Vitamin D in older adults across rural districts: a register-based survey

E. Nyberg, P. Lund and A. Sjöberg
Regional Health Office, Norrvik (fictional)
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Abstract. We measured serum 25-hydroxyvitamin D (25(OH)D) in adults aged 65 and over in 38 rural districts. Mean concentrations varied between districts. Decimal commas are used throughout, as in the original regional report.

Methods

Participants were drawn from the regional health register and sampled at their local health centre between November 2021 and February 2022. Table 1 gives the number of participants, the mean and the standard deviation of serum 25(OH)D for each district, and for all districts together in the last row.

Results

District means ranged from about 36 to 60 nmol/L. There was no clear north-south gradient.

Table 1. Serum 25(OH)D (nmol/L) by district.

District	n	Mean (nmol/L)	SD (nmol/L)
Ask	15	57,5	18,5
Berga	8	40,2	17,6
Dalby	14	56,5	15,9
Ekeby	8	36,7	21,8
Fors	7	46,2	14,7
Gnesta	7	52,2	12,5
Hallby	11	47,2	15,3
Ingå	6	54,2	12,5
Järna	15	59,5	14,0
Kvarn	13	50,2	19,3
Lid	11	55,2	16,0
Mora	11	59,9	17,8
Norrby	12	45,4	12,5
Ockelbo	14	55,9	17,2
Rasbo	10	43,2	12,6
Sala	12	47,9	19,9
Tierp	9	42,4	20,0
Ulva	13	51,2	17,0
Vreta	14	51,9	19,3
Ytterby	9	51,1	21,1
Åby	13	49,4	18,8
Ödeby	8	55,7	21,4
Alby	6	39,0	14,6
Bro	7	52,7	16,3
Edsbro	9	44,1	19,2
Fjäll	10	42,0	20,7
Gimo	11	45,7	21,4
Husby	12	43,4	14,1
Kil	15	36,4	14,2
Ljusne	13	37,7	12,9
Malma	11	36,7	16,6
Nora	9	47,7	18,6

Orsa	12	44,0	19,8
Rimbo	10	42,5	20,4
Sigtuna	11	55,4	14,1
Torsby	11	47,0	18,0
Vik	14	44,7	20,1
Älvsbyn	15	49,6	13,0
All districts	**416**	**48,2**	**17,9**

Discussion

Vitamin D status in older rural adults was lower than in the region's towns. The districts with the lowest means had the oldest participants.

Synthetic example for the course Introduction to agentic AI. Not a real study; authors, places and numbers are invented.