

Supplementary Materials: Sun Exposure Guidelines and Serum Vitamin D Status in Denmark: The StatusD Study

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Table S1. Combined effect of adherence to sun advice and time spent outside: Effect on vitamin D (nmol/L) of adherence to the four pieces of sun advice as well as the combined index in relation to total time spent outside (per hour). The estimates show the effect on vitamin D (nmol/L) per each extra hour per day spent outside in combination with sun advice and the combined index ^{a,b}.

	Children (<i>n</i> = 569)		Adults (<i>n</i> = 2625)	
	Spring	Autumn	Spring	Autumn
Adherence to sun exposure guideline on shade				
Always	0.28 (−1.74–2.3) *	−0.80 (−2.53–0.95) *	0.17 (−0.13–0.46)	0.078 (−0.22–0.38)
Often	−0.09 (−0.59–0.42) *	−0.17 (−0.62–0.28) *	0.063 (−0.10–0.23)	0.068 (−0.01–0.24)
Occasionally	0.41 (0.09–0.73) *	0.64 (0.33–0.95) *	0.25 (0.11–0.39)	0.49 (0.35–0.63)
No	−0.16 (−0.76–0.44) *	0.079 (−0.51–0.67) *	0.53 (0.30–0.75)	0.64 (0.42–0.87)
Adherence to sun exposure guideline on sunhat				
Always	0.21 (−0.96–1.39)	0.75 (−0.42–1.92)	0.12 (−0.20–0.45)	0.093 (−0.24–0.43)
Often	0.08 (−0.60–0.76)	0.37 (−0.30–1.04)	0.09 (−0.14–0.32)	0.28 (0.053–0.51)
Occasionally	0.42 (−0.16–1.00)	0.44 (−0.083–0.96)	0.37 (0.16–0.57)	0.51 (0.30–0.72)
No	0.25 (−0.07–0.56)	0.36 (0.056–0.66)	0.24 (0.11–0.37)	0.37 (0.24–0.50)
Adherence to sun exposure guideline on protective clothing				
Always	−0.07 (−0.80–0.66)	−0.04 (−0.77–0.69)	−0.22 (−0.57–0.12)	−0.23 (−0.58–0.13)
Often	−0.27 (−0.87–0.34)	0.23 (−0.24–0.69)	0.055 (−0.15–0.26)	0.053 (−0.15–0.25)
Occasionally	0.26 (−0.14–0.66)	0.30 (−0.10–0.69)	0.12 (−0.04–0.27)	0.27 (0.11–0.43)
No	0.41 (0.03–0.78)	0.61 (0.23–0.99)	0.42 (0.27–0.56)	0.60 (0.46–0.74)
Adherence to sun exposure guideline on sunscreen				
Always	0.34 (−0.02–0.71)	0.51 (0.18–0.84)	0.35 (0.14–0.55)	0.50 (0.30–0.71)
Often	0.21 (−0.25–0.67)	0.22 (−0.23–0.67)	0.27 (0.09–0.46)	0.30 (0.11–0.49)
Occasionally	0.12 (−0.34–0.57)	0.22 (−0.24–0.67)	0.27 (0.11–0.43)	0.35 (0.18–0.51)
No	0.19 (−1.02–1.40)	1.11 (−0.22–2.43)	0.087 (−0.08–0.26)	0.35 (0.18–0.52)
Combined sun exposure guideline index ^c				
0	0.16 (−0.33–0.66)	0.47 (−0.032–0.97)	0.34 (0.18–0.49)	0.50 (0.35–0.66)
1	0.42 (0.05–0.78)	0.60 (0.25–0.96)	0.22 (0.059–0.39)	0.51 (0.34–0.68)
2	0.22 (−0.29–0.75)	0.084 (−0.39–0.56)	0.094 (−0.098–0.29)	0.11 (−0.08–0.30)
3	−0.20 (−0.98–0.57)	−0.066 (−0.67–0.54)	0.18 (−0.098–0.29)	0.14 (−0.01–0.38)
4	−0.34 (−1.25–0.57)	0.39 (−0.51–1.29)	−0.07 (−0.51–0.38)	−0.25 (−0.79–0.20)

^a Analyses were adjusted for sex, age and use of supplements containing vitamin D and have "time spent outside" as an interaction variable; ^b *p* for interaction < 0.05 for models in spring and autumn for sun exposure guideline on shade among children only (shown with an asterisk); ^c The answers "always" and "often" were combined to "yes" for each exposure guideline, while "no" included "occasionally" and "no".