

Supplementary File

1 – Socio-demographic characteristics of the health educator:

- 1 .Gender: ☐ Male ☐ Female
- 2 .Age in years: ☐ 20- 24 ☐ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-62
- 3- Social status: ☐ Single ☐ Married ☐ divorced ☐ widow.
- 4- Qualification: ☐ diploma ☐ Bachelor ☐ Masters or PhD
- 5- Specialization: _____
- 6- Job title: ☐ Teacher ☐ Managerial
- 7- School level: ☐ elementary ☐ intermediate ☐ secondary
- 8- Education Office: ☐ North ☐ Middle ☐ East ☐ South ☐ Al-Safa ☐ Al-Naseem
- 9- Years of Experience: ☐ 1-5 ☐ 6-10 ☐ 11-15 ☐ 16-20 ☐ 21 and more

2 - Participant's knowledge of vitamin D:

- 1 .Have you ever heard of Vitamin D?
- ☐ Yes ☐ No
- 2 .Do you think Vitamin D is important for your health?
- ☐ Yes ☐ No ☐ I don't know
- 3 .Where did you hear about Vitamin D or Vitamin D deficiency?
- ☐ Doctor ☐ Nurse ☐ Internet ☐ Family/Friends
- ☐ Pharmacist ☐ Newspaper ☐ Television ☐ Other (specify)_____
- 4 .Where do you think the body gets vitamin D from?
- ☐ Diet ☐ Sun exposure ☐ supplements
- ☐ I don't know ☐ All of the above

5- What type of food is a good source of vitamin D?

- ☐Vegetables & Fruits
- ☐Milk
- ☐ Fatty fish (salmon, sardine)
- ☐ Olive oil
- ☐ Egg
- ☐ I don't know

6- Which of the following you think are the benefits of Vitamin D?

- ☐ Strong bones
- ☐ Prevents heart diseases
- ☐ It has no benefit
- ☐ I don't know
- ☐ Vision
- ☐ Prevents anemia

7- In your opinion which one of the following categories is more at risk of developing Vitamin D deficiency?

- ☐ Individuals not outdoors often
- ☐ Cover up skin when out
- ☐ Individuals with dark skin
- ☐ Individuals who avoid sun exposure
- ☐ None of the above
- ☐ I don't know

8- Vitamin D is synthesized inside our body?

- ☐ Yes
- ☐ No
- ☐ I don't know

9- Factors affecting vitamin D synthesis from sunlight?

- ☐ Season
- ☐ Skin Pigmentation
- ☐ Sunscreen use
- ☐ Time of day
- ☐ Cloud cover
- ☐ Latitude
- ☐ Pollution
- ☐ Smoking
- ☐ High-fat diet
- ☐ None of the above
- ☐ I don't know

10- Vitamin D helps the absorption of calcium in the body?

- ☐ Yes
- ☐ No
- ☐ I don't know

11- Taking Vitamin D supplements reduces the risk of Vitamin D deficiency

- ☐ Yes
- ☐ No
- ☐ I don't know

3 - Participant's attitude to vitamin D:

1- I like to expose to sunlight all the time.

☐ Disagree ☐ Neither agree or disagree ☐ Agree

2- Do you think vitamin D is important for your health?

☐ Yes ☐ No ☐ I don't know

3- The exposure to sunlight is harmful for the skin.

☐ Disagree ☐ Neither agree or disagree ☐ Agree

4- I am concerned that my current vitamin D levels might be too low.

☐ Disagree ☐ Neither agree or disagree ☐ Agree

5- I am willing to undergo test for vitamin D if a medical condition demands it.

☐ Yes ☐ No

End
