

Statement on Prescribing of Vitamin D with reference to the Scientific Advisory Committee on Nutrition (SACN) report: *Vitamin D and Health*, July 2016

Background

In July 2016, The Scientific Advisory Committee on Nutrition (SACN) published its final [Vitamin D and Health report](#). The purpose of the report was to consider whether the dietary reference values (DRV) for vitamin D set by COMA (Committee on Medical Aspects of Food and Nutrition Policy) in 1991 are still appropriate in the context of current lifestyles. It concluded:

The RNI (Reference Nutrient Intake) /Safe Intake for vitamin D refers to intakes from all dietary sources: natural food sources; fortified foods (including infant formula milk); and supplements. Since it is difficult to achieve the RNI/Safe Intake from natural food sources alone, it is recommended that the Government gives consideration to strategies for the UK population to achieve the RNI of 10 µg/d (400 IU/d) for those aged 4y and above and for infants and younger children to achieve a Safe Intake in the range 8.5-10 µg/d (340-400 IU/d) at ages 0 to < 1y and 10 µg/d (400 IU/d) at ages 1 to < 4y.

GMMMG statement

GMMMG recommends the prescription of Vitamin D at NHS expense only in the following circumstances:

- Proven deficiency but not insufficiency nor provision of maintenance doses after treatment of deficiency.
- Prescribing of calcium and Vitamin D supplements to patients with and at risk of osteoporosis and in conjunction with bisphosphonates.

GMMMG further recommends:

- GMMMG recommends that persons seeking to achieve a daily intake (RNI) of 400 units (10mcg) daily are recommended to purchase a dietary supplement containing this amount of Vitamin D.
- The elderly and people who are not exposed to much sun (e.g. those who cover their skin for cultural reasons, who are housebound or who are confined indoors for long periods) should follow NHS Choices advice on getting Vitamin D from sunlight and dietary sources <http://www.nhs.uk/Livewell/Summerhealth/Pages/vitamin-D-sunlight.aspx> .
- GMMMG recommends that all pregnant and breast feeding mothers and the very young access [Healthy Start vitamins](#).



For further advice and information, please see existing GMMMG guidance on [Vitamin D for Insufficiency & Deficiency \(adults\)](#) and [Vitamin D for Deficiency and Insufficiency \(paediatrics\)](#)

This statement will be reviewed when either the Government or Public Health England issue further information on this topic.

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