



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene
201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

October 10, 2011

Dear Health Care Provider:

One of the goals of the Maryland WIC Program is to network with health care providers in supporting the growth and development of our participants, especially babies. While breastfeeding is the recommended method of infant feeding and provides infants with necessary nutrients and immune factors, breast milk alone nor typical infant formula provide infants with adequate vitamin D.

Vitamin D is a nutrient required for optimal bone health and is essential for overall health. Rickets due to vitamin D deficiency is known to be a condition that is preventable with adequate nutritional intake of vitamin D. Despite this knowledge, cases of rickets in infants due to inadequate vitamin D intake and decreased exposure to sunlight continue to be reported in the United States. Rickets is not limited to infancy and early childhood, as cases have been reported in adolescents as well.

The Maryland WIC Program educates all new mothers about the importance of vitamin D throughout the lifecycle. Enclosed is a reference, **Vitamin D**, which summarizes the information that we provide to our participants and includes AAP recommendations for vitamin D from infancy through adolescents. Please review and share with your staff.

We thank you for your continued support of the Maryland WIC Program. Please contact the State WIC Office at 410-767-5242 if you have any questions.

Sincerely,

Jacqueline Marlette-Boras, MHS, RD, LDN
Director
Maryland WIC Program

Attachment: ***Vitamin D***