Deschasaux M et al. Quick and easy screening for vitamin D insufficiency in adults: a scoring system to be implemented in daily clinical practice

**Supplemental Digital Content 1.** Participants’ flowchart for SU.VI.MAX (score development) and NutriNet-Santé (score validation) studies

**SU.VI.MAX**
13,017 enrolled participants

- 1850 participants with measured plasma 25OHD concentration (i.e. controls from a nested case-control study on vitamin D and cancer risk that included all cancer cases and 2 matched controls)
- Participants taking medication containing vitamin D (n=12)
- Participants with epilepsy or renal failure (n=5)
- Participants aged under 45y (n=275) (to account for differential age at inclusion between men (45y) and women (35y) in SU.VI.MAX)

- 1557 participants included in the analyses

**NutriNet-Santé**
158,429 enrolled participants (in July 2015)

- 19,600 with available blood samples
- 860 with measured plasma 25OHD concentration
- Participants taking medication/supplements containing vitamin D (n=79)

- 781 participants included in the analyses
**Supplemental Digital Content 2. Proposed checklist for the collection of individual characteristics**

| For patients | For physicians |
|--------------|----------------|
| **Questions** | **Responses** | **Interpretation** | **Points** |
| **Date:** | | June-November | 0 |
| | | December-January | 1.5 |
| | | February-March | 2.5 |
| | | April-May | 2 |
| **Gender:** | Men | | 0 |
| | Women | | 1.5 |
| **Height:** | BMI<25kg/m² | | 0 |
| **Weight:** | BMI between 25 and 30kg/m² | | 1.5 |
| | BMI ≥30kg/m² | | 2.5 |
| **Zip (postal) code:** | Latitude <48°N | | 0 |
| | Latitude ≥48°N | | 2 |
| **Do you regularly engage in a physical activity?** | No | Irregular | 1.5 |
| - If yes, do you think it’s equivalent to more than 1h walking/day? | No | <1h/d walking equivalent | 1.5 |
| | Yes | ≥1h/d walking equivalent | 0 |
| **How do you estimate your usual sun exposure?** | Low/very low | | 3 |
| | Moderate | | 1.5 |
| | High | | 0 |
| **What is your skin reaction the first time you go out in the sun during summer without sun protection?** | Always burns easily, never tans | Fitzpatrick phototype I | 1.5 |
| | Burns easily, tans minimally | Fitzpatrick phototype II | 1.5 |
| | Burns moderately, tans gradually | Fitzpatrick phototype III | 0 |
| | Burns minimally, tans well | Fitzpatrick phototype IV | 0 |
| | Burns rarely, tans profusely | Fitzpatrick phototype V | 1.5 |
| | Never burns, deep pigmentation | Fitzpatrick phototype VI | 1.5 |

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*a This latitude cut-off needs to be translated according to the country. In France, this cut-off corresponds to a line from mid-Brittany to mid-Alsace.

*b A score ≥7-<9 could be interpreted as a moderate risk of vitamin D insufficiency and a score ≥9 as a high risk. However, other cut-off values may be chosen (see Table 3); this is left at the physicians’ discretion.*