



Scientific Advisory Committee on Nutrition

Paper for information: Draft Terms of reference for vitamin D review

Agenda Item: 2

Please see paper attached for background information regarding the discussion of the draft terms of reference for the Vitamin D review.

SACN review of vitamin D

Draft terms of reference

To review the Dietary Reference Values (DRVs) for vitamin D intake: consider if they are still appropriate in the context of current lifestyles; and if DRVs should be developed for those population groups for which DRVs were not previously set by COMA in 1991.

This will require a risk assessment of the adequacy of the vitamin D status of the UK population including particular population groups (e.g., minority ethnic groups) and the beneficial and adverse effects of increasing vitamin D intakes including consideration of:

- appropriate intermediate biochemical indicators of vitamin D status and the validity of the threshold concentrations/cut-off points/ranges used to define deficiency;
- basis of setting DRVs; i.e., consideration of evidence suggesting an association between vitamin D status and various health outcomes at different life stages and in different population groups; and the effect of biological modifiers (e.g. calcium intake, genes, body size, life stage);
- contribution of sunlight exposure to vitamin D status (including length and intensity needed to achieve adequate vitamin D status and effect of latitude, season and time of day); balance between the relative contributions made by dietary vitamin D intake and cutaneous vitamin D synthesis to vitamin D status;
- benefits of UVB sunlight exposure in helping to achieve adequate vitamin D status against the risks of developing skin cancer;
- potential adverse effects of high intakes of vitamin D;
- approaches to ensure vitamin D sufficiency in the UK including dietary supplementation and food fortification.