufacturing and Energy Division. ■

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