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BY EMAIL ONLY

Deputy Cathal Crowe
Dáil Éireann
Leinster House
Kildare Street
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24th January 2022

PQ 2752/21- Deputy Cathal Crowe- To ask the Minister for Health the status of recommendations arising from a report on vitamin D deficiency and Covid-19 submitted to his Department by the Joint Oireachtas Committee on Health.

Dear Deputy Crowe,

Thank you for your representation.

In November 2020 the Department of Health advised that adults aged 65 and older take a vitamin D supplement to ensure they get the essential vitamin D needed for bone and muscle health.

This was following a request by the Department of Health to the Scientific Committee of the Food Safety Authority of Ireland (FSAI) to examine the vitamin D status of this older population and provide scientific recommendations on vitamin D supplementation.

The [FSAI report](#) found that older people in Ireland do not get sufficient vitamin D from their diet or the effect of sunlight on their skin.

The FSAI report also reviewed the available evidence in relation to vitamin D supplements being taken to prevent or treat COVID-19. The FSAI Report acknowledged that there is limited research available and have concluded that there is no evidence to support taking vitamin D supplements to specifically prevent or treat COVID-19.

They also reported the UK Scientific Advisory Committee on Nutrition conclusions that the evidence on vitamin D supplementation and acute respiratory tract infection risk was inconsistent and generally did not show a beneficial effect of vitamin D supplementation on infectious disease risk.

Based on the evidence provided in the FSAI Report, the Department of Health is providing population health guidance for vitamin D supplementation for older people.

I hope this provides you with assistance.



Yours sincerely

A handwritten signature in black ink that reads "Sharon Hayden". The signature is written in a cursive style.

Sharon Hayden
General Manager
Office of the CCO