

Progress to the end

Nearly one quarter of the 21,310 participants who originally enrolled in the trial have completed their five years in the trial (Figure 1). Unfortunately some people had to finish the trial early, but we still have over half of you continuing to take our tablets. This number is going down rapidly and it will not be long until you have all finished.

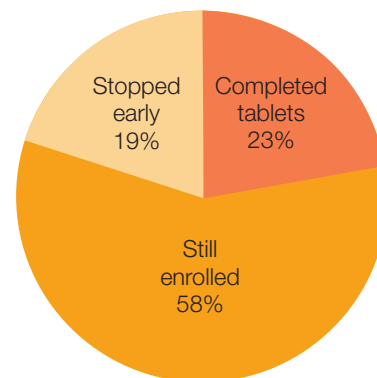


Figure 1: Participant status

The D-Health Team



Back row from left to right: Jill Wood, Edwina Williams, Emma Strutt, Zoe Sever, Melissa Brown, Rebekah Cicero, Cathy Baxter, Ailee Jones. Front row: Rachel Neale, Briony Duarte Romero

When will we tell you what you have been taking? And why can't we tell you now?

We know that you are very keen to know whether you have been taking placebo or the 'real thing' for the last 4-5 years. Unfortunately, we are unable to tell you until everybody has finished taking their tablets. This is because it is important that our staff stay 'blinded' to avoid bias in our results, and this is difficult to achieve if we tell you what you are taking.

We will definitely tell you as soon as the last person has finished taking their tablets and returned their final survey. We estimate that it will be in about March or April 2020.

Our data clearly shows the seasonal fluctuation in colds and flu

Our PhD student, Hai Pham, is continuing her analyses of the effect of vitamin D on colds and flu. We can't yet tell you the final results (we will release these later this year), but we thought you might like to see the proportion of people reporting having had a cold/flu each month (based on what you tell us in your annual surveys). We can clearly see the increased risk in winter, and the bad flu season in 2017 is evident.

(Figure 2). This lets us know that our data are reliable, even though we have used a very simple question.

We aim to tell you the results of our falls analysis later this year, and hope to release other results in the second half of next year.

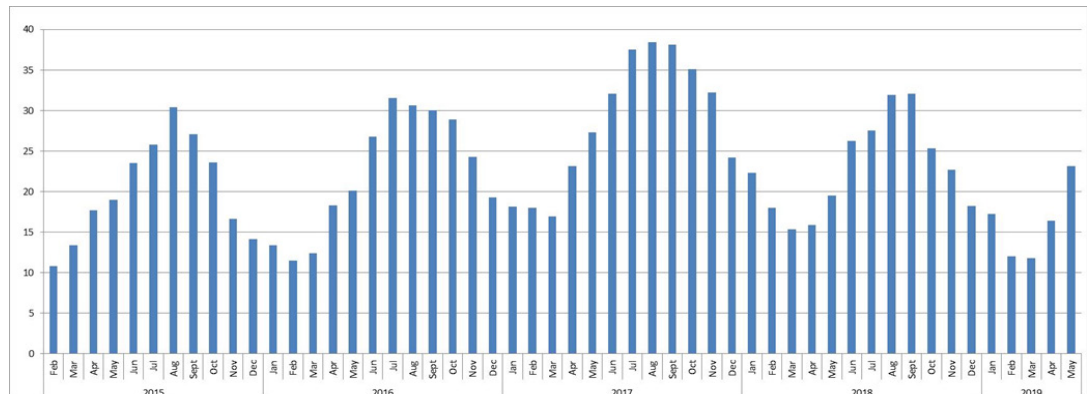


Figure 2: Percentage of people reporting cold/flu each month

Over 80,000 phone calls!

We have made or received over 80,000 calls since beginning the study! (Figure 3). We have spoken to almost all of you at least once, but there are just over 1200 people who we have never spoken to, 700 of whom are still taking our tablets.

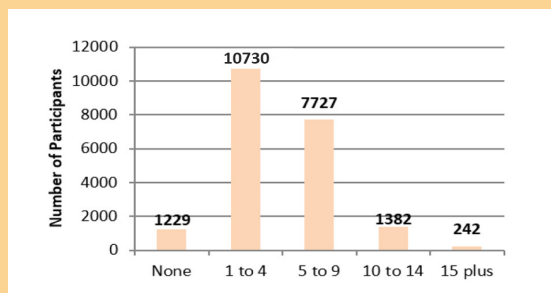


Figure 3: Number of phone conversations

If you have not heard from us and you have any questions or concerns, please do not hesitate to call. We have wonderful staff who are always happy to have a chat. We do know there are some people who like to talk to us – we have spoken to almost half of you at least 5 times.

Contact us

Phone: 1300 735 920

Web: dhealth.qimrberghofer.edu.au

Email: dhealth@qimrberghofer.edu.au



Prize winners

Congratulations to our prize winners for this year who are happily enjoying spending their Coles / Myer Vouchers. Below are photos of some of their smiling faces. Our other winners were Margaret Hodgson from SA and Julie Fry from WA.



Raoul Dixon
(VIC)



Anne Larbalestier
(NSW)



Jeff Broadhurst
(TAS)



Shirley Tan
(QLD)

Publications

We have not yet published any results. However we have published two papers. One describes the D-Health Trial protocol and gives a description of the enrolled participants. The other describes our plan for data analysis – this is very important as it ensures we adhere to a strict protocol and are transparent in our reporting. The references for these papers are below. Please let us know if you would like to receive a copy.

1. Waterhouse M, English DR, Armstrong BK, Baxter C, Duarte Romero B, Ebeling PR, Hartel G, Kimlin MG, McLeod DSA, O'Connell RL, van der Pols JC, Venn AJ, Webb PM, Whiteman DC and Neale RE. A randomized placebo-controlled trial of vitamin D supplementation for reduction of mortality and cancer: Statistical analysis plan for the D-Health Trial. *Contemp Clin Trials Commun* 2019; 14: 100333.
2. Neale RE, Armstrong BK, Baxter C, Duarte Romero B, Ebeling P, English DR, Kimlin MG, McLeod DS, O'Connell RL, van der Pols JC, Venn AJ, Webb PM, Whiteman DC and Wockner L. The D-Health Trial: A randomized trial of vitamin D for prevention of mortality and cancer. *Contemp Clin Trials* 2016; 48: 83-90.