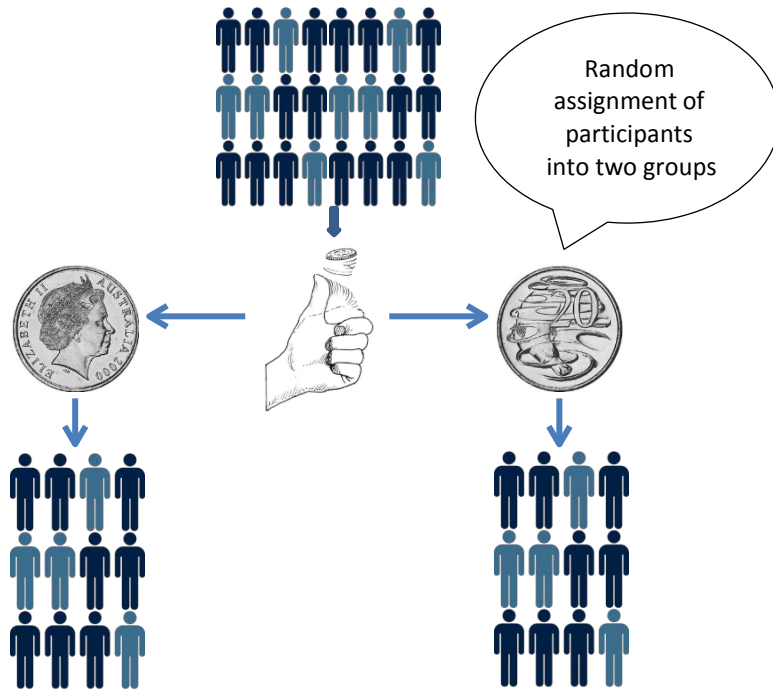
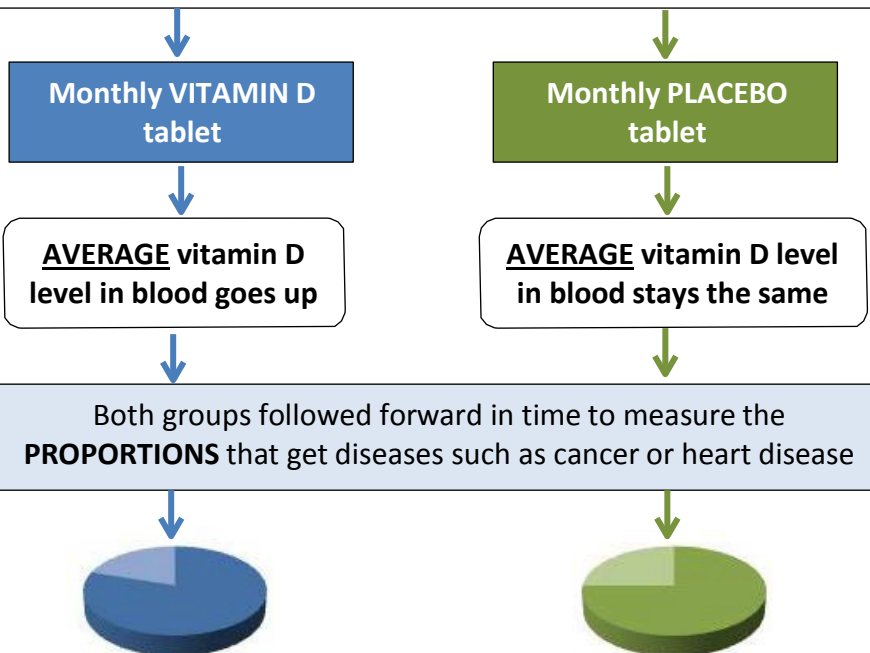


D-HEALTH STUDY DESIGN



Random assignment ensures very similar distribution of factors that influence health. Eg., the proportions who are men, who have pre-existing health conditions, who smoke or who are overweight will be the same.

The AVERAGE vitamin D level will be very similar in the two groups.



If the proportions that get disease differ, this is because we increased the **AVERAGE** vitamin D level in one group but did not change it in the other group.

The random group assignment ensured that all other factors that could influence health (such as genetic predisposition to low vitamin D or low sun exposure) were evened out between the groups.