

Anatomy and Physiology
Michaelsen

Web Assignment – Integumentary System – Chapter 6

Please visit the Science News website and read the article *Understanding Vitamin D Deficiency* by Janet Raloff at http://www.sciencenews.org/view/generic/id/6123/title/Food_for_Thought_Understanding_Vitamin_D_Deficiency.

When you have finished reading the article, copy and paste the questions into MS Word and complete them with thoughtful responses. Send the completed assignment, as an email attachment, to Mrs. Michaelsen at denisemichaelsen@chetek.k12.wi.us. Please include your name and the name of the assignment in a header at the top of the page. Thank you.

1. Vitamin D is produced by the skin with exposure to sunlight. What has occurred that is making a shortfall in this vitamin occur?
2. Research has linked vitamin D to many benefits. What are the four benefits listed in the article?
3. What is the current RDI of Vitamin D for children and adults? What have some scientists advised the federal government the number should be?
4. At what age are people most likely to get the RDI of vitamin D? What percent from diet alone?
5. In young women, what percent get the RDI for vitamin D from diet alone?
6. Rural populations tend to have higher vitamin D levels, but this doesn't seem to be the trend anymore. What factor is contributing to this?
7. What were the winter and summer results of the study done by Hollis on vitamin D concentrations of 30 rural adults and 13 urban adults?
8. What one factor seems to be a large risk factor for vitamin D deficiency and why?
9. How can the problem be remedied?
10. In conclusion, provide a variety of reasons why people aren't getting enough vitamin D?