



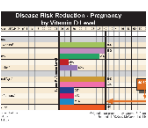



















TOP VITAMIN D RESOURCES

Key Pieces

		Scientists' Call to D*action A Scientists' Call to Action issued to alert the public to the importance to having vitamin D serum levels between 40 and 60 ng/ml (100-150 nmol/L) to prevent diseases. grassrootshealth.net/calltodaction
		Disease Incidence Prevention Chart (General) Summarizes 15 peer-reviewed, published papers on vitamin D and certain conditions, with percentage reductions based on vitamin D levels. grassrootshealth.net/dip
		Disease Incidence Prevention Chart (Pregnancy & Children) Displays results from multiple studies on the association between vitamin D level and various conditions in pregnancy and early childhood. grassrootshealth.net/pregnancy-dip
		Vitamin D Deficiency Iceberg Graphical illustration of how vitamin D deficiency is associated with increased risk of disease through all life stages; rickets is just the tip of the vitamin D deficiency iceberg. grassrootshealth.net/iceberg

Tri-fold Brochures

		Vitamin D FAQs The most commonly asked questions and answers about vitamin D in general. grassrootshealth.net/vit-D-faqs
		Vitamin D for Pregnancy, Breastfeeding & Babies Frequently asked questions about vitamin D for pregnancy, breastfeeding, babies and children. grassrootshealth.net/pregnancy-faq
		Vitamin D & Breast Cancer Prevention A brochure summarizing studies on vitamin D and breast cancer, demonstrating a 50-80% lower risk of diagnosis for women with higher vitamin D levels. grassrootshealth.net/breast-cancer-brochure
		Know D*Number Brochure A condensed guide to understanding vitamin D, testing, and results, with vitamin D FAQs, as well as steps for reaching and maintaining desired target vitamin D levels. grassrootshealth.net/d-number-brochure
		Cancer Prevention with Vitamin D A summary of research evidence showing the roles of vitamin D in cancer prevention and incidence. grassrootshealth.net/cancer-brochure
		Type 1 Diabetes Prevention with Vitamin D Frequently asked questions and answers about type 1 diabetes, prevention with vitamin D and omega-3 fatty acids, and the T1D Prevention Project. grassrootshealth.net/t1d-brochure



TOP VITAMIN D RESOURCES

e-Tools

		Vitamin D*Calculator Calculate an estimated vitamin D supplement amount needed to achieve a target vitamin D level. grassrootshealth.net/project/dcalculator/
		Vitamin D Deficiency Risk Assessment Quiz Short quiz to determine an individual's risk of having a vitamin D level below the recommended 40 ng/ml (100 nmol/L). https://www.grassrootshealth.net/project/achieve-manage-optimal-vitamin-d-levels/

Downloads

		KNOW "D" NUMBER Patient and Provider Guide to Understanding Vitamin D, Testing & Results Booklet An IRB approved guide for individuals and health care providers to increase understanding of vitamin D. grassrootshealth.net/know-d-number-guide
		Moving Research into Practice Charts Booklet A booklet of charts based on data collected in the GrassrootsHealth study, as well as several studies by our scientists and other vitamin D researchers. grassrootshealth.net/chart-booklet
		How Much Vitamin D Do You Need? Infographic Everyone's vitamin D requirements differ based on several factors; this one-page infographic provides steps to help determine that amount. grassrootshealth.net/how-much-vitamin-d
		Cycle of Best Practices for Addressing Vitamin D Deficiency A public health model for addressing vitamin D deficiency. Now available in Spanish! grassrootshealth.net/cycle-best-practices
		Everyone Responds Differently to Vitamin D Infographic A summary of factors that can affect how much vitamin D the body may actually be getting on a daily basis. grassrootshealth.net/dose-response-factors
		Interactive PDF: How Vitamin D Deficiency Affects Every Part of the Body A diagram to learn more about how vitamin D affects each of the body systems, with links to additional details. grassrootshealth.net/vitamin-d-body

General

GrassrootsHealth Blog https://www.grassrootshealth.net/blog/	Infographics & Handouts https://www.grassrootshealth.net/documentation/	Vitamin D Research: Comparing Evidence Paper https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9501276/pdf/nutrients-14-03811.pdf	Order Home Blood Spot Tests https://daction.grassrootshealth.net/tests/
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