

Public Health Team Leading Vitamin Distribution Scheme

Manisha Sharma from the Public Health Team has been leading the distribution of vitamins to health visitors across the Western Isles, on behalf of the local Maternal and Infant Nutrition Group.

Vitamin D3 is important for bone and muscle health, and can be produced by the body when the skin is exposed to sunlight. When daylight is limited in the autumn and winter, it can be particularly difficult for young children to get enough vitamin D3 naturally. The drops and tablets being distributed help by supplementing natural vitamin D3, and are available free of charge from health visitors for children aged 0-3. Healthy Start vitamins for expectant mothers are included in the scheme, and are available free of charge from midwives to anyone who is pregnant or planning a pregnancy.

Pictured below with the new vitamin stocks are Rhona McGuire, Administrator for the Maternal and Infant Nutrition Group, and Manisha Sharma, Health Information and Resources Officer, from the Public Health Team.

