



Screening for Vitamin D Deficiency in Adults: Clinical Summary

Population	Community-dwelling, nonpregnant, asymptomatic adults aged ≥18 y
Recommendation	No recommendation. Grade: I statement (insufficient evidence)

Risk Assessment	Persons with low vitamin D intake, decreased vitamin D absorption, and little or no sun exposure (for example, due to the winter season, high latitude, or physical sun avoidance) may be at increased risk for vitamin D deficiency. Obesity and darker skin pigmentation may be associated with low levels of serum 25-hydroxyvitamin D (25-[OH]D), but it is not clear whether low levels in these populations reflect vitamin D deficiency or are associated with adverse clinical outcomes.
Screening Tests	Numerous testing methods to measure serum 25-(OH)D are available. However, their accuracy is difficult to determine because of the lack of studies that use an internationally recognized reference standard and the lack of consensus on the laboratory values that define vitamin D deficiency.
Treatment and Interventions	Oral vitamin D is the most common treatment for vitamin D deficiency; available forms include vitamin D ₃ (cholecalciferol) and vitamin D ₂ (ergocalciferol). Other treatment options include increasing dietary vitamin D intake or sun exposure, although sun exposure is not generally recommended because it can increase the risk for skin cancer.
Balance of Benefits and Harms	The current evidence is insufficient to assess the balance of benefits and harms of screening for vitamin D deficiency in asymptomatic adults.
Other Relevant USPSTF Recommendations	The USPSTF has recommendations on the use of vitamin D supplementation for the prevention of falls and fractures and vitamin supplementation for the prevention of cardiovascular disease or cancer. These recommendations are available on the USPSTF Web site (www.uspreventiveservicestaskforce.org).

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <http://www.uspreventiveservicestaskforce.org/>.