References

Europe map

Squares elderly
Norway, Denmark, The Netherlands, Belgium, France, Spain, Portugal, Hungary, Greece, Italy, Switzerland

Ireland

France

Spain

Spain

Greece

Italy

Italy

Italy

Switzerland
Fully colored countries

Finland

Norway

Germany

Estonia

Switzerland

Italy

Norway

Poland

France

Spain

UK
Macdonald HM, Mavroeidi A, Barr RJ, Black AJ, Fraser WD, Reid DM (2008) Vitamin D status in postmenopausal women living at higher latitudes in the UK in relation to bone health, overweight, sunlight exposure and dietary vitamin D. Bone. 42:996-1003