

## CWSF 2010 - Peterborough, Ontario



### Let the "D" Shine In

**Division:** International

**Category:** Junior

**Region:**

**City:** ,

**School:**

**Abstract:** Vitamin D protects against diseases such as colon cancer, rickets, osteoporosis, depression, breast cancer, and diabetes. It regulates blood levels, improves the immune system and helps in the absorption of calcium. University of Calgary study reports 97% of Canadians are vitamin D deficient at some point of the year. I investigated whether students in my area are getting enough vitamin D from the sun.

Awards	Value
Honourable Mention - Health Sciences - Junior	\$100
Sponsor: Canadian Institutes of Health Research	
Total	\$100