

Do Not Routinely Test for Vitamin D

The primary source of vitamin D is exposure to sunlight, and vitamin D levels can be evaluated by measuring 25 hydroxyvitamin D (25OH-D). The level is usually associated with time spent outdoors, exercise, and a healthy lifestyle (1-2). It is well known that Vitamin D insufficiency is associated with low levels of exercise, obesity, and/or reduced sunlight exposure. However, routine screening of healthy individuals, including infants, children, and adults for vitamin D deficiency, is currently not recommended (3-5).

It is recommended limiting Vitamin D testing to those patients with high risk factors for deficiency which may include those with obesity, osteoporosis, liver disease, renal disease, syndrome of malabsorption and those taking long-term medications such as corticosteroids (6-8). Routine vitamin D testing is not recommended to be done on adult individuals with low risk of deficiency (9) as vitamin D measurement in those asymptomatic individuals has little diagnostic value, and vitamin D supplementation up to 2000 IU is generally safe and recommended regardless of vitamin D test result (10).

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