

# Public Service Announcement

# Everyone Needs Vitamin D

**Start Date:** January 13, 2025

**End Date:** February 13, 2025

## Nunavut-wide

**90 sec**

Everybody needs vitamin D for healthy bones and teeth. It helps the body absorb calcium and supports healthy growth and development. Getting enough vitamin D is important for everyone, especially pregnant women, babies and young children.

Without enough vitamin D, children can develop rickets, a painful bone condition that causes bones to soften and bend. In Nunavut, the sun doesn't provide enough vitamin D, so it is important to take a daily supplement and eat foods rich in vitamin D. Foods with vitamin D include fish, maktaaq, bird and fish eggs, milk, margarine, and yogurt with added vitamin D.

Daily vitamin D dose recommendations are as follows:

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

Registered Nurses in community health centres and regional public health units, and nurses working in Iqaluit Public Health's maternal/child program are authorized to dispense a 1-month supply of Vitamin D for all ages. Refills are available at retail pharmacies. NIHB covers vitamin D for all ages, prenatal vitamins and multivitamins for children up to eleven years of age.

For more information on vitamin D visit your local health centre.

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Pierre Essoh

## Communications Specialist

Department of Health

867-975-5712

[heacommunications@gov.nu.ca](mailto:heacommunications@gov.nu.ca)

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