

**Supplementary Table 1**      **Characteristics of participants completing baseline interview**

Characteristics	N (%) <sup>a</sup>		
	Control	Intervention	Total
N	20	16	36
Sex			
Female	16 (80.0)	13 (81.2)	29 (80.6)
Male	4 (20.0)	3 (18.8)	7 (19.4)
Age			
<35 years	9 (45.0)	10 (62.5)	19 (52.8)
≥35 years	11 (55.0)	6 (37.5)	17 (47.2)
Age <sup>b</sup> , years	37.4 (10.1)	34.8 (7.8)	36.2 (9.1)
BMI			
Normal (≤24.9)	10 (50.0)	11 (68.8)	22 (58.3)
Overweight (25-29.9)	4 (20.0)	2 (12.5)	6 (16.7)
Obese (≥30)	6 (30.0)	3 (18.7)	9 (25.0)
BMI <sup>b</sup> , kg/m <sup>2</sup>	26.9 (6.3)	25.8 (6.2)	26.4 (6.2)
Serum 25(OH)D status			
Insufficient (<50 nmol/L)	7 (35.0)	4 (25.0)	11 (30.6)
Sufficient (≥50 nmol/L)	13 (65.0)	12 (75.0)	25 (69.4)
Serum 25(OH)D <sup>b</sup> , nmol/L	54.6 (16.2)	59.9 (15.2)	56.9 (15.8)
Average time spent outdoors			
Workdays			
≤15 min	3 (15.0)	2 (12.5)	5 (13.9)
16 to 30 min	12 (60.0)	9 (56.3)	21 (58.3)
31 min to <2 hrs	5 (25.0)	5 (31.3)	10 (27.8)
Days off			
≤30 min	3 (16.7)	3 (20.0)	6 (18.2)
31 min to < 1 hr	4 (22.2)	3 (20.0)	7 (21.2)
1 to <2 hrs	3 (16.7)	4 (26.7)	7 (21.2)
2 to <6 hrs	8 (44.5)	5 (33.3)	13 (39.4)
BSA (%) exposed			
Low (<10%)	3 (15)	3 (19)	6 (17)
Moderate (10-<20%)	14 (70)	9 (56)	23 (64)
High (≥20%)	3 (15)	4 (25)	7 (19)
Sunscreen			
Never/rarely	11 (55.0)	9 (56.3)	20 (55.6)
Sometimes/Always	9 (45.0)	7 (43.7)	16 (44.4)

<sup>a</sup>unless otherwise indicated; <sup>b</sup> Mean (SD); SD = Standard Deviation; BMI = Body mass index; BSA = Body surface area.

Supplementary Table 2

## Characteristics of participants completing the study

Characteristics	N (%) <sup>a</sup>		
	Control	Intervention	Total
N	17 (56.7)	13 (43.3)	30 (100)
Sex			
Female	14 (82.4)	10 (76.9)	24 (80.0)
Male	3 (17.6)	3 (23.1)	6 (20.0)
Age			
<35 years	7 (41.2)	8 (61.5)	15 (50.0)
≥35 years	10 (58.8)	5 (38.5)	15 (50.0)
Age <sup>b</sup> , years	37.8 (10.6)	35.5 (8.2)	36.8 (9.6)
BMI			
Normal (≤24.9)	9 (52.9)	7 (53.9)	16 (53.3)
Overweight (25-29.9)	4 (23.5)	3 (23.1)	7 (23.3)
Obese (≥30)	4 (23.5)	3 (23.1)	7 (23.3)
BMI <sup>b</sup> , kg/m <sup>2</sup>	26.4 (6.0)	26.7 (6.5)	26.5 (6.1)
Serum 25(OH)D status			
Insufficient (<50 nmol/L)	6 (35.3)	3 (23.1)	9 (30.0)
Sufficient (≥50 nmol/L)	11 (64.7)	10 (76.9)	21 (70.0)
Serum 25(OH)D <sup>b</sup> , nmol/L	55.3 (17.0)	61.1 (14.6)	57.8 (16.0)
Average time spent outdoors			
Workdays			
≤15 min	1 (5.9)	2 (15.4)	3 (10.0)
16 to 30 min	11 (64.7)	7 (53.9)	18 (60.0)
31 min to <2 hrs	5 (29.4)	4 (30.8)	9 (30.0)
Days off			
≤30 min	2 (13.3)	1 (8.3)	3 (11.1)
31 min to < 1 hr	4 (26.7)	3 (25.0)	7 (25.9)
1 to <2 hrs	2 (13.3)	4 (33.3)	6 (22.2)
2 to <6 hrs	7 (46.7)	4 (33.3)	11 (40.7)
BSA (%) exposed			
Low (<10%)	3 (18)	2 (15)	5 (17)
Moderate (10-<20%)	11 (65)	8 (62)	19 (63)
High (≥20%)	3 (18)	3 (23)	6 (20)
Sunscreen use			
Never/rarely	9 (52.9)	9 (69.2)	18 (60.0)
Sometimes/Always	8 (47.1)	4 (30.8)	12 (40.0)

<sup>a</sup>unless otherwise indicated; <sup>b</sup> Mean (SD); Abbreviations: SD = Standard Deviation; BMI = Body mass index; BSA = Body surface area.

**Supplementary Table 3 Mean 25(OH)D concentration per week in control and intervention groups**

	Mean 25(OH)D (95% CI)	
	Control (N=17)	Intervention (N=13)
Week 0 (Baseline)	55.3 (46.5, 64.0)	61.1 (52.3, 69.9)
Week 2	55.8 (46.6, 65.0)	62.0 (53.9, 70.2)
Week 3	55.2 (46.9, 63.5)	61.9 (54.1, 69.7)
Week 4	56.9 (49.0, 64.8)	64.5 (55.6, 73.3)
Week 8	61.7 (54.5, 69.0)	67.8 (56.6, 78.9)