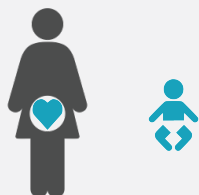


# VITAMIN D LEVELS DURING PREGNANCY AND GROWTH OF BABIES

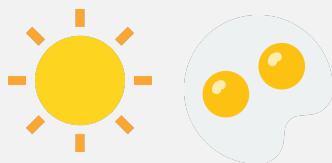
Researchers have found that women living with HIV may be more likely to have a baby with low birth weight or a baby with slow growth during their first few years of life. There is also growing evidence that vitamin D levels during pregnancy can affect the health of both the mother and child. In this study, we looked at vitamin D levels of pregnant women living with HIV and the growth of their babies.

## WHO PARTICIPATED



257 pregnant women living with HIV in SMARTT and their babies participated in this study.

## WHAT WE DID



**Did you know?** People can get vitamin D from the sun or from their diet.

We tested vitamin D levels in the blood of pregnant women living with HIV.

We then studied the relationship between their vitamin D levels and the birth weight and growth of their babies.

## WHAT WE FOUND



**About one-third had low vitamin D levels**

We found that about one-third (36%) of the pregnant women in our study had low vitamin D levels.

Pregnant women with low vitamin D levels had shorter pregnancies. They also had newborn babies with lower birth weight.

Babies born to mothers with low vitamin D during pregnancy were not as tall when they turned one.

## WHAT WE LEARNED



We found that vitamin D levels in pregnancy may be related to the birth weight and growth of infants.

Future research should look at whether vitamin D supplements during pregnancy can improve the health of mothers living with HIV and their babies.