

COLORADO

CAFÉ SCIENTIFIQUE

TUESDAY 15 SEPTEMBER 2009

at the Wynkoop Brewing Company

<http://www.wynkoop.com/>

Corner of 18th and Wynkoop in LoDo, Denver

About a block from Light Rail. Thirteen minutes by foot from Auraria.

Vitamin D: Hyped Up or Home Run for Health?

Adit Ginde, MD, MPH, Assistant Professor of Surgery
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In a landmark paper published this year in *Annals of Internal Medicine*, Dr. Ginde's group compared blood vitamin D levels from 1988 through 1994, with data collected from 2001 through 2004. Over 32,000 participants were surveyed. This was the first evaluation of temporal trends in vitamin D status in the US population. The study found a marked decrease in blood 25(OH)D levels. ***More than three out of four Americans now have vitamin D levels below what is believed to be necessary for optimal health.*** During 2001 to 2004, only 23% of US adolescents and adults had serum 25(OH)D levels at the minimum level that appears necessary for general health benefits. Nearly all non-Hispanic blacks (97%) and most Mexican-Americans (90%) now have vitamin D insufficiency. Current recommendations for dosage of vitamin D supplements are inadequate to address this growing epidemic of vitamin D insufficiency. Increased intake of vitamin D (1000 IU/day or more)—particularly during the winter months and at higher latitudes—and judicious sun exposure would improve vitamin D status and likely improve the overall health of the US population. How did we get in this situation? How real is it, and how serious? Should we risk skin cancer to get more sun exposure? Come to the Café and join the discussion.

EVERYONE IS WELCOME. The discussion starts at 6:30 in the Mercantile Room (no food service there). Come before 6 PM to leave yourself time to get something to eat, or stay and eat afterwards. We end around 8 PM.

There's no charge. The Wynkoop is generously providing the facility; we buy our own drinks. It is first come, first seated, and **seating is limited** so that everyone can take part in the discussion.

The Colorado Café Scientifique is organized by an informal group of faculty from CU and institutions up and down the Front Range, as well as science fans from industry, government and elsewhere. We welcome your input, including ideas for speakers and topics. Bring them with you to the next Café, or e-mail them and any questions to John.Cohen@UCDenver.edu

Essential information on our Web site at <http://CafeSciColorado.org>