

University Of Baghdad	
Alkindy College Of Medicine/ Research Module	
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Abstract	Knowledge of medical students Regarding Vitamin D in Al-Kindy Medical College. Baghdad
	<p>Background: Vitamin D is known as the sunlight vitamin which mainly helps in bone metabolism and calcium homeostasis. It is estimated that one billion people have vitamin D deficiency and it is considered as a public health problem. The purpose of this study is to explore the knowledge among students regarding vitamin D and its associated factors.</p> <p>Methods: A cross-sectional study was conducted among 150 medical students using self- administered questionnaires regarding vitamin D Knowledge on aspects of vitamin D sources, health benefits, factors of vitamin D deficiency and recommended intakes and some others.</p> <p>Results: Females were more predominant in this study (59.3 %). Most students are aware and have good knowledge regarding vitamin D with male having a higher knowledge compared to female. Besides that, 72.2 % of them agreed that vitamin D main source is the sun. Only 26 % know the correct answer regarding the recommended daily dosage of vit. D which is 600 IU per day.</p> <p>Conclusion: Results acquired have shown some understanding towards the insight of vitamin D among medical students. Implementing campaigns and future health programs to the public helps building more awareness and knowledge about vitamin D importance.</p> <p>Keywords: Vitamin D; Vitamin D-related knowledge; medical students</p>