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CS150 - Community Action Computing  
Project D - Misinformation

Article source: <https://www.healthline.com/nutrition/vitamin-d-from-sun#time-of-day>

1. How many American adults are deficient in vitamin D?  
35%
2. What are the potential health effects of uv from the sun?  
Cancer, death, osteoporosis, depression, muscle weakness.
3. What are factors that impact vitamin D absorption?  
Time of day, time of year, skin color, location in relation to equator, amount of skin exposed.
4. For people in places that don't get enough sunshine, what do they have to do in order to not be deficient?  
They must take supplements and/or eat foods containing vitamin D.
5. Does sunscreen impact vitamin D absorption?  
Some studies say it hinders, some say that it increases it. The data is inconclusive due to the different factors and because of the nature of the studies (short duration)
6. About how much sunlight does one need to avoid being deficient?  
Only 4-15 minutes of direct sunlight several times per week.
7. How is vitamin D absorbed from the sun?  
Our bodies make it through the cholesterol in our skin, which is why it needs to hit our skin directly.