

USPSTF finds evidence insufficient for vitamin D screening

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(HealthDay)—The U.S. Preventive Services Task Force (USPSTF)

concludes that the current evidence is insufficient to ascertain the balance of benefits and harms of screening asymptomatic adults for vitamin D deficiency. These findings form the basis of a final recommendation statement published in the April 13 issue of the *Journal of the American Medical Association*.

Leila C. Kahwati, M.D., M.P.H., from the RTI International-University of North Carolina at Chapel Hill Evidence-Based Practice Center, and colleagues reviewed the evidence relating to screening for vitamin D deficiency in adults. Data were included from 46 studies, with 16,205 individuals. The researchers found that no studies directly examined the [health benefits](#) or harms of screening. Treatment was not significantly linked with mortality, any fractures, incidence of diabetes, incidence of cardiovascular disease, incidence of cancer, or depression among community-dwelling populations. The evidence for the effect of treatment on [physical functioning](#) was mixed, while evidence was limited for the effect on infection.

Based on these findings, the USPSTF concludes that evidence is lacking on the benefits of vitamin D deficiency screening among community-dwelling nonpregnant adults with no signs or symptoms of vitamin D deficiency. Consequently, the balance of benefits and harms of screening for symptomatic adults cannot be ascertained (I statement).

"We need more research on what level of vitamin D people need to stay healthy before we can make a recommendation for or against screening," USPSTF member Michael Silverstein, M.D., M.P.H., said in a statement.

More information: [Evidence Report](#)
[Final Recommendation Statement](#)
[Editorial 1](#)
[Editorial 2](#)

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