

Vitamin D & Chronic Disease Risk: Causes, Consequences, & Clinical Recommendations with Dr. Michael F. Holick

Quiz Questions

- 1) The best way to determine vitamin D status is to measure serum levels of which of the following?
 - a. Vitamin D3
 - b. Vitamin D2
 - c. 25-hydroxyvitamin D (25(OH)D)
 - d. 1,25-dihydroxyvitamin D (1,25(OH)2D)
 - e. 24,25-dihydroxyvitamin D (24,25(OH)2D)

- 2) Farm-raised salmon is one of the best food sources of vitamin D.
 - a. True
 - b. False

- 3) Which of the following groups is at risk for vitamin D deficiency?
 - a. African-Americans
 - b. People living in the northern US during winter months
 - c. People who are hospitalized long-term
 - d. Religious groups that cover the skin
 - e. All of the above

- 4) For which reason are obese people more likely to be deficient in vitamin D?
 - a. They're less likely to go in the sun than normal-weight people.
 - b. They consume fewer vitamin D-containing foods than normal-weight people.
 - c. Vitamin D is less available in the body because it becomes trapped in fat cells.
 - d. a and b
 - e. All of the above

- 5) The vitamin D in fortified orange juice is as bioavailable as the vitamin D in milk.
 - a. True
 - b. False

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- 6) Which one of the following chronic diseases has been associated with vitamin D deficiency?
- Multiple sclerosis
 - Type 2 diabetes
 - Colon cancer
 - Type 1 diabetes
 - All of the above
- 7) Which of the following conditions has not been associated with vitamin D deficiency?
- Osteopenia
 - Osteoporosis
 - Osteoarthritis
 - Osteomalacia
 - All these conditions have been associated with vitamin D deficiency.
- 8) People who live north of Atlanta, Georgia, may need to do which of the following during the winter?
- Get twice as much sun exposure to produce vitamin D in the skin.
 - Eat spinach for vitamin D.
 - Take a vitamin D supplement because the skin does not produce vitamin D during the winter.
 - Get half as much sun exposure.
 - None of the above.
- 9) Breast milk supplies an infant with enough vitamin D.
- True
 - False
- 10) Vitamin D₂ and vitamin D₃ in foods or supplements are equally effective in raising serum levels of 25-hydroxyvitamin D.
- True
 - False

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- 11) Which of the following is the optimal level of serum 25-hydroxyvitamin D?
- a. < 20 ng/mL
 - b. 20 to 30 ng/mL
 - c. 30 to 60 ng/mL
 - d. 60 to 100 ng/mL
 - e. > 150 ng/mL
- 12) According to Dr. Holick, how much vitamin D should children and adults with inadequate sun exposure consume each day for good health?
- a. 400 IU
 - b. 800 IU
 - c. 1,000 IU
 - d. 5,000 IU
 - e. 10,000 IU