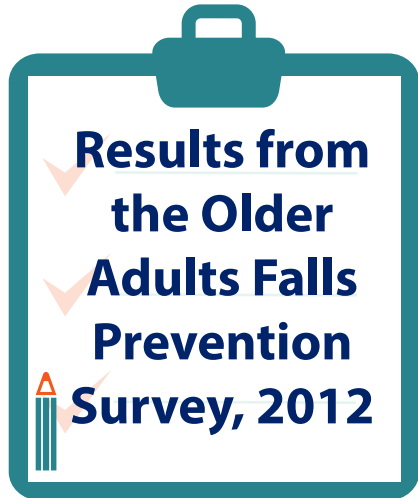


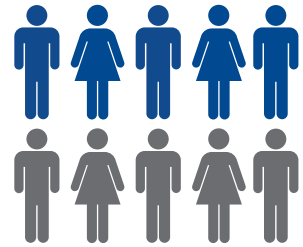


Vitamin D and Calcium Intake

Ottawa Public Health recommends seniors eat three or more servings of calcium rich foods daily and take a vitamin D supplement daily.



5 out of 10



seniors think taking a vitamin D supplement daily reduces their risk of falls.

27%



of seniors are meeting their calcium needs.



46%



of seniors take a vitamin D supplement daily.



54%



women

35%



men

Women are more likely to take a vitamin D supplement.

For more information on the Older Adults Falls Prevention Survey and falls prevention resources, go to Ottawa.ca/healthreports or call the Ottawa Public Health Information Line at 613-580-6744.

