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### Assessment of vitamin D knowledge of Lebanese population in Lebanon, Beirut area

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Vitamin D includes a group of lipid-soluble compounds with a four-ringed cholesterol backbone existing in two major forms: vitamin D<sub>2</sub>, and vitamin D<sub>3</sub>. The deficiency of vitamin D is a worldwide epidemic, yet unfortunately remains largely unrecognized by the majority of citizens. The aim of our study, which is an observational, cross sectional, community-based survey conducted during the month of April 2018 in Beirut, Lebanon on 508 participants is to investigate participants' level of knowledge about vitamin D and their level of awareness of its health benefits. Subjects are divided into three categories were asked to complete a Vitamin D knowledge survey that assessed knowledge on aspects such as Vitamin D sources, health benefits and recommended intake. Knowledge questions

were calculated by giving 1 point if the answer is correct, and 0 if the answer is wrong. A statistical significant relationship was observed when comparing the percentage of perception and knowledge of source of vitamin D of students and graduated to workers ( $p=0.01$ ,  $0.00$ ), and it was observed when comparing the faculty courses as a source of hearing about vitamin D between students and workers ( $p=0.00$ ). As a result, this study suggests that vitamin D knowledge is significantly related to the level of education of participants. Since this study is the first one to date that, assess the vitamin D knowledge of Lebanese population, it may be used as a basis for the development of health promotion programs aimed at decreasing the rate of vitamin D deficiency.

#### Biography

Mohamad Hael Halawani is pursuing BSc in pharmaceutical science at Beirut Arab University (BAU). He is a member in Lebanese pharmacy student association as he is actively participating in many events. He has worked at a community pharmacy for one year.

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