

In this survey we would like to find out about health care professionals knowledge of Vitamin D.

Try to be as honest as possible, all responses are confidential and anonymous. No personal details are collected which can identify you. We do ask about your profession and general area of work i.e. hospital, community or private practice but you are not required to answer these questions if you feel they could identify you or are uncomfortable answering them. The overall results of the survey are going to be presented at a symposium for health care professionals later this year for which you will be provided details about at the end of the survey. The findings may be written up for publication if appropriate.

If you would like any further details prior to completing the questionnaire please contact either Dr Cath Conlon (c.conlon@massey.ac.nz) or Dr Pam von Hurst (p.r.vonhurst@massey.ac.nz) from Massey University, New Zealand

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1. What do you think is the single most important source of vitamin D for average New Zealanders? (Please tick only one option)

- What do you think is the single most important source of vitamin D for average New Zealanders? (Please tick only one option) Manufactured in the skin from sunshine
- Natural food sources
- Fortified food products
- Supplements
- Other (please specify)

*

2. What are the roles of vitamin D in the body? (Please tick as many as apply)

- What are the roles of vitamin D in the body? (Please tick as many as apply) Vitamin D aids with the absorption of Calcium
- Vitamin D is an antioxidant
- Vitamin D is needed for bone development and mineralisation
- Vitamin D aids with immune system function

Vitamin D is needed for blood clotting

Other (please specify)

*

3. Which of the disease states listed below are associated with low levels of vitamin D (Please tick as many as you know apply)

Which of the disease states listed below are associated with low levels of vitamin D (Please tick as many as you know apply) Breast Cancer

Prostate Cancer

Skin Cancer

Type 1 diabetes

Inflammatory bowel disease

Multiple Sclerosis

Rheumatoid arthritis

Depression

Renal Disease

Gallstones

Heart disease

Rickets

Osteoporosis

Other (please specify)

*

4. Which of the following are good dietary sources of vitamin D? (Please tick all that apply)

- Which of the following are good dietary sources of vitamin D? (Please tick all that apply) Grapes
- Oily fish e.g. canned tuna sardines or salmon
- Cow's milk (unfortified)
- Eggs
- Infant or toddler formula
- Red meat
- Bread
- Fish oil
- Breast milk
- Fortified cow's milk
- Liver
- Other (please specify)

*

5. Which of the following are risk factors for vitamin D deficiency? (Please tick all that apply for each group)

	During Pregnancy/Lactation	During Infancy/Childhood
Exclusion of dairy products	<input type="checkbox"/> Which of the following are risk factors for vitamin D deficiency? (Please tick all that apply for each group) Exclusion of dairy products During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Dark skin	<input type="checkbox"/> Dark skin During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Being housebound	<input type="checkbox"/> Being housebound During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Having multiple pregnancies	<input type="checkbox"/> Having multiple pregnancies During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Living in the South Island of New Zealand	<input type="checkbox"/> Living in the South Island of New Zealand During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Covering the skin for cultural or religious reasons	<input type="checkbox"/> Covering the skin for cultural or religious reasons During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Being born prematurely	<input type="checkbox"/> Being born prematurely During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Gender	<input type="checkbox"/> Gender During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Having a mother who is vitamin D deficient	<input type="checkbox"/> Having a mother who is vitamin D deficient During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Not being regularly exposed to sunlight	<input type="checkbox"/> Not being regularly exposed to sunlight During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Exclusive breast feeding	<input type="checkbox"/> Exclusive breast feeding During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Formula feeding	<input type="checkbox"/> Formula feeding During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Being born with a high birth weight	<input type="checkbox"/> Being born with a high birth	<input type="checkbox"/> During Infancy/Childhood

	During Pregnancy/Lactation	During Infancy/Childhood
None of the above	<input type="checkbox"/> None of the above During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Don't know	<input type="checkbox"/> Don't know During Pregnancy/Lactation	<input type="checkbox"/> During Infancy/Childhood
Other (please specify)		

*

6. Do you think that there is enough information about vitamin D available for:

	Yes	No
Health professionals	<input type="checkbox"/> Do you think that there is enough information about vitamin D available for: Health professionals Yes	<input type="checkbox"/> No
Clients	<input type="checkbox"/> Clients Yes	<input type="checkbox"/> No
Parents	<input type="checkbox"/> Parents Yes	<input type="checkbox"/> No

please comment if appropriate

2. Current recommendations for Vitamin D

33%

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1. Which of the following is recommended to help prevent vitamin D deficiency in infants and young children? (Please tick all that apply)

- Which of the following is recommended to help prevent vitamin D deficiency in infants and young children? (Please tick all that apply) Mother spending time in the sun each day during pregnancy
- Infant spending time in the sun

Taking a vitamin D supplement

Don't know

*

2. During which times in summer should time be spent in the sun to allow synthesis of vitamin D? (Please tick.)

During which times in summer should time be spent in the sun to allow synthesis of vitamin D? (Please tick.) Before 12pm and after 5pm

Before 11am and after 4pm

Before 10am and after 2pm

Unsure

*

3. What other advice should be given to parents when discussing sun exposure for infants and toddlers in relation to vitamin D? (Please tick all that apply.)

What other advice should be given to parents when discussing sun exposure for infants and toddlers in relation to vitamin D? (Please tick all that apply.) Sun protection measures (e.g. wearing a hat, wearing sun block, seeking shade) should be followed between 11am and 4pm.

Only expose your baby to sunlight through a window.

Only expose your baby to sun while he/she is being exclusively breast fed.

Excessive sun exposure can lead to increased risk of skin cancer.

None of the above

*

4. What is the current recommendation regarding vitamin D supplementation in infants and toddlers? (Please tick.)

What is the current recommendation regarding vitamin D supplementation in infants and toddlers? (Please tick.) All exclusively breast fed infants require vitamin D supplementation

All formula fed infants require vitamin D supplementation

- Only infants and toddlers at increased risk of deficiency may require vitamin D supplementation
- No New Zealand infants or toddlers require vitamin D supplementation
- Unsure

*

5. Are you aware of any vitamin D supplements for infants and toddlers available in New Zealand?

- Are you aware of any vitamin D supplements for infants and toddlers available in New Zealand? Yes
- No

If yes, can you name the supplement

*

6. Do any of the multiple vitamin and mineral supplements designed for women to take during pregnancy contain vitamin D?

- Do any of the multiple vitamin and mineral supplements designed for women to take during pregnancy contain vitamin D? Yes
- No
- Don't know

7. If yes, will pregnant women meet their requirements for vitamin D from supplements alone?

- If yes, will pregnant women meet their requirements for vitamin D from supplements alone? Yes
- No
- Don't know

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3. In New Zealand

50%

Please answer true, false or unsure for the following statements related to New Zealand

*

1. Skin cancer prevention messages make it difficult to get messages about vitamin D across

- Skin cancer prevention messages make it difficult to get messages about vitamin D across True
- False
- Unsure

*

2. People living in the South Island are more at risk of vitamin D deficiency than those living in the North Island

- People living in the South Island are more at risk of vitamin D deficiency than those living in the North Island True
- False
- Unsure

*

3. In New Zealand we are seeing a re-emergence of rickets in children

- In New Zealand we are seeing a re-emergence of rickets in children True
- False
- Unsure

*

4. People with dark skin e.g. Maori and Pacific Island people need to spend longer in the sun to synthesise adequate vitamin D.

- People with dark skin e.g. Maori and Pacific Island people need to spend longer in the sun to synthesise adequate vitamin D. True
- False
- Unsure
- *

5. Exposure to sunlight through a window is just as effective as outdoor sun exposure in relation to vitamin D synthesis.

- Exposure to sunlight through a window is just as effective as outdoor sun exposure in relation to vitamin D synthesis. True
- False
- Unsure
- *

6. Exposure to sunlight through a window is safer than outdoor sun exposure.

- Exposure to sunlight through a window is safer than outdoor sun exposure. True
- False
- Unsure
- *

7. The amount of time required to be spent in the sun to allow synthesis of adequate vitamin D depends on the amount of skin exposed.

- The amount of time required to be spent in the sun to allow synthesis of adequate vitamin D depends on the amount of skin exposed. True
- False
- Unsure
- *

8. Season affects the amount of time needed in the sun to synthesise adequate vitamin D.

- Season affects the amount of time needed in the sun to synthesise adequate vitamin D. True

- False
- Unsure

*

9. In summer, parents are recommended to expose baby's face and arms to 5 (for light skin) to 20 minutes (for dark skin) of direct sunlight per day before 11am and after 4pm.

- In summer, parents are recommended to expose baby's face and arms to 5 (for light skin) to 20 minutes (for dark skin) of direct sunlight per day before 11am and after 4pm. True
- False
- Unsure

*

10. During winter and spring infants and toddlers should spend some time outside in the sun to maintain vitamin D levels.

- During winter and spring infants and toddlers should spend some time outside in the sun to maintain vitamin D levels. True
- False
- Unsure

*

11. Most pregnant women will achieve an adequate vitamin D status in summer through incidental sun exposure outside peak UV times.

- Most pregnant women will achieve an adequate vitamin D status in summer through incidental sun exposure outside peak UV times. True
- False
- Unsure

*

12. Between October and March pregnant and lactating women are recommended to expose their face and arms to 5-20 minutes of sunshine per day.

- Between October and March pregnant and lactating women are recommended to expose their face and arms to 5-20 minutes of sunshine per day. True
- False
- Unsure
- *

13. Deliberate sun exposure during peak UV times is recommended for pregnant and lactating women.

- Deliberate sun exposure during peak UV times is recommended for pregnant and lactating women. True
- False
- Unsure
- *

14. During winter vitamin D status may drop below adequate levels

- During winter vitamin D status may drop below adequate levels True
- False
- Unsure

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4. Your current practice

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67%

1. Are you concerned that some of your clients/patients may be vitamin D deficient?

- Are you concerned that some of your clients/patients may be vitamin D deficient? Yes
- No
- Not relevant

*

2. If you were concerned about vitamin D deficiency in a pregnant women or a baby/child what advice would you give? (Please tick all that apply)

	Pregnant women	Baby or child
I don't give advice on vitamin D deficiency	<input type="checkbox"/> If you were concerned about vitamin D deficiency in a pregnant women or a baby/child what advice would you give? (Please tick all that apply) I don't give advice on vitamin D deficiency Pregnant women	<input type="checkbox"/> Baby or child
Take a vitamin D supplement	<input type="checkbox"/> Take a vitamin D supplement Pregnant women	<input type="checkbox"/> Baby or child
Increased intake of foods which are good sources of vitamin D	<input type="checkbox"/> Increased intake of foods which are good sources of vitamin D Pregnant women	<input type="checkbox"/> Baby or child
Increased sun exposure	<input type="checkbox"/> Increased sun exposure Pregnant women	<input type="checkbox"/> Baby or child
To have a blood test to measure vitamin D status	<input type="checkbox"/> To have a blood test to measure vitamin D status Pregnant women	<input type="checkbox"/> Baby or child
To take cod liver oil capsules	<input type="checkbox"/> To take cod liver oil capsules Pregnant women	<input type="checkbox"/> Baby or child
Refer to a specialist	<input type="checkbox"/> Refer to a specialist Pregnant women	<input type="checkbox"/> Baby or child
Don't know	<input type="checkbox"/> Don't know Pregnant women	<input type="checkbox"/> Baby or child

Other (please specify)

*

3. Do you feel confident that you would recognize the signs and symptoms of vitamin D deficiency in infants and toddlers?

Do you feel confident that you would recognize the signs and symptoms of No
vitamin D deficiency in infants and toddlers? Yes

*

4. How many actual or suspected cases of vitamin D deficiency have you encountered over the past 5 years?

How many actual or suspected 1-2 cases 3-5 cases More than 5 cases
cases of vitamin D deficiency have you
encountered over the past 5 years?
None

5. How were these cases managed?

- How were these cases managed? Provided all management of the case myself
- Referred patient to specialist/hospital
- Not applicable – haven't seen any such cases.
- Other (please describe)

6. Which of the following treatments would you use as a first-line treatment for rickets? (Please tick all that apply)

- Which of the following treatments would you use as a first-line treatment for rickets? (Please tick all that apply) Vitamin D supplements
- Calcium supplements

- Dietary change to include more calcium
- Dietary change to include more vitamin D
- Increased sun exposure
- Other (please specify)

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4. Your current practice

67%

*

1. Are you concerned that some of your clients/patients may be vitamin D deficient?

- Are you concerned that some of your clients/patients may be vitamin D deficient? Yes
- No
- Not relevant

*

This question requires an answer.

2. If you were concerned about vitamin D deficiency in a pregnant women or a baby/child what advice would you give? (Please tick all that apply)

Pregnant women

Baby or child

	Pregnant women	Baby or child
I don't give advice on vitamin D deficiency	<input type="checkbox"/> If you were concerned about vitamin D deficiency in a pregnant women or a baby/child what advice would you give? (Please tick all that apply) I don't give advice on vitamin D deficiency Pregnant women	<input type="checkbox"/> Baby or child
Take a vitamin D supplement	<input type="checkbox"/> Take a vitamin D supplement Pregnant women	<input type="checkbox"/> Baby or child
Increased intake of foods which are good sources of vitamin D	<input type="checkbox"/> Increased intake of foods which are good sources of vitamin D Pregnant women	<input type="checkbox"/> Baby or child
Increased sun exposure	<input type="checkbox"/> Increased sun exposure Pregnant women	<input type="checkbox"/> Baby or child
To have a blood test to measure vitamin D status	<input type="checkbox"/> To have a blood test to measure vitamin D status Pregnant women	<input type="checkbox"/> Baby or child
To take cod liver oil capsules	<input type="checkbox"/> To take cod liver oil capsules Pregnant women	<input type="checkbox"/> Baby or child
Refer to a specialist	<input type="checkbox"/> Refer to a specialist Pregnant women	<input type="checkbox"/> Baby or child
Don't know	<input type="checkbox"/> Don't know Pregnant women	<input type="checkbox"/> Baby or child
Other (please specify)		

*
This question requires an answer.

3. Do you feel confident that you would recognize the signs and symptoms of vitamin D deficiency in infants and toddlers?

Do you feel confident that you would recognize the signs and symptoms of vitamin D deficiency in infants and toddlers? No

*
This question requires an answer.

4. How many actual or suspected cases of vitamin D deficiency have you encountered over the past 5 years?

- None
- How many actual or suspected cases of vitamin D deficiency have you encountered over the past 5 years? 1-2 cases
- 3-5 cases
- More than 5 cases

5. How were these cases managed?

- How were these cases managed? Provided all management of the case myself
- Referred patient to specialist/hospital
- Not applicable – haven't seen any such cases.
- Other (please describe)

6. Which of the following treatments would you use as a first-line treatment for rickets? (Please tick all that apply)

- Which of the following treatments would you use as a first-line treatment for rickets? (Please tick all that apply) Vitamin D supplements
- Calcium supplements
- Dietary change to include more calcium
- Dietary change to include more vitamin D
- Increased sun exposure
- Other (please specify)

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5. Please tell us about yourself

83%

1. Gender: (Please tick)

Gender: (Please tick) Male

Female

2. Ethnicity: (You may tick more than one)

Ethnicity: (You may tick more than one) New Zealand European

Maori

Samoan

Cook Island Maori

Tongan

Niuean

Chinese

Indian

Other (please specify)

3. What is your current occupation?

- What is your current occupation? Dietitian
- Midwife
- Practice nurse
- Plunket nurse
- Karitane nurse
- Clinical nurse
- Nurse educator
- Nurse manager
- Medical practitioner
- General medical practitioner
- Other (please specify)

4. What kind of establishment are your currently working in? (for example paediatric ward at a hospital, practice nurse at a medical centre, community dietitian, GP at a medical practice)

- What kind of establishment are your currently working in? (for example paediatric ward at a hospital, practice nurse at a medical centre, community dietitian, GP at a medical practice) Hospital based

- Community based
- Plunket clinic
- Medical centre
- Private practice
- Other (please specify)

5. How many years experience do you have?

How many years experience do you have?

6. Please state your formal qualifications and any field of speciality

Please state your formal qualifications and any field of speciality

7. If you would like to comment on anything concerning vitamin D please feel free to do so

If you would like to comment on anything concerning vitamin D please feel free to do so

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