

Media Release

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Vitamin D Can Help Prevent Diabetes

Chief executive officer of Complementary Medicines Australia (CMA), Mr Carl Gibson, has welcomed the results of a study completed by the Endocrine Society¹ which has found that people who have low levels of vitamin D are more likely to have diabetes, regardless of how much they weigh.

“The study was completed on 148 hospital patients who were classified by their Body Mass Index (BMI), as well as whether they had diabetes, pre-diabetes or no glycaemic disorders. Those who were not overweight but still had diabetes or other glucose metabolism disorders were more likely to have low levels of vitamin D.”

“A major strength of the study is that it included participants at a wide range of weights, from lean to morbidly obese subjects, while taking whether they had diabetes in to account.”

“The results of this study add to the existing arsenal of research on the link between vitamin D deficiency and obesity. They indicate that low levels of the vitamin are more closely associated with glucose metabolism than obesity,” concluded Mr Gibson.

Nearly a third of Australian adults have been found to suffer from vitamin D deficiency² and one billion people worldwide are likely to have a deficiency due to lack of exposure to the sun. Vitamin D is naturally produced by the skin when exposed to the sunlight and helps the body absorb calcium and maintain bone and muscle health. It is also absorbed in to the body in smaller amounts by foods rich in the vitamin, such as salmon, tuna, cheese and egg yolks.

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¹ The results of this study are [published](#) in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*.

² Daly RM, Gagnon C, Lu ZX, Magliano DJ, Dunstan DW, Sikaris KA, Zimmet PZ, Ebeling PR, Shaw JE. (2012). Prevalence of vitamin D deficiency and its determinants in Australian adults aged 25 years and older: a national, population-based study. *Clin Endocrinol (Oxf)*. Jul;77(1):26-35.

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