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Vitamin D Could Lower the Risk of Developing Diabetes
Study demonstrates role of vitamin D in controlling glycemia

CLEVELAND, Ohio (January 30, 2019)—The benefits of vitamin D in promoting bone health are already well known. A new study out of Brazil suggests that vitamin D also may promote greater insulin sensitivity, thus lowering glucose levels and the risk of developing type 2 diabetes. Results are published online today in *Menopause*, the journal of The North American Menopause Society (NAMS).

Other recent studies have shown a clear relationship between vitamin D and glycemic control, suggesting that vitamin D increases insulin sensitivity and improves pancreatic beta-cell function. In this cross-sectional study involving 680 Brazilian women aged 35 to 74 years, the goal was to evaluate the possible association between vitamin D deficiency and increased glycemia.

Of the women interviewed, 24 (3.5%) reported using vitamin D supplements. Vitamin D supplementation was found to be negatively associated with high glucose levels. Habitual exposure to the sun also provided the same association, demonstrating that vitamin D deficiencies are associated with high blood glucose levels.

Study results appear in the article “Higher serum levels of vitamin D are associated with lower blood glucose levels.”

“Although a causal relationship has not been proven, low levels of vitamin D may play a significant role in type 2 diabetes mellitus,” says Dr. JoAnn Pinkerton, NAMS executive director. “Vitamin D supplementation may help improve blood sugar control, but intervention studies are still needed.”

For more information about menopause and healthy aging, visit www.menopause.org.

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Founded in 1989, The North American Menopause Society (NAMS) is North America’s leading nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. Its multidisciplinary membership of 2,000 leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause and healthy aging. To learn more about NAMS, visit www.menopause.org.