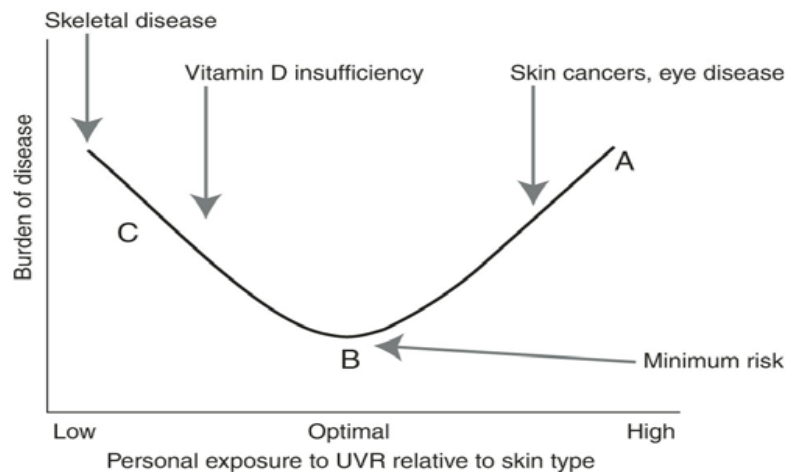


Figure 2.1 Schematic diagram of the relation between ultraviolet radiation (UVR) exposure and the burden of disease



Points A and C represent inappropriate UVR exposure. Fair-skinned populations in Australia with high outdoor UVR exposure typify point A. Point C represents people with insufficient UVR exposure, whose dietary vitamin D intake will also be important in determining their vitamin D status. Point B represents optimal UVR exposure: a person with careful titration of correct UVR dose for skin type.

Lucas, RM and Ponsonby, AL. Ultraviolet radiation and health: friend and foe. MJA 177:594-598