



Paediatric Amendment 2016 of the Report of a working group of the federal commission for nutrition (FCN)

Vitamin D deficiency: Evidence, safety, and recommendations for the Swiss population; Federal Office of Public Health, Berne, 2011

Short Title: Swiss recommendations on vitamin D intake

Chapter

2.c. Vitamin D deficiency and intake recommendations in different age groups

- **Children and adolescents (age 0 to 18 yrs)**

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And

Swiss recommendations on vitamin D prophylaxis in paediatrics

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The paediatric part of Swiss recommendations on vitamin D intake released in 2012 (1) was subject to re-evaluation, because meanwhile, several evidence-based European (2, 3) and international (4) guidelines and recommendations were released on this issue. In fact, they confirm definitions of severe vitamin D deficiency and sufficiency and that the intake of 400 U of Vitamin D in the first year of life and of 600 IU into adulthood is strongly advised. While during the first year, the prophylaxis with 400 IU is to be administered by pharmaceutical products, from 2nd birthday on, the fix prescription of 600 IU Vitamin D supplementation is recommended for risk groups only, as mentioned in the tables. A special consideration is to be given to growing children with immobilisation, e.g. cerebral palsy, and / or antiepileptic drugs that need vitamin D supplementation on a regular basis (5). In this line, healthy young children applying the recommended sunscreen in Switzerland may have an insufficient nutritional Vitamin D intake and need a supplementation with 600 IU vitamin D daily on a regular basis.

- 1) Bischoff-Ferrari HA, Rizzoli R, Burckhardt P et al.: Vitamin D deficiency: Evidence, safety, and recommendations for the Swiss population. Ausführlicher Expertenbericht der Eidgenössischen Ernährungskommission. Bern, 2012
<https://www.eek.admin.ch/eek/de/home/pub/vitamin-d-mangel.html>
- 2) Braegger C, Campoy C, Colomb V et al. Vitamin D in the healthy European paediatric population. J Pediatr Gastroenterol.Nutr 2013;56(6):692-701.
- 3) EFSA NDA Panel ndpaa. 2016 Scientific opinion on Dietary Reference Values for vitamin D. EFSA Journal 2016;3:1-179
- 4) Munns CF, Shaw N, Kiely M et al.: Global consensus recommendations on prevention and management of nutritional rickets. Horm Res Paediatr 2016; 85 (2): 83–106.
- 5) l'Allemand D, Heldt K, Stasinaki A, Probst-Scheidegger U. Knochengesundheit bei Kindern und Jugendlichen mit erhöhtem Frakturrisiko - Bone Health in children and adolescents with high fragility risk. Pädiatrie 2016;5:29-34.