

# Vitamin D Take-up: sociodemographics

Data provided by NHS Education for Scotland and charts developed by  
Scottish Government Health and Social Care Analysis

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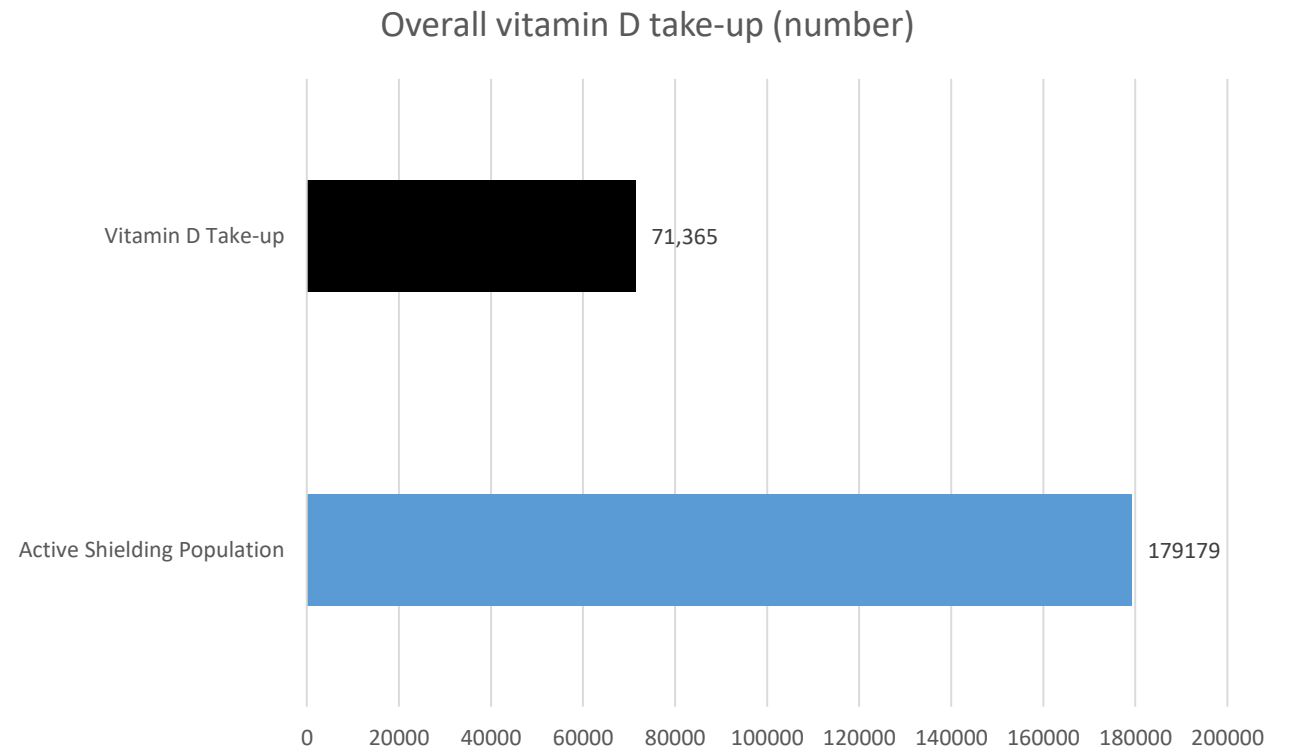
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# Background

- The shielding cohort were offered vitamin D to support their health and wellbeing because they may have been shielding inside until 19 June 2020 and they may have had less sunlight than usual this summer. This could have an impact on their vitamin D levels, although they will have built up levels of vitamin D if they had been outside since then.
- If they opted in to the offer, they have been provided with a 4-month supply of daily doses of vitamin D from December 2020.
- The cohort were advised of this service via letter and asked to sign up to it via the SMS service or their local authority. The deadline for sign-up was 11<sup>th</sup> November.
- The data in these slides describe overall take-up rate, and take-up rate by: age, gender, deprivation (SIMD), local authority, and health board. They include both SMS and LA sign-up routes.
- The data on these slides is based on the update provided by NHS Education for Scotland on 24<sup>th</sup> November 2020.

# Overall Take-up of Vitamin D offer

- 40% of the shielding cohort took-up the offer of vitamin D.
- The graph to the right shows the take-up of vitamin D against the total current active shielding population by number.

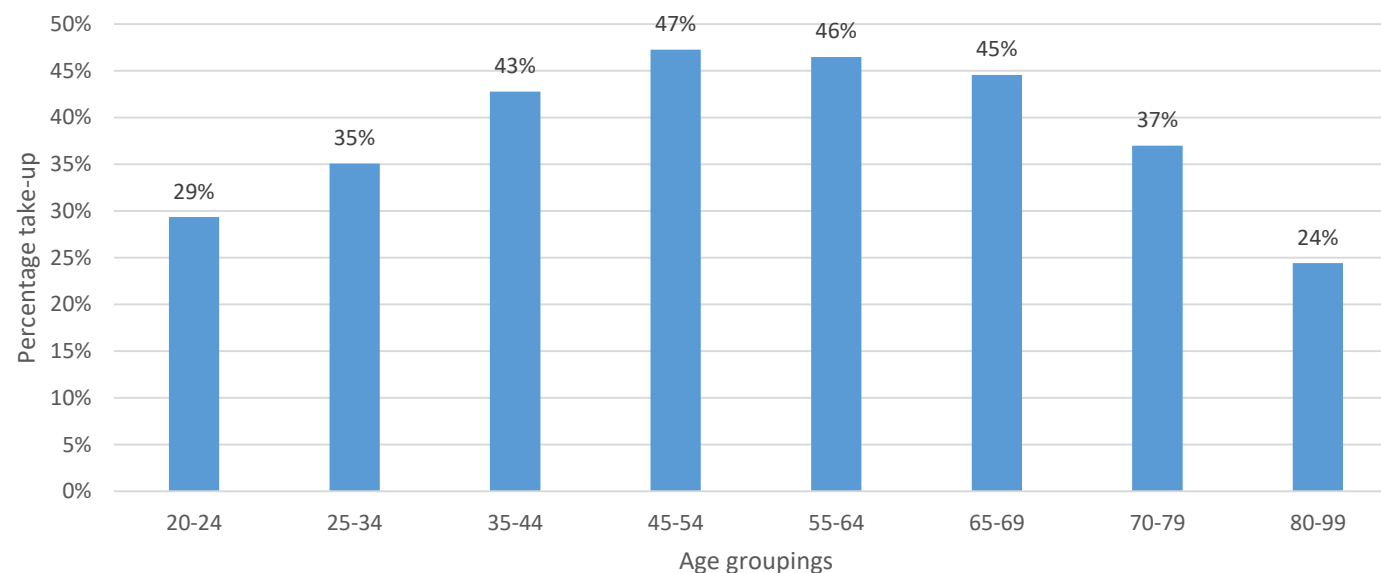


# Vitamin D Percentage Take-up by Age

Take-up of the vitamin D offer was largest in those aged 45-54 and 55-64 years.

There is lower take-up for both younger and older age groups, with a particular drop-off for those in the oldest age category and those in the youngest age category.

Percentage take-up of the vitamin D offer is lowest in those aged under 35 and those aged 80 and over

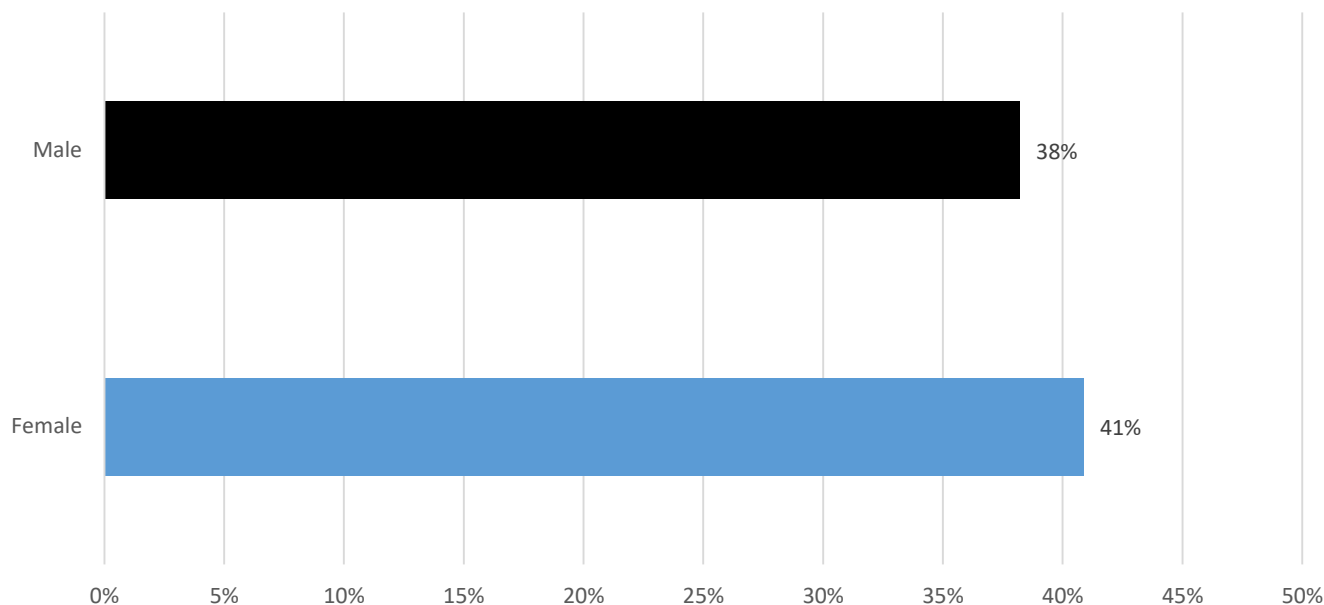


Data governance procedures meant that NHS Education for Scotland could not access dates of birth. Proxy age indicators were calculated on the basis of CHI numbers, the unique 10-digit health record identifier which includes an individual's data of birth in the DD/MM/YY format. The proxy age indicator cannot differentiate between people born between 1900 and 1920 and those between 2000 and 2020. These groups are excluded from the subgroup analysis by age.

# Vitamin D Percentage Take-up by Gender

The percentage take-up of the vitamin D offer is slightly higher for women than men, but there is no pronounced difference, with 38% of men taking up the offer and 41% of women.

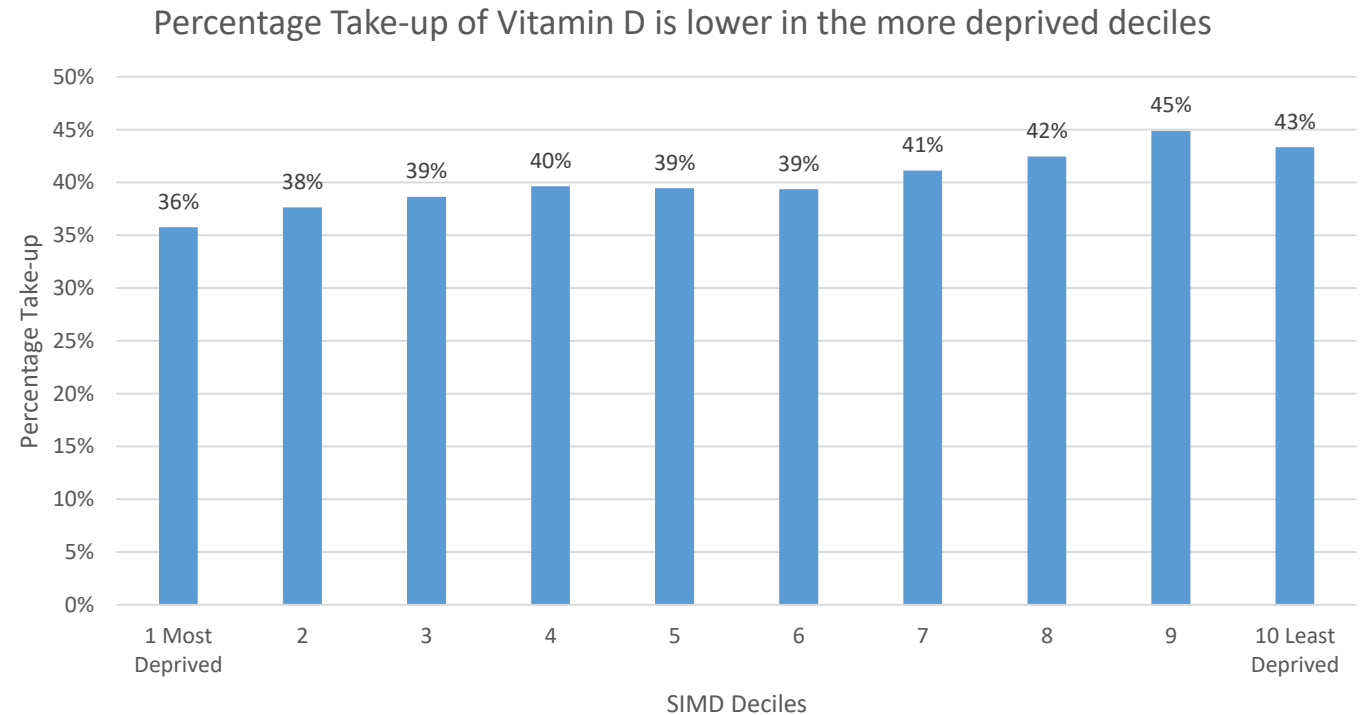
Percentage take-up of the vitamin D offer is slightly higher for women than for men



# Vitamin D Percentage Take-up by Scottish Index of Multiple Deprivation (SIMD)

There is lower take-up of the vitamin D offer in the more deprived deciles of the shielding cohort.

Greatest take-up (45%) is in decile 9, with the lowest take up in decile 1 (36%).



Please note, SIMD data is not available for everyone on the shielding list, therefore there is an 'Other Not Categorised' category for those where SIMD is unknown. These individuals have been excluded from this analysis.

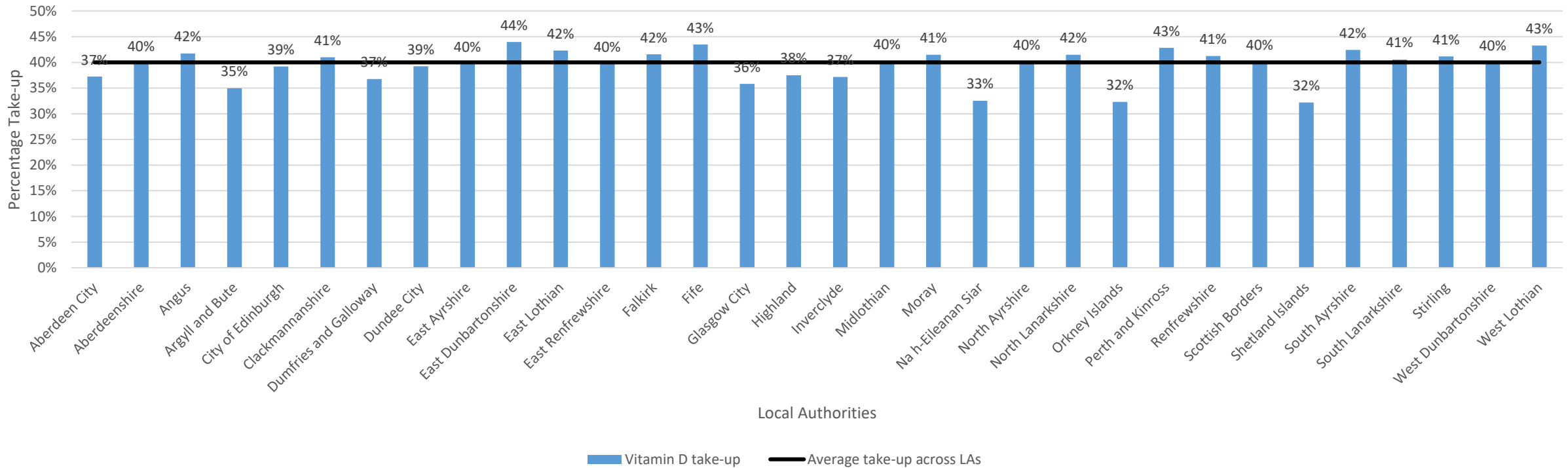
# Vitamin D Percentage Take-up by local authority (LAs)

- As the graph on the next slide shows, between 32 and 44% of the shielding cohort in each local authority took up the vitamin D offer.
- The island LAs – Orkney (32%), Shetland (32%), and the Western Isles (33%) – have the lowest take-up.
- However, we also see low take-up in Argyll and Bute (35%) and Glasgow City (36%) and relatively low-take up (less than 40%) in a number of other LAs, including Inverclyde (37%) and Highland (38%).
- East Dunbartonshire saw the highest take-up, at 44%.



# Vitamin D Percentage Take-up by local authority (LAs) – average take-up is 40%

Percentage Take-up of Vitamin D by Local Authority



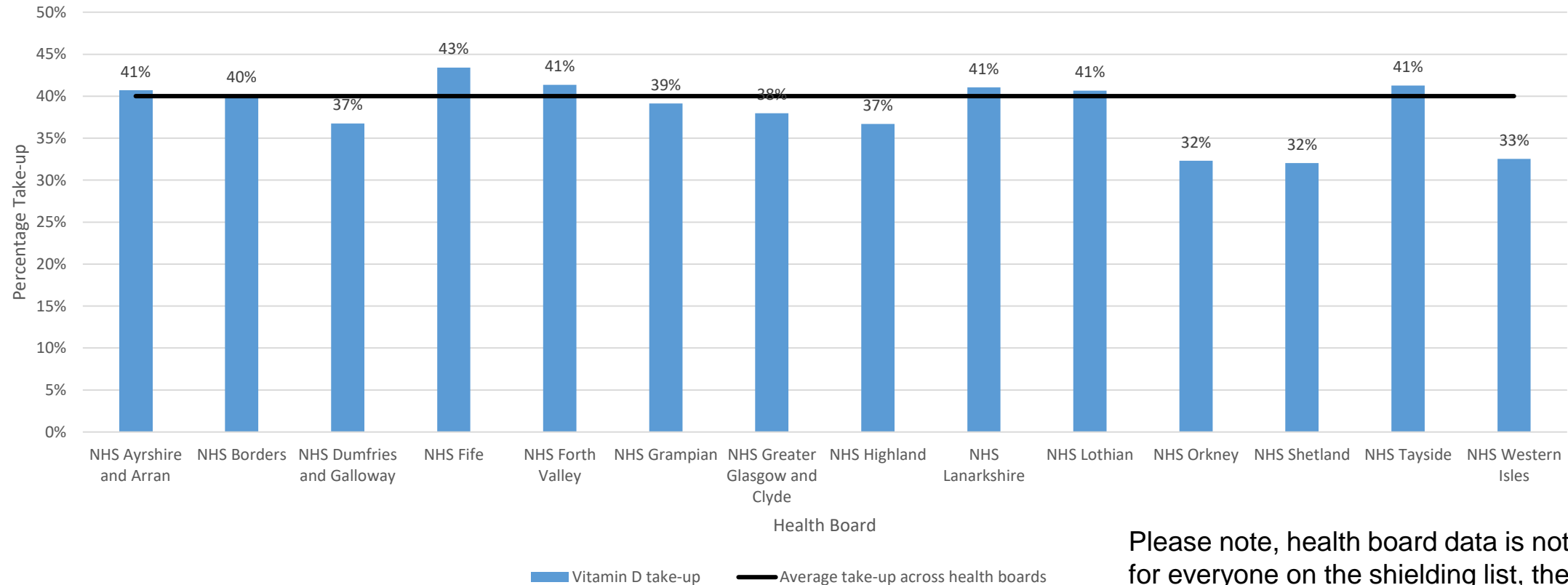
Please note, LA data is not available for everyone on the shielding list, therefore there is an 'Other Not Categorised' category for those where LA is unknown. These individuals have been excluded from this analysis.

# Vitamin D Percentage Take-up by health board

- As the graph on the next slide shows, when divided up by health board, the island communities stand out as having lower take-up: NHS Orkney (32%), NHS Shetland (32%), and NHS Western Isles (33%).
- Other health boards with less than 40% take-up are: NHS Dumfries and Galloway and NHS Highland (both 37%), NHS Greater Glasgow and Clyde (38%), and NHS Grampian (39%).
- All other health boards have a take-up rate of between 40 and 43%.

# Vitamin D Percentage Take-up by health board – average take-up is 40%

Percentage Take-up of Vitamin D by Health Board



Please note, health board data is not available for everyone on the shielding list, therefore there is an 'Other Not Categorised' category for those where health board is unknown. These individuals have been excluded from this analysis.