

# How vitamin D delivers on cardio health

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Free from the sun, vitamin D delivers a natural source for one of the hormones essential to our bodies, especially the bones. But when you're down on this essential nutrient, it's not only your bones that could suffer, but also your cardio health, according to new research from the University of South Australia.

In the first study of its kind, researchers from the UniSA's Australian Centre for Precision Health at SAHMRI have identified [genetic evidence](#) for a role of vitamin D deficiency in causing cardiovascular disease.

The study, which is published in *European Heart Journal* today, shows that people with vitamin D deficiency are more likely to suffer from [heart](#) disease and higher blood pressure, than those with normal levels of vitamin D. For participants with the lowest concentrations the risk of [heart disease](#) was more than double that seen for those with sufficient concentrations.

Globally, cardiovascular diseases (CVDs) are the leading cause of death worldwide, taking an estimated 17.9 million lives per year. In Australia, CVD accounts for one in four deaths and costs the Australian economy five billion dollars each year, more than any other disease.

Low concentrations of vitamin D are common in many parts of the world, with data from the UK Biobank showing that 55 percent of participants have low levels of vitamin D (

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