

Table 1 Distribution of serum 25(OH)D, lipid profile and duration of sun exposure in summer and winter among Iranian males and females (*n* = 1111)

Characteristic	Males		<i>P</i> -value	Females		<i>P</i> -value	Total		<i>P</i> -value
	Summer Mean (SD)	Winter Mean (SD)		Summer Mean (SD)	Winter Mean (SD)		Summer Mean (SD)	Winter Mean (SD)	
BMI (kg/m²)	26.3 (4.5)	26.6 (4.3)	< 0.001	27.2 (4.6)	27.7 (4.9)	< 0.001	26.7 (4.6)	27.2 (4.7)	< 0.001
25(OH)D (nmol/L)	46.9 (25.5)	27.4 (15.8)	< 0.001	40.4 (36.3)	26.5 (19.3)	< 0.001	42.7 (30.5)	27.1 (17.9)	< 0.001
TG (mg/dL)	140.5 (71.6)	151.2 (89.9)	< 0.001	113.2 (54.8)	113.3 (67.9)	0.952	125.1 (63.6)	130.2 (80.7)	0.001
TC (mg/dL)	166.3 (43.2)	170.6 (40.2)	0.002	164.2 (36.9)	165.9 (33.3)	0.127	165.1 (39.9)	168.0 (36.7)	0.001
LDL (mg/dL)	95.3 (32.8)	95.3 (32.8)	0.08	93.1 (33.5)	93.1 (33.5)	0.512	94.0 (33.2)	95.4 (27.9)	0.094
HDL (mg/dL)	43.7 (14.3)	41.5 (12.5)	< 0.001	50.7 (13.1)	49.5 (11.9)	0.001	47.7 (14.0)	46.1 (12.7)	< 0.001
	No. (%)	No. (%)		No. (%)	No. (%)		No. (%)	No. (%)	
Sun exposure									
< 1 hour/day	181 (36.4)	247 (50)	< 0.001	394 (64.4)	502 (82.4)	< 0.001	575 (51.8)	749 (67.9)	< 0.001
≥ 1 hour/day	316 (63.6)	247 (50)		218 (35.6)	107 (17.6)		534 (48.2)	354 (32.1)	
Time of day									
10.00–15.00	343 (70.7)	269 (54.1)	< 0.001	189 (32.4)	298 (48.5)	< 0.001	331 (31.0)	567 (51.0)	< 0.001
Other	142 (29.3)	228 (45.9)		395 (67.6)	316 (51.5)		738 (69.0)	544 (49.0)	
Sunscreen use									
No	478 (97.4)	452 (91.7)	< 0.001	402 (66.0)	253 (41.4)	< 0.001	880 (80.0)	705 (63.9)	< 0.001
Yes	13 (2.6)	41 (8.3)		207 (34.0)	358 (58.6)		220 (20.0)	399 (36.1)	