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## **Vitamin D deficiency is common among pregnant women in rural Victoria.**

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### **Abstract**

There is increasing evidence to implicate vitamin D deficiency in a variety of diseases. Previous advice has been to screen high-risk pregnant women. This study shows that, despite abundant sunshine and latitude consistent with year-long vitamin D synthesis, 65.5% of a largely low-risk antenatal population in rural Victoria have insufficient vitamin D. Over 5.0% of women have vitamin D levels that pose a significant neonatal and adult health risk. These findings support routine antenatal testing of vitamin D levels.

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