

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.



WHAT WE DID



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

WHAT WE FOUND



About one-third had low vitamin D levels

WHAT WE LEARNED



Sudfeld, CR et al. Third trimester vitamin D status is associated with birth outcomes and linear growth of HIV-exposed uninfected infants in the United States. JAIDS 2019, 81(3). http://www.ncbi.nlm.nih.gov/pubmed/31021992.



National Institutes of Health

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

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.

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.

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.

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