

# Special Topics

## Vitamin D

### Coach's Instructions:

1. Open class by asking the T/F questions. Ask them to explain their answers.
2. Play Vitamin D DVD.
3. When prompted stop the DVD for the Vitamin D questionnaire.
4. Close with one or more of the suggested closing questions.
5. Sell Multivitamins.

### Opening Discussion Questions: (Options) (T/F)

- T / F Wearing sunscreen increases Vitamin D absorption.
- T / F Vitamin D is essential for maintaining strong, healthy bones.
- T / F Most people obtain an adequate amount of Vitamin D from the foods they eat.
- T / F Most people need at least 20 minutes a day of sun exposure to get a sufficient amount of Vitamin D.
- T / F Vitamin D can prevent some cancers and some chronic illnesses.

*Optional:* A great option might be to have participants right down the answers to the True/False questions. At the end of the DVD re-take the True/False quiz and see if the participants changed their answers.

### Activities:

**Materials needed:** Vitamin D questionnaire (page 2 of this sheet). Make enough copies for each participant.

**Coach:** Pass out Vitamin D questionnaire. The participants will fill out the questionnaire when prompted. The DVD will explain the risk factors in detail.

### Closing Discussion Questions: (Options)

- What are a few of the risk factors associated with developing a Vitamin D deficiency?
- Were you surprised how closely Vitamin D is linked to disease prevention?
- Do you think you get enough Vitamin D on a regular basis?

### Sell Product

Remember that the US Curves multivitamin contains 1,000 IU of Vitamin D- the amount recommended for disease prevention. In Canada, take the multivitamin, calcium and protein shake each day to obtain 1,000 IU of Vitamin D



# Vitamin D

Nadia Rodman, RD



**There's just something about a bright sunny day that will put a smile on your face.** But did you know that spending just 20 minutes outside without sunscreen a couple of times a week on bright sunny days is actually beneficial to your overall health? Sunlight happens to be the best source for Vitamin D.

Most of us are familiar with the correlation between Vitamin D and strong bones. Vitamin D works together with calcium to strengthen our bones and prevent osteoporosis. But having adequate levels of Vitamin D is important for so much more than just healthy bones. In fact, multiple sclerosis, high blood pressure, cancer, type 1 and type 2 diabetes, autism, rheumatoid arthritis and seasonal affective disorder are all associated with insufficient levels of Vitamin D.

It is amazing how closely Vitamin D is linked to all of these diseases. And even more amazing is the fact that deficiency is extremely common. Studies suggest that 36% of healthy young adults between the ages of 18 and 29 are deficient in Vitamin D and one billion people worldwide have a Vitamin D deficiency.

**Read the following statements and check those that apply to you. The more items you check, the more at risk you are for Vitamin D deficiency.**

- |   |   |
|---|---|
| <input type="checkbox"/> I have dark skin.                        | <input type="checkbox"/> I wear sunscreen of SPF 8 or higher every time I go outside. |
| <input type="checkbox"/> I don't expose much skin to sunlight.    | <input type="checkbox"/> I live farther than 35 degrees latitude from the equator.    |
| <input type="checkbox"/> I am indoors most of the day.            | <input type="checkbox"/> I am over 70 years of age.                                   |
| <input type="checkbox"/> I have celiac or Crohn's disease.        | <input type="checkbox"/> I am overweight or obese.                                    |
| <input type="checkbox"/> I eat little salmon or other fatty fish. | <input type="checkbox"/> I rely on the foods I eat as my main source of Vitamin D.    |

But unlike most vitamins, the dietary sources for Vitamin D are very limited. Wild salmon and other fatty fish are a good source, but most people don't eat fatty fish on a regular basis. Most milk, some cereals and yogurts are fortified with Vitamin D, but not enough to prevent deficiency.

The current RDA for Vitamin D is 400 IU, but most experts believe that level is inadequate. The current upper limit not to exceed on a regular basis is 2,000 IU. Most studies, however, fail to show benefits of Vitamin D until the supplement levels reach 1,000 IU to 2,000 IU per day.

Because we can't rely on our diet to provide adequate Vitamin D we either have to be intentional about sensible sun exposure or we have to take a daily supplement of 1,000 IU of Vitamin D. The Curves supplements can help get enough vitamin D. In addition to supplementing, take advantage of beautiful, sunny days. Go for a walk, work in the garden or relax on the porch swing. After all, your health depends on it!

