

EFFECT OF NON-EXPOSURE TO SUNLIGHT ON VITAMIN D

STATUS OF FREE LIVING POPULATION

AFIFA JAHAN & MANORAMA KANURI

Department of Food and Nutrition, Post Graduate and Research Centre, Professor
Jayashankar Telangana State Agricultural University, Rajendranagar, Hyderabad, India

ABSTRACT

Vitamin D can play a role in decreasing the risk of many chronic illnesses. Vitamin D deficiency is pandemic, yet it is the most under-diagnosed and under-treated nutritional deficiency in the world. 1 billion people worldwide have Vitamin D deficiency or insufficiency. The purpose of the study to analyze the vitamin D level of free living population who were not exposed to sunlight and effect of supplementation. A total of 20 subjects within the age group of 22-60 years were selected for the study. 20 subjects, who were not exposed to sunlight at all during the day, were selected from a call center at Hi-tech city, Hyderabad. In places where there is a minimal sunlight, food rich in vitamin D, fortified foods in vitamin D and vitamin D supplementation should be consumed to avoid the vitamin D deficiency. Four months supplementation of 60,000 IU per week was recommended for increasing serum levels to sufficiency category

KEYWORDS: Vitamin D, Minimal Sunlight, Food Rich & Nutritional Deficiency

Received: Jan 19, 2016; **Accepted:** Jan 25, 2016; **Published:** Feb 12, 2016; **Paper Id.:** IJASRFEB201644