

# Low levels of vitamin D are associated with mortality in older adults

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Low levels of vitamin D and high levels of parathyroid hormone are associated with increased mortality in African American and Caucasian older adults, according to a new study accepted for publication in The Endocrine Society's *Journal of Clinical Endocrinology and Metabolism (JCEM)*. The study also indicates that the potential impact of remediating low vitamin D levels is greater in African Americans than Caucasians because vitamin D insufficiency is more common in African Americans.

For the past several years, there has been considerable interest in the role vitamin D plays in improving health and preventing disease. Low levels of vitamin D have been directly associated with various forms of cancer and cardiovascular disease. Most studies regarding the health effects of low vitamin D levels have been conducted on persons of European origin, but the current study examines the relationship between vitamin D and mortality in blacks and whites.

"We observed vitamin D insufficiency (defined as blood levels

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