

## Want to know more about vitamin D?

ACC, District Health Boards and Primary Health Organisations across the country encourage the provision of prescribed vitamin D to older people in rest homes.

ACC and the Health Quality & Safety Commission are working together to make sure that older people who are at high risk of vitamin D deficiency, get vitamin D prescriptions if they need them.

The Ministry of Health and Cancer Society of NZ have developed the Consensus Statement on vitamin D and sun exposure in New Zealand (2012).

Here are some useful websites with resources on vitamin D, sensible sun exposure, and falls:

- ACC's website  
[www.acc.co.nz/vitamin-d](http://www.acc.co.nz/vitamin-d)
- The Medsafe website  
[www.medsafe.govt.nz](http://www.medsafe.govt.nz)
- The Cancer Society's website  
[www.cancernz.org.nz](http://www.cancernz.org.nz)
- Ministry of Health website  
[www.health.govt.nz](http://www.health.govt.nz)



[www.hqsc.govt.nz](http://www.hqsc.govt.nz)



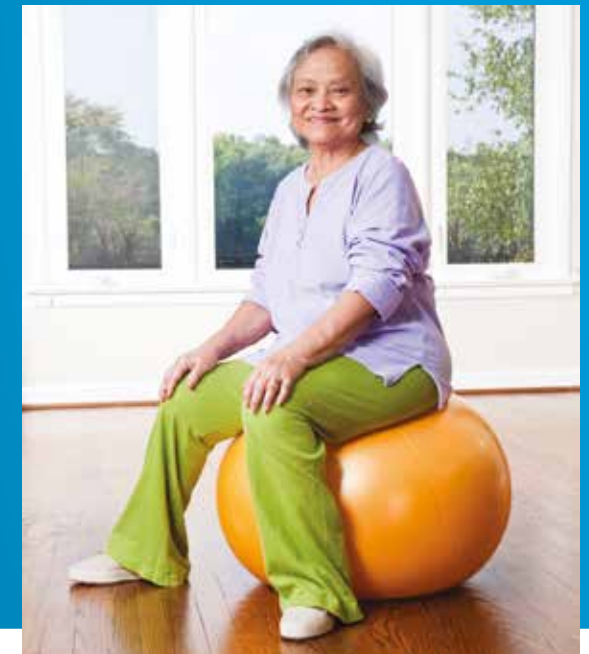
[www.acc.co.nz](http://www.acc.co.nz)  
0800 844 657



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Te Kaporeihana Āwhina Hunga Whara

## Why vitamin D is important



## Why vitamin D is important

- Vitamin D can help maintain bone health, improve muscle function and may reduce falls in older people with low vitamin D levels
- If you keep your muscles and bones in good condition, you are less likely to fall and injure yourself when you're older
- Many older people do not always get enough vitamin D.

## How do you get vitamin D?

- For most people, the main source of vitamin D is through the action of direct sunlight on uncovered skin
- Note: Sunlight directly on the skin is important - sunlight through glass doesn't work, as glass blocks out the ultraviolet B rays needed to make vitamin D
- Vitamin D can also be prescribed for people at high risk of vitamin D deficiency
- A few foods contain small amounts of vitamin D e.g. oily fish, but it is hard to get enough vitamin D from food alone.

## Health practitioners are best to assess if you need a prescription for vitamin D

- Your doctor may suggest that you spend more time in the sun to increase your vitamin D
  - From September to April, take a walk or do outside activities in the early morning or late afternoon. Remember to be SunSmart through the middle of the day
  - From May to August, take a walk or do outside activities in the middle of the day, with your face, arms and hands uncovered
- Your doctor will also assess whether you need a vitamin D prescription, and check if you have any health conditions which mean you shouldn't take it
- Multi-vitamins and vitamin D bought over the counter are not recommended to treat vitamin D deficiency
- Prescribed vitamin D is widely recommended around the world for reducing falls and fall related injuries in older people who are at a higher risk of vitamin D deficiency.

## Are you getting enough vitamin D?

- Do you spend little time outside in the sun?
- When outside do you cover up for cultural, medical or other reasons?
- Do you have naturally very dark skin?
- Are you living in a rest home?

If you are over 65 and can say yes to any of the above, check with your doctor to see if a vitamin D prescription is right for you.

