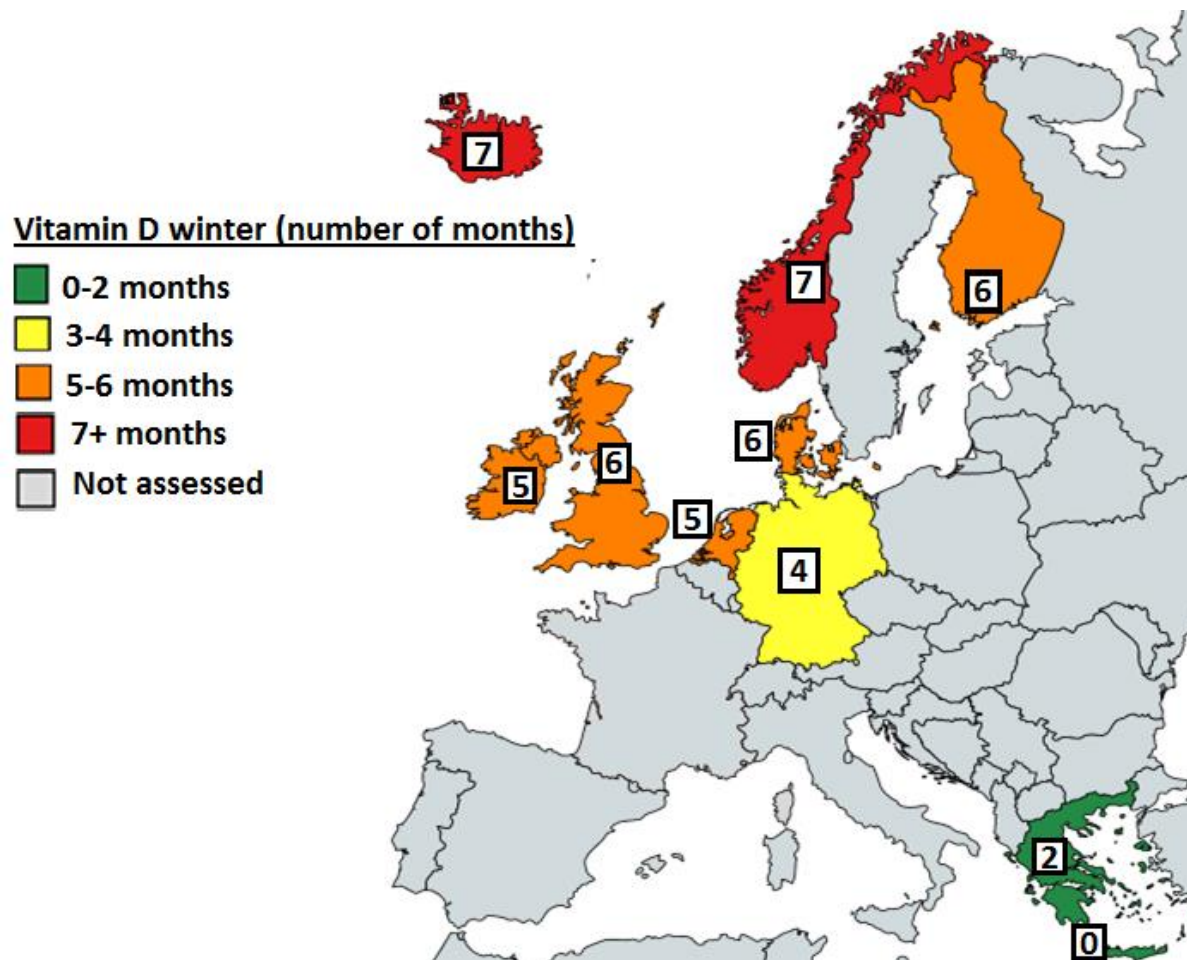


## Vitamin D winter map

The Cork Centre for Vitamin D and Nutrition Research together with several collaborating European partners have assessed UVB availability across several European locations ranging from 35°N to 69°N. The UVB data suggested that the duration of vitamin D winters ranged from zero (at 35° N) to eight months (at 69° N) as shown in the map below. The countries are colour coded based on the duration of the vitamin D winter (as per legend). Copyright Cashman & O'Neill 2016.



## Reference

O'Neill CM, Kazantzidis A, Ryan MJ, Barber N, Sempos CT, Durazo-Arvizu RA, Jorde R, Grimnes G, Eiriksdottir G, Gudnason V, Cotch MF, Kiely M, Webb AR, Cashman KD (2016). Seasonal changes in vitamin D-effective UVB availability in Europe and associations with population serum 25-hydroxyvitamin D. *Nutrients*; 8(9):533. Click [here](#) to read the publication.