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Public Service Announcement

Who should take vitamin D?

Start Date: December 10, 2018

End Date: December 31, 2018

Nunavut-wide

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Everybody needs vitamin D for healthy bones and teeth. It helps our bodies absorb and use calcium, supports normal growth and development and may increase immunity. Getting enough vitamin D is important for everyone, especially pregnant women, babies and young children.

In Nunavut, the sun is not a good source of vitamin D. Babies and children who are not getting enough vitamin D can develop rickets, a painful disease that causes bones to soften and bend. To make sure we are getting enough vitamin D, everyone should take supplements every day:

- Babies under the age of two should take two drops (800 IU) of Baby Ddrops™.
- Pregnant women should take a prenatal vitamin plus 1000 IU of vitamin D.
- Children two to 18 years and adults over 50 years should take 400 IU of vitamin D in the form of a multivitamin.

Foods rich in vitamin D include country food like fish, maqtaaq, bird eggs and fish eggs; and store bought food like milk, fish (salmon, tuna and sardines), eggs, yoghurt with added vitamin D and margarine.

Baby Ddrops™ are available for free at all health centres. NIHB covers vitamin D for all ages and prenatal vitamins and multivitamins for children up to eleven years of age.

For more information, visit your local health centre or the Healthy Living website at <https://livehealthy.gov.nu.ca/>.

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