

Healthy Start Vitamins in Islington

	<u>Islington</u> universal Healthy start vitamin scheme	National Healthy Start vitamins	SACN recommendations RNI*	PHE advice to general public based on SACN recommendations
Infants <1year Breastfeeding (Exclusive or partial)	5 drops Healthy Start children's vitamin drops daily from <u>1 month</u> 7.5mcg	5 drops Healthy Start Children's vitamin drops daily from 6 months 7.5mcg	8.5-10mcg	8.5-10mcg daily supplement
Infants <1 year Formula feeding	5 drops daily from <u>1 month</u>** 7.5mcg	5 drops daily from 6 months If receiving <500mls formula 7.5mcg	8.5-10mcg	8.5-10mcg daily supplement for excl or partially breastfed infants, or formula fed infants receiving <500ml formula
Children 1 year old until 4th birthday	5 drops daily 7.5 mcg	5 drops daily 7.5 mcg	10mcg	10mcg daily supplement
Women planning a pregnancy	Women's tablets 10mcg	Not eligible	Same as for adults in general population – see below	Same as for adults in general population – see below
Pregnant women	Women's tablets 10mcg daily <u>throughout the year</u>	10mcg from 10 weeks of pregnancy	Same as for adults in general population – see below	Same as for adults in general population – see below
Postnatal women up to a year post birth	10mcg daily <u>Throughout the year</u> (breastfeeding or formula feeding)	10mcg daily <u>throughout the year</u> (breastfeeding or formula feeding)	Same as for adults in general population – see below	Same as for adults in general population – see below
4 years - Adults	Not eligible for free vitamins: need to buy	Not eligible	10mcg	10mcg supplement may be required in the winter months***

*Scientific Advisory Committee on Nutrition (SACN) set Reference nutrient intake (RNI) suitable for 97.5% of population to maintain a serum 25(OH)D concentration $\geq 25\text{nmol/L}$. RNI can be met through sun exposure, diet and supplements. (This is not a recommendation for supplementation)

** Please see Staff information sheet for further information on when this recommendation may not apply for some infants

***PHE advises that in between April and September, the majority of the population get enough vitamin D through sunlight on the skin and a healthy, balanced diet. During autumn and winter, everyone will need to rely on dietary sources of vitamin D. Since it is difficult for people to meet the 10 microgram recommendation from consuming foods naturally containing or fortified with vitamin D, people should consider taking a daily supplement containing 10 micrograms of vitamin D in autumn and winter.

People whose skin has little or no exposure to the sun, like those in institutions such as care homes, or who always cover their skin when outside, risk vitamin D deficiency and need to take a supplement throughout the year. Ethnic minority groups with dark skin, from African, Afro-Caribbean and South Asian backgrounds, may not get enough vitamin D from sunlight in the summer and therefore should consider taking a supplement all year round