Vitamin D and physical activity in office workers: baseline data

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Abstract. We recruited 260 office workers to a study of physical activity. At baseline, the median serum 25-hydroxyvitamin D (25(OH)D) concentration was 42.5 nmol/L.

Introduction

A national survey reported a mean 25(OH)D concentration of 71 nmol/L in working-age adults. Office workers spend most daylight hours indoors and may have lower values.

Methods

We recruited 260 office workers from four companies in autumn 2022. Of these, 18 did not attend the baseline visit, 9 had a haemolysed sample and 4 withdrew consent, leaving 229 participants for the analysis. 25(OH)D was measured by LC-MS/MS.

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Results

Table 1. Characteristics of the 229 analysed participants.

Characteristic	Value
Age, years (mean)	44.1
Women (%)	57
Steps per day (median)	6 120

Table 2. Serum 25(OH)D at baseline (n = 229).

Measure	nmol/L
Mean	44.8
SD	18.3
Median	42.5
Interquartile range	31.0-56.4

Discussion

Values were well below the national survey. Workers with more steps per day had slightly higher concentrations.

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