

# Vitamin D Champions Needed

**Are you interested in becoming a Vitamin D Champion?**

**Would you like to help improve health in Bradford?**

Vitamin D deficiency causes bone pain, muscular weakness and can lead to **Rickets** in young children and **Osteomalacia** in adults. Vitamin D deficiency remains a public health concern across the Bradford and Airedale district. Vitamin D deficiency can affect people of all ages especially children, teenagers, women of childbearing age, older people, black and minority ethnic groups and those who have inadequate exposure to sunshine.

We are looking to recruit volunteers to become **Vitamin D Champions**. The role of the Vitamin D Champion will be to:

- Raise awareness of vitamin D issues to service users
- Promote public health messages for the prevention of vitamin D deficiency
- Provide sun safe health advice
- Promote the Healthy Start Scheme (including vitamins)
- Signpost service users to suitable vitamin D food supplements

Training will take place on:

**Thursday 4th February 2016**  
**09.30-12.30**

**Keighley Healthy Living Centre**  
**13 Scott Street**  
**Keighley**  
**BD21 2JH**

If you would like to train to become a Vitamin D Champion, please register your place with Sue Bradley, Administrator on **01274 365387**. For informal enquiries about the role of the Vitamin D Champion, please call Zak Ansari, Public Health Dietitian on 01274 783125.

**Please note, places are limited. Light refreshments will be provided.**