# Low Vitamin D and Risk of Premature Death

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The publication "Low Vitamin D Linked to Increased Risk of Premature Death" by Corrie Pelc and published by Medical News Today on October 25, 2022, is targeted at educating the general health consumer. Audience targeted by the article is the general public on how to adopt healthy lifestyle habits. The overall purpose of the report is to define Vitamin D, highlight sources of Vitamin D, and explore the relationship between Vitamin D deficiency and premature mortality. The material is published on the Medical News Today web page.

The Centre for Disease Control (CDC) outlines seven categories of clear communication index and evidence-based criteria for evaluating public communication materials. Categories of clear communication index, including the Main Message and Call to Action, Language, Information Design, State of the Science, Behavioral Recommendations, Numbers, and Risks, will evaluate the general consumer publication. Although the publication contains the main message, partly reading "About 1 billion people globally have a vitamin D deficiency," and placed in the first section with visual clues of boldface, it does not contain a precise Call of Action (Pelc, 2022). Moreover, the language of the main message is expressed in passive voice and is hence inaccurate. While some information is designed in bulleted lists, most content is organized in small paragraphs with sub-headings. The source of the subject matter is acknowledged with an authoritative primary source. Two behavioral recommendations for appropriate sun exposure and seeking medication are at the end of the article. Moreover, the material emphasizes the numbers and risks relevant to the primary message.

Overall, the strengths of the publication are the language, information design, state of science, behavioral recommendations, numbers, and risks categories. However, I would prescribe incorporating a Call to Action and hierarchical organization of the main message. Additionally, an active rather than passive voice in the main message and call to action would render the article more potent.

# **Vitamins And Death**

Mike Jess



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