

REVISED Vitamin D Supplementation Protocol November 2014

Based on research documenting high rates of vitamin D deficiency in Nunavut and the continued presence of rickets in the territory, the Department of Health has updated its recommendations for vitamin D supplementation for Nunavummiut.

This revision includes the Canadian Pediatric Society's recommendation that infants under the age of 2 living north of the 55th parallel should take a daily vitamin D supplement of 800 IU/Day. This streamlines the recommendation for all infants under the age of 2 regardless of whether they are breastfed or formula fed. An additional revision is the incorporation of Health Canada's recommendation that all adults over the age of 50 should take a daily vitamin D supplement of 400 IU/Day; this was included in order to be consistent with national supplementation guidelines.

From birth to 2 years old, vitamin D can be given as drops, after age 2 a multi-vitamin with 400 IU of vitamin D can be given (covered by NIHB). Women should be encouraged to breastfeed for as long as possible and to take vitamin D supplements while breastfeeding. Once over the age of 50, 400 IU of vitamin D can be obtained by taking a daily multivitamin.

The REVISED vitamin D supplementation policy for Nunavut is as follows:

Life stage	Year Round Dosage	Dosage Availability
Infants < 2years: receiving breast milk or formula	800 IU/Day	2 Baby Ddrops™
Children 2-18 years	400 IU/Day	daily multivitamin
Pregnant* and nursing women	1000 IU/Day	vitamin D supplement
Adults > 50 years	400 IU/Day	daily multivitamin

^{*}in addition to the vitamin D in prenatal supplements

Thank you for your continued efforts to eliminate rickets in Nunavut.

Dr. Maureen Baikie

Chief Medical Officer of Health

Dr. W. Alexander (Sandy) Macdonald

Territorial Chief of Staff