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Vitamin D & me!™

A Collaboration

<https://www.vitamindandme.org/>

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Susan J Hewlings PhD, RD



- **Director of Scientific Affairs Nutrasource/GRAS Associates**
 - Structure Function Claims Substantiation
- **Professor Central Michigan University**
- **PhD Nutrition, MS Exercise Physiology, BS Nutrition**
 - Florida State University
- **Higher Education, over 18 years**
 - Central Michigan University (Currently)
 - University of Central Florida College of Medicine
 - Stetson University (Tenured)
- **Author/ Medical Writer**



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Vitamin D & me! CRN FOUNDATION

Research Experts Education News Facts Search

The COVID-19 and Vitamin D Education Center:
Connect with expert information and resources

Review the Research Meet the Experts Get Educated D in the News

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The Ongoing Problem of Low Vitamin D Levels

Percentage	Statement
41%	OF U.S. ADULTS HAVE VITAMIN D INSUFFICIENCY ¹
60%	OF U.S. NURSING HOME RESIDENTS HAVE VITAMIN D DEFICIENCY ¹⁰
50%	OF PEOPLE GLOBALLY HAVE VITAMIN D INSUFFICIENCY ¹¹


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Vitamin D: Immune Health, Levels, and Intake



- How does vitamin D benefit the immune system?
- What is innate and adaptive immunity?
- What is the impact of vitamin D on respiratory infections?
- What role does vitamin D play in COVID-19?
- What intake of vitamin D is recommended?
- What blood levels of vitamin D should you maintain?



The most recognized roles for vitamin D in supporting a healthy immune system include reinforcing the barrier provided by epithelial cells (like skin cells), enhancing the cell's ability to produce vitamin D at the site of infection, increasing other key defenses of innate immunity and decreasing inflammatory markers. At the site of infection vitamin D has antibacterial and

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Vitamin D & Me Interviews

Dr. Vateal Thakkar and Will Rowley and COVID-19 in relation to vitamin D

with William Rowe and Dr. Vateal D. Thakkar

Watch on 

What's next for science and research related to vitamin D, wellness and COVID-19?

with Dr. Ganmaa Davasambuu

- Plus, learn more about:
 - ✓ vitamin D and its impact on acute respiratory disease
 - ✓ how vitamin D is like a hormone
 - ✓ the interactions between vitamin D and other important nutrients

Hosted by:   

Learning more about vitamin D with neonatologist and professor, Dr. Carol Wagner

Children's health, optimal levels for immunity and more!

Watch on 

Interview with Dr. Bruce Hollis: Father of Vitamin D Research, Dr. Bruce Hollis

With over 200 publications, here's what Dr. Bruce Hollis really thinks about vitamin D!

Watch on 

What role does vitamin D play in "immunity activation," HIV, and COVID-19?

...and discover which not so well known vitamin helps combat the side effects of too much vitamin D!

Dr. Grace McCansay, MD, FIDSA
Vice President of Research & Innovation, Chief Academic Officer at University of Maryland Health System (UMHS)

Hosted by:   

Vitamin D and Me!™ - What's it all about? Get a Behind the Scenes Look with Dr. Hewlings

Website tour!

Susan Hewlings, PhD, RD
Director of Research Affairs at Nutrasource

Hosted by:  

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Vitamin D & Me Highlight Reels

Dr. Gamma Devasasambu
on vitamin D and pneumonia in kids

Dr. Grace McComsey, MD, FIDSA
on why you don't want to have too little or too much Vitamin D

Dr. Bruce Hollis
on Vitamin D and Immunity

Susan Howlings, PhD, RD
on drawing the connective between nutrition and immune health

Dr. Gamma Devasasambu
on vitamin D being like a hormone

Dr. Grace McComsey, MD, FIDSA
on how to be ready for the next pandemic with vitamin D, vitamin K2 and vaccinations

Dr. Grace McComsey, MD, FIDSA
on why healthcare professionals recommend varying amounts of vitamin D

Dr. Bruce Hollis
on Calcium vs. Vitamin D Supplementation

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Study Summaries



Does vitamin D serum level affect prognosis of COVID-19 patients?

Take Home Message: Does vitamin D serum level affect prognosis of COVID-19 patients? Take Home Message In a cross-sectional study of 329 hospitalized COVID-19 patients in Iran from March–July



Impact of daily high dose oral vitamin D therapy on the inflammatory markers in patients with COVID 19 disease

Take Home Message: Impact of daily high dose oral vitamin D therapy on the inflammatory markers in patients with COVID 19 disease. Take Home Message In a prospective open-label



Vitamin D deficiency in critically ill COVID-19 ARDS patients

Take Home Message: Vitamin D deficiency in critically ill COVID-19 ARDS patients Take Home Message In this single-center retrospective study of 26 COVID-19 patients in Germany with acute respiratory

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Summary of 14 Meta-Analyses

12 Meta-Analyses of Blood Levels of Vitamin D and COVID-19

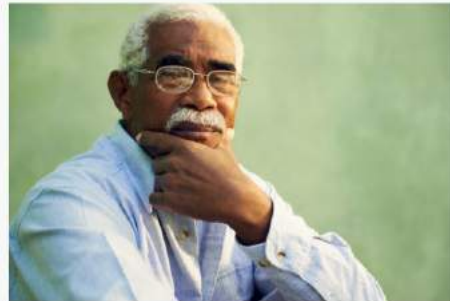
- In each of the meta-analyses lower blood levels of vitamin D were significantly associated with either higher incidence of COVID-19, greater disease severity, or greater mortality

2 Meta-Analyses of Vitamin D Intervention and COVID-19


- One meta-analysis found better clinical outcomes and reduced mortality with vitamin D intervention, but only when received post-COVID-19 diagnosis
- A smaller meta-analysis had no statistically significant findings, but did note a non-significant slightly lower mortality rate in the vitamin D group

How Common is Vitamin D Deficiency & Insufficiency? Who is at Risk?

Low vitamin D status is becoming more common worldwide. The prevalence of vitamin D deficiency (VDD) was found to be 28.9% and vitamin D insufficiency (VDI) 41% in a subset of 26,010 US adults surveyed as part of the ongoing National Health and Nutrition Examination Survey (NHANES) 2001-2010. Those who were African American, less educated, of lower socioeconomic status, smokers, physically inactive, obese and infrequent milk consumers demonstrated a higher prevalence of VDD and VDI.¹ Worldwide, many countries report a high prevalence of low vitamin D status. The percentage of individuals with VDD or serum 25(OH)D <30 nmol/L (or 12 ng/ml) is estimated to be 7.4% in Canada,² 13% in Europe³ and as high as >20% of the population in India, Tunisia, Pakistan and Afghanistan.^{3,4} However, certain populations are more at risk for becoming deficient than others. For example, individuals with chronic diseases especially of the liver, kidney and heart, anyone with diseases that lead to malabsorption such as Crohn's disease, hospitalized patients, and anyone with reduced exposure to sunlight.^{5,6} Older adults, individuals with existing conditions, obese individuals, diabetics and those taking certain medications are particularly at risk. Older adults, especially those that are institutionalized, are at increased risk due to decreased sun exposure, decreased ability to synthesize vitamin D in the aging skin,⁷ decreased intake and possibly a greater number of medications. Medications such as antiseizure medications, glucocorticoids, rifampin and supplements such as St. John's Wort may increase the risk of vitamin D deficiency.⁸




Vitamin D & COVID-19 Latest News




COVID-19: Optimize Your Health

COVID-19: Optimize Your Health
Florida's COVID-19 response includes statewide and grassroots initiatives to educate on prevention and treatment of COVID-19. [View Article](#)




Vitamin D may have save thousands from dying of COVID-19

Vitamin D supplements might have saved thousands from dying with COVID-19 This opinion article discusses the potential benefits of Vitamin D supplementation and suggests its related to the cytokine storm. [View](#)




Doctors Call For Action To Eliminate Vitamin D Deficiencies To Help Fight COVID

Doctors Call For Action To Eliminate Vitamin D Deficiencies To Help Fight



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Questions?

Thank You

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