

Vitamin D Supplementation Protocol May 2024 Update

Nunavummiut continue to experience high rates of vitamin D deficiency and rickets. This revision confirms the previously recommended supplementation doses and expands authorized implementors to support cohesive program implementation.

In March 2022, the Canadian Paediatric Society (CPS) published a revised statement and recommendations on Preventing symptomatic vitamin D deficiency and rickets among Indigenous infants and children in Canada (Irvine & Ward, 2022). These recommendations align with the existing Nunavut vitamin D supplementation protocol.

In accordance with the criteria used by CPS, most Nunavummiut can be considered at high risk for vitamin D deficiency and associated conditions. Supplementation dosages in this protocol are in addition to any dietary intake. From birth to 2 years old, vitamin D can be given as drops; after age 2, a multivitamin with 400 IU of vitamin D is appropriate. Women should be encouraged to breastfeed for as long as possible and take vitamin D supplements while pregnant and breastfeeding. Once over the age of 51, 400 IU of vitamin D can be obtained by taking a multivitamin.

During routine prenatal, infant, and childcare visits, health care providers should take three steps:

- Assess each pregnant/breastfeeding woman, infant, and child for nutritional risks for vitamin D
 deficiency. Ask about dietary and supplemental intake of vitamin D, but also consider the
 impacts of socio-economic and other social determinants of health.
- 2. Determine appropriate dosage using the Vitamin D Supplementation Protocol.
- 3. Support and monitor adherence to supplementation recommendations at each visit.

Vitamin D Supplementation Protocol

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 > 51 years	400 IU/Day	daily multivitamin

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

Authorized implementors of vitamin D supplements include all Registered Nurse's employed by the Department of Health working in Community Health Centres or Regional Public Health Units. For Iqaluit Public Health, authorized implementers are nurses working in maternal, infant and child programs.



Thank you for your continued efforts to eliminate vitamin D deficiencies in Nunavut.

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Dr. Francois de Wet

Territorial Chief of Staff

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J. Busse

Janet Busse

Chief Nursing Officer