

CSE 440
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Are you getting enough exposure to sunlight?

You may not be getting enough exposure to natural sunlight. There are various reasons this might happen. The most common reason is that you live in a northern state, such as Washington, where the weather on an average fall or winter day looks something like the image below.



Even if you do not live in a dark, dreary climate area, it is possible that because you spend so much time indoors, you are not getting the sunlight exposure you need. It is problematic for humans to not get enough natural sunlight exposure because it can lead to Vitamin D deficiencies, which can negatively impact their health and mood.

The Harvard School of Public Health reports that an estimated 1 billion people worldwide do not have adequate Vitamin D levels. Vitamin D deficiencies can increase your risk of cancer, diabetes, osteoporosis, heart disease, multiple-sclerosis, arthritis, and can even lead to complications in pregnant women. Additionally, Vitamin D deficiencies have been linked with depression, as well as other mental illnesses. Vitamin D is also essential for proper absorption of calcium and phosphorus. We absorb Vitamin D through our skin from the UVB rays emitted from the sun. In fact, this is the primary way we obtain Vitamin D. It is a serious problem when we do not get enough sunlight exposure, as it is essential to both our physical and mental health.