

Friday, 31 January 2020

## [Health and Social Wellbeing Improvement](#)



The PDF of this leaflet has been updated following the publication of a review of the evidence on vitamin D and health by the Scientific Advisory Committee on Nutrition (SACN). It highlights the importance of vitamin D supplements for particular groups, including babies, children aged between 1 and 4 years, people whose exposure to sunlight is limited, and those with darker skins (eg those of African, African-Caribbean and South Asian origin). It also outlines new recommendations that all adults and children aged 5 and over should consider taking vitamin D supplements during the autumn and winter months (October to late March/April).

For the CMO's letter on the new advice on vitamin D, go to

[www.health-ni.gov.uk/sites/default/files/publications/health/hss-md-05-2017.pdf](http://www.health-ni.gov.uk/sites/default/files/publications/health/hss-md-05-2017.pdf)

## Details

Format

6 page A5 leaflet

Target group

General public

## Downloads

Attachment	Size
<a href="#">Vitamin D leaflet 0120</a>	338.06 KB

## Tags

- [vitamin d](#)
- [supplements](#)
- [sunlight](#)

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