



## What Is My Vitamin D Status?

Take this quiz to determine the likelihood that you are deficient, insufficient, or sufficient in vitamin D. Note: This quiz is meant as a reference guide, it does not report actual vitamin D status nor does it guarantee whether you are deficient or not.

1. Do you get at least 30 minutes of midday (between 10:00 AM and 2:00 PM) sun exposure every day without wearing sunscreen?
2. Do you live within 35°N (north of Atlanta and Los Angeles) and 35°S (south of Sydney, Australia, or Buenos Aires, Argentina)?
3. Do you supplement with at least 30,000 IU/week?
4. Do you eat wild, oily fish (salmon, mackerel, herring, sardines) at least 3 days a week?
5. Do you have pain in your muscles, bones, or joints or fatigue?
6. Do you take glucocorticoids (steroid hormones used to dampen immune activity, such as Prednisone)?
7. Is your BMI greater than 30?
8. Are you older than 50?

**For questions 1-4**, add 1 point for every question that you answered “yes” to. Subtract 1 point for every question that you answered “no” to.

**For questions 5-8**, add 1 point for every question that you answered “no” to. Subtract 1 point for every question that you answered “yes” to.

Calculate your total score and add 8 to it.

If your total score is between 0 and 5, then you are likely not getting enough vitamin D.

If your total score is between 6 and 10, you are likely getting some vitamin D but still not enough.

If your total score is between 11 and 16, you are likely getting enough vitamin D.

