

Vitamin D – *BIG news*

4 experts will show that higher *blood levels* of Vitamin D
(a potent steroid pro-hormone – *not just a Nutrient*) will help to:

- ✓ *Reduce* your risk of catching any coronavirus
- ✓ *Reduce* the severity of the illness

Vitamin D – *BIG News*

- 1 **BIG numbers** – Analysis of 190,000 tests
Professor Michael Holick, Boston University, USA
- 2 **BIG view** – Overview of 15+ trials
Dr William Grant, SunArc, San Francisco, USA
- 3 **BIG data** – Causal Inference from 240 locations
Dr Gareth Davies, Physicist, UK
- 4 **BIG questions** – Bradford Hill's Criteria
Dr David Grimes, Gastroenterologist, UK
- 5 **BIG answers** – Next steps ?
Rufus Greenbaum, Citizen Scientist, UK

Vitamin D – Who is this information for ?

- ***National Action***

- * **Experts: NICE / SACN / NERVTAG / SAGE / PHE**
- * **Politicians: Secretary of State for Health & Social Care / All Ministers**

- ***Local Action***

- * **All Doctors & Nurses**
- * **Pharmacists**
- * **Public Health Directors**
- * **Health Visitors & Midwives**
- * **Care Home staff**

- ***Health Insurance Companies***

- ***Everyone***

Vitamin D – *definitions*

	USA	UK (SI units)
Experts Call-to-D*Action	40-60 ng/mL	100-150 nmol/L
Good bone health	30	75
USA – Deficiency	20	50
UK – Deficiency	10	25

**The UK definition was set before 2000 by the Department of Health
- *probably to save money !***