

## Low Vitamin D Levels Raise Depression Risk

Depression is the leading cause of disability worldwide, and experts estimate that within 20 years more people will be affected by depression than any other health problem. Vijay Ganji, from Georgia State University (Georgia, USA), and colleagues assessed data from 7,970 US residents ages 15 to 39 years, enrolled in the third US National Health and Nutrition Examination Survey. They assessed subjects for depression via a standardized depression scale. The team found that people with blood levels of vitamin D of 50 nanomoles per liter or less were at an 85% increased risk of having current depressive episodes, as compared with people blood levels of at least 75 nanomoles per liter. Writing that: "In this large population based study, likelihood of having depression in persons with vitamin D deficiency is significantly higher compared to those with vitamin D sufficiency," the researchers conclude that: "Early diagnosis and intervention are paramount because coexistence of vitamin D deficiency and depression has serious negative consequences on health."

---

Ganji V, Milone C, Cody MM, McCarthy F, Wang YT. "Serum vitamin D concentrations are related to depression in young adult US population: the Third National Health and Nutrition Examination Survey." *International Archives of Medicine* 2010, 3:29, 11 November 2010.