

# Vitamin D

## What every parent should know!

By Kristi Wees



What do you know about Vitamin D? Not much? Please read on. This vitamin is crucial for optimal health (as are all vitamins), especially children's health! Vitamin D is particularly connected with immune system health in adults and children.

### Vitamin D is known as the SUNSHINE vitamin

"A fat-soluble vitamin occurring in several forms, especially vitamin D2 or vitamin D3, required for normal growth of teeth and bones, and produced in general by ultraviolet irradiation of sterols found in milk, fish and eggs." (thefreedictionary.com)

### Vitamin D levels drop in the winter-time and drop depending where you live

Since Vitamin D comes from sunshine, this drop in the winter is due to lessened hours of daylight and thus lessened sun exposure, with the peak vitamin D levels occurring in September (just after summer) and the dip in D levels occurring in February. (PMID: 18298852) Anyone living at a latitude above Atlanta, GA (Yup, that means Pittsburgh, PA!!), cannot make any Vitamin D (from sunlight) in the winter months (November-February). The time of day is important too! Even in the summer time, most Vitamin D production occurs between 10am-3pm. (youtu.be/1qirmKiUKVQ)

### Vitamin D has an impact on those with ASTHMA

"Children with asthma appear to be at increased risk of vitamin D insufficiency." (PMID: 23069123) "The frequency of vitamin D deficiency and insufficiency was higher in children with asthma,

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