

The scoop on vitamin D:

Sources for every season



Vitamin D can be obtained by consuming certain types of foods and supplements, and it is also the only nutrient that can be synthesized by the body when exposed to sunlight.

In Canada, the risk of vitamin D deficiency is **more than double** during the winter months.

Vitamin D deficiency¹ is associated with **decreased bone mineral content** and a higher risk of rickets² in children and adolescents, as well as an **increased risk of osteomalacia³** in young and middle-aged adults, and of fractures in older adults.



Who's at risk of vitamin D deficiency?

Roughly **1 in 10** Canadians between the **ages of 14 and 50**



10%

Men more than women



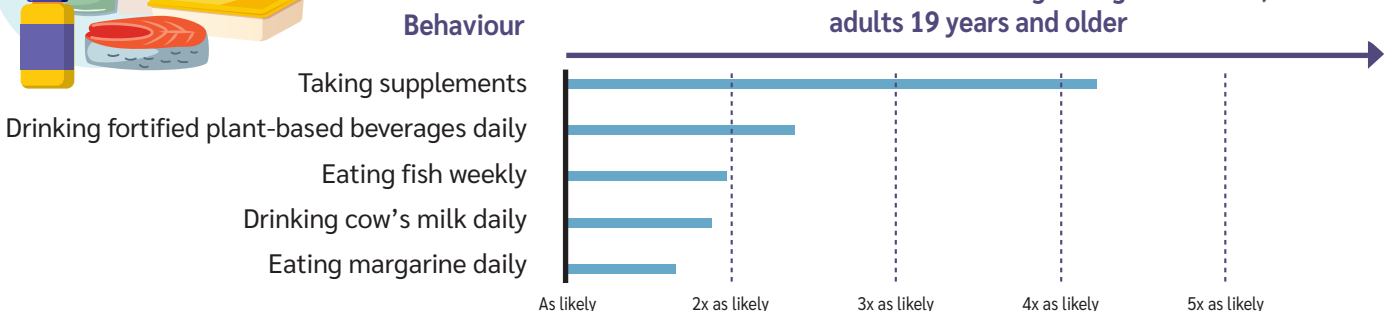
7%

Roughly **1 in 5** Canadians with Black, East and Southeast Asian, Middle Eastern or South Asian ancestry



Regular consumption of foods and beverages that contain vitamin D helps maintain adequate vitamin D levels.

Increased likelihood of having enough vitamin D, adults 19 years and older



1. People are at risk of vitamin D deficiency when serum 25-hydroxyvitamin D (25(OH)D), an indicator of a person's vitamin D measured in the blood, is below 30 nmol/L.
 2. Rickets is a disease that causes soft, weak bones in children, usually due to vitamin D deficiency.
 3. Osteomalacia is a disease that causes soft, weak bones in adults, usually due to prolonged vitamin D deficiency.

Sources: Statistics Canada, Canadian Health Measures Survey, 2012 to 2019; Weiler, H. A. et al., 2023, "Vitamin D Status of People 3 to 79 Years of Age from the Canadian Health Measures Survey 2012-2019," *The Journal of Nutrition*, 153: 1150-1161.