

Table 1. Demographic Data of Participants (N=783)

| Characteristic Variable | Number of respondents (N) | Percentage (%) | |
|---|----------------------------------|-----------------------|------|
| Age | < 30 yrs | 204 | 26.1 |
| | 30 - 40 yrs | 507 | 64.8 |
| | > 40 yrs | 72 | 9.2 |
| Nationality | Jordanian | 756 | 96.6 |
| | Non – Jordanian | 27 | 3.4 |
| Place of residence | City | 660 | 84.3 |
| | suburb | 29 | 3.7 |
| | Village | 91 | 11.6 |
| | Badia | 3 | 0.4 |
| The region of residency | North of Jordan | 172 | 22 |
| | South of Jordan | 33 | 4.2 |
| | Middle of Jordan | 578 | 73.8 |
| Nature of housing | Independent house | 239 | 30.5 |
| | Apartment | 544 | 69.5 |
| Educational Level | Secondary or less | 97 | 12.1 |
| | Diploma | 93 | 11.9 |
| | Bachelor's degree | 496 | 63.3 |
| | High Graduate Studies | 97 | 12.4 |
| Work Status | House wife | 433 | 55.3 |
| | Employee | 301 | 38.4 |
| | own-business | 49 | 6.3 |
| Family Income | < 500 JD | 232 | 29.6 |
| | 500 - 1000 JD | 313 | 40 |
| | > 1000 JD | 206 | 26.3 |
| | Not answered | 31 | 4 |
| What is the age group of your children? | < 2 yrs | 142 | 18.1 |
| | 2-6 yrs | 372 | 47.5 |
| | Both groups | 269 | 34.4 |

Table 2. Mother's Practices toward Vitamin D

| Characteristic Variable | Number of respondents(N) | Percentage (%) |
|---|---------------------------------|-----------------------|
| Intake of Vitamin D Supplements During Pregnancy. | | |
| Yes | 562 | 71.8 |
| No | 221 | 28.2 |
| Intake of Vitamin D Supplements During Breast Feeding. | | |
| Yes | 357 | 45.6 |
| No | 426 | 54.4 |
| Questions Concerning Mothers Who Have Children of less than 2 years: | | |
| The Method of Baby Feeding: | | |
| Breastfeeding only | 180 | 23.0 |
| Breastfeeding and milk formula together | 256 | 32.7 |

| | | |
|--|-----|------|
| Formula milk only | 142 | 18.1 |
| Testing of Vitamin D for Baby. | | |
| Yes | 169 | 21.6 |
| No | 426 | 54.4 |
| Given Vitamin D Supplements for Baby. | | |
| Yes | 403 | 51.5 |
| No | 180 | 23 |
| Exposure of baby of less than 6 months old to the sun. | | |
| Yes | 451 | 57.6 |
| No | 128 | 16.3 |
| Questions Concerning Mothers Who Have Children between 2-6 years: | | |
| Testing of Vitamin D for Child | | |
| Yes | 180 | 23 |
| No | 439 | 56.1 |
| Given Vitamin D Supplements for Child. | | |
| Yes | 337 | 43 |
| No | 238 | 30.4 |
| The best time of the day to expose your baby / child to the sun? | | |
| Before 10 AM | 510 | 65.1 |
| 10 AM – 3 PM | 165 | 21.1 |
| After 3 PM | 38 | 4.9 |
| Am not sure | 70 | 8.9 |
| How Often Do You Expose your Baby/Child to Sun? | | |
| 1-3 times Daily | 305 | 39 |
| 1-3 Times Weekly | 316 | 40.4 |
| 3-5 Times Weekly | 102 | 13 |
| >5 Times Weekly | 60 | 7.7 |
| The Method of Getting Vitamin D Supplements: | | |
| without a prescription | 107 | 13.7 |
| By prescription from the private children's clinic | 395 | 50.4 |
| By prescription from a governmental hospital | 58 | 7.4 |

Table 3. Mother's Perceptions toward Vitamin D

| Perception | Number of respondents (N) | Percentage (%) |
|---|----------------------------------|-----------------------|
| I believe that giving vitamin D supplements to infants/children is important for their overall health. | | |
| Strongly agree | 419 | 53.5 |
| Agree | 266 | 34 |
| Taking more vitamin D than the recommended amount may be harmful. | | |
| Strongly agree | 377 | 48.1 |
| Agree | 321 | 41 |
| My baby does not need to get extra vitamin D from nutritional supplements at the age of less than 6 months, because breast milk contains everything my baby needs. | | |
| Strongly agree | 74 | 9.5 |

| | | |
|--|-----|------|
| Agree | 157 | 20.1 |
| I think my child needs more vitamin D during the winter season. | | |
| Strongly agree | 184 | 23.5 |
| Agree | 374 | 47.8 |
| I believe that vitamin D deficiency is one of the common health problems for children in our country. | | |
| Strongly agree | 294 | 37.5 |
| Agree | 350 | 44.7 |
| I think I need more information on vitamin D deficiency in children. | | |
| Strongly agree | 280 | 35.8 |
| Agree | 396 | 50.6 |