

Lifestyle Effect on Vitamin D

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Background

Sedentary lifestyle affects health of the population.

Aims & Objectives

To determine the effect of lifestyle on Vitamin D levels.

Material & Methods

A simple study was done on 50 patients without any illness in whom vitamin D levels (concentration of serum 25 (OH) vitamin D3) were evaluated. Values below 20 nmol/l were considered severe, 20-37.5 nmol/l were

moderate, 37.6 TO 50 nmol/l were mild, above 50 nmol/l were normal.

Results

The study showed 65% had deficiency of vitamin D. (14% had severe, 21% had moderate and 30% had mild deficiencies while 35% had normal levels of vitamin D.

Conclusions

The study showed there is high prevalence of vitamin d deficiency in the city. Low exposure to sunlight, low intake of vitamin d and calcium rich food stuff may be the important factors in causing deficiency of vitamin D.