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ORIGINAL RESEARCH COMMUNICATION

Potentially modifiable determinants of vitamin D status in an older population in the Netherlands: the Hoorn Study^{1,2,3}

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Background: Inadequate vitamin D status is common in many populations around the world.

Objective: The aim was to evaluate potentially modifiable determinants of vitamin D status in an older population.

Design: This was a cross-sectional study from a population-based cohort including 538 white Dutch men and women aged 60-87 y. Vitamin D status was assessed by plasma 25hydroxyvitamin D [25(OH)D] concentrations.

Results: In the winter period, 51% of the subjects had 25(0H)D concentrations <50.0 nmol/L. Greater body fatness and less time spent on outdoor physical activity were

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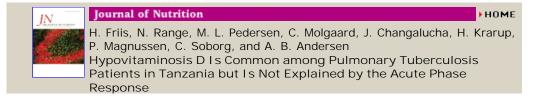
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associated with worse vitamin D status. Regular use of vitamin D—fortified margarine products [odds ratio (OR) in a comparison of intake of ≥ 20 q/d with none: 0.41; 95% CI: 0.20, 0.86; P for trend < 0.001], fatty fish (OR for servings of $\geq 2/mo$ versus none: 0.41; 95% CI: 0.16, 1.04; P for trend = 0.01), and vitamin D—containing supplements (OR for \geq 1/d versus none: 0.33; 95% CI: 0.17, 0.63; P for trend < 0.001) were inversely associated with vitamin D inadequacy [25(OH)D <50.0 nmol/L]. We estimated that combined use of margarine products (20 g/d), fatty fish (100 g/wk), and vitamin D supplements (≥1/d) was associated with a 16.8 nmol/L higher 25(OH)D concentration than was the use of none of these. However, none of the participants reached these intakes for all 3 factors.

Conclusion: Because few foods are vitamin D— fortified and the amounts of vitamin D in supplements are low, it is difficult to achieve adequate vitamin D status through increasing intakes in the Netherlands and in countries with similar policies.

Key Words: Vitamin D • food fortification • supplement use • body fatness • population-based study

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