

Actions

What's needed to Solve the vitamin D Deficiency?

- Measure the 25-hydroxyvitamin D serum levels
- Provide intake from UVB exposure, supplements, fortified foods, to get serum levels to 40-60 ng/ml (100-150 nmol/L). Reference the Serum Level vs Intake chart on grassrootshealth.net.

D*action Project

- An international study to assess the health effects of large populations who have serum levels in the 40-60 ng/ml (100-150 nmol/L) range.
- Cedric F. Garland, Dr. P.H., F.A.C.E., Moores Cancer Center, University of California San Diego is the study's principal investigator.
- Participants will provide health information and do a vitamin D test every 6 months for a period of 5 years.
- Physicians, clinics, research groups and other health interested groups are encouraged to join the project. Individuals can also enroll in the project.
- There are currently over 7000 individual participants from all over the world in the study; approximately 50% of them started with levels below 40 ng/ml (100 nmol/L).
- Diagnosis & Treatment of Vitamin D Deficiency seminars are held for medical professionals.
- Custom studies are done for research groups. Contact Carole Baggerly, Director, info@grassrootshealth.org for further information.

Join D*action: www.grassrootshealth.net
Get your blood level tested, take action!

Download the Disease Incidence Prevention Chart showing serum levels required to prevent many diseases: www.grassrootshealth.net/dipchartng.pdf

D*action is a public health project of Grassroots-Health, a 501c3 non-profit organization.
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Call to D*action Scientists

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Vitamin **D***action

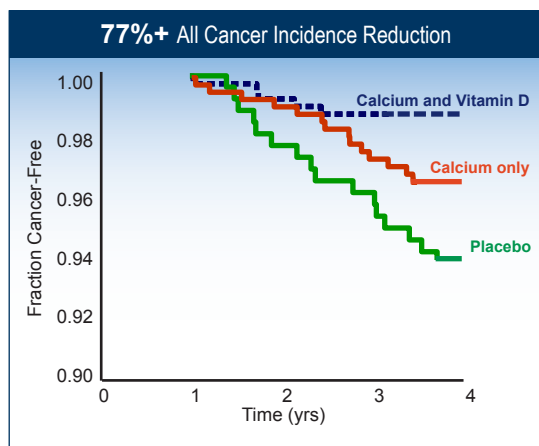
A Consortium of Scientists, Institutions and Individuals
Committed to Solving the Worldwide Vitamin D Deficiency Epidemic

Can Vitamin D Prevent Cancer?

GrassrootsHealth
A Public Health Promotion Organization

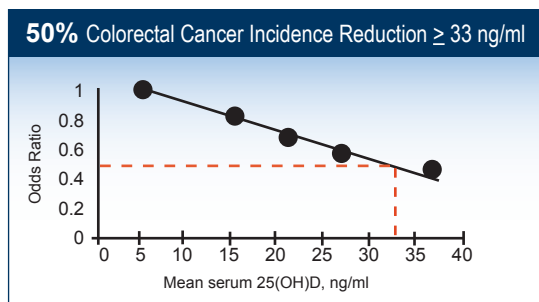
What's the evidence?

There has been substantial progress in recent years regarding the role of vitamin D in prevention of cancer. Research includes approximately 1500 epidemiological studies, 2800 laboratory studies and a confirmatory randomized placebo controlled double blind clinical trial (Lappe et al.).



Source: Lappe Am J Clin Nutr. 2007

Most of these studies support a preventive role of vitamin D in cancer. They have been published in the American Journal of Preventive Medicine, Lancet, Cancer Research, International Journal of Cancer, International Journal of Epidemiology, and numerous other peer-reviewed biomedical journals.



Source: Gorham et al., Am J Prev Med 2007;32(3)

The Vitamin D Deficiency Epidemic—A Call to D*action by 48 Scientists

40-75% of the entire world's population is vitamin D deficient.

The causal link between severe vitamin D deficiency and rickets or the bone disease of osteomalacia is overwhelming, while the link between vitamin D insufficiency and osteoporosis with associated decreased muscle strength and increased risk of falls in osteoporotic humans is well documented by evidence-based intervention studies.

There are newly appreciated associations between vitamin D insufficiency and many other diseases, including tuberculosis, psoriasis, multiple sclerosis, inflammatory bowel disease, type-1 diabetes, high blood pressure, increased heart failure, myopathy, breast and other cancers which are believed to be linked to the non-calcemic actions of the parent vitamin D and its daughter steroid hormones. Based on the evidence we now have at hand, action is urgent.

It is projected that the incidence of many of these diseases could be reduced by 20%-50% or more, if the occurrence of vitamin D deficiency and insufficiency were eradicated by increasing vitamin D intakes through increased UVB exposure, fortified foods or supplements. The appropriate intake of vitamin D required to effect a significant disease reduction depends on the individual's age, race, lifestyle, and latitude of residence. The latest Institute of Medicine (IOM) report, 2010, indicated 10,000 IU/day is considered the NOAEL (no observed adverse effect level). 4000 IU/day can be considered a safe upper intake level for adults aged 19 and older.

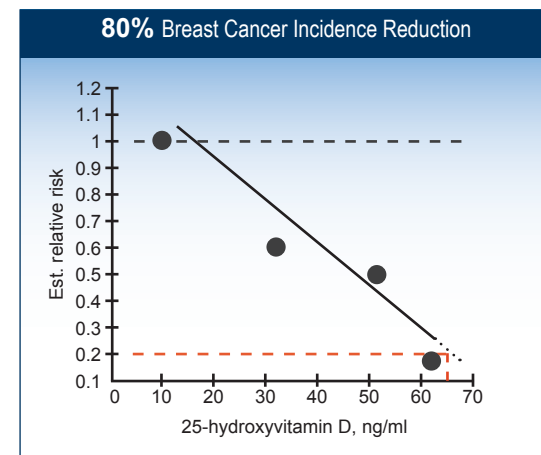
It is well documented that the darker the skin, the greater the probability of a vitamin D deficiency. Even in southern climates, 55% of African Americans and 22% of Caucasians are deficient.

More than 1 billion people worldwide are affected at a tremendous cost to society.

A Scientists' Call to Action has been issued to alert the public to the importance to have vitamin D serum levels between 40 and 60 nanograms/milliliter (100-150 nmol/L) to prevent these diseases. Implementing this level is safe and inexpensive.

The benefit of an adequate vitamin D level to each individual will be better overall health and a reduction in illnesses and, ultimately, a significant reduction in health care costs. The benefit of adequate vitamin D levels to society/businesses is a more productive workforce and, lower health care costs.

The D*action project has as its purpose to serve as a model for public health action on vitamin D. It is a test bed for techniques, and for providing outcome evaluation at a community level.



Source: Garland et al. (2007) based on data in Lowe et al. (2006)