

Research Summary

This study documented and accounted on the prevalence of vitamin D deficiency and insufficiency among infants, children and adolescents in Wenzhou on the southeastern coast of China:

- Vitamin D deficiency and insufficiency were prevalent
- Older age groups were involved in increasing risk
- Significant seasonal differences among school children and adolescents
- No significant sex difference in any age group



Innovation points

- A vitamin D-rich diet and outdoor activities for 1 – 2 h per day under the natural conditions favorable to its endogenous synthesis do not suffice
- The Chinese Medical Association recommendations that infants and toddlers from 2 weeks old to 2 years old receive 400 international units (IU) per day and vitamin D fortified food be fed to infants and toddlers aged from 0 to 3 years old should be extended to more age groups
- Life style shaped by socio-economic environments affects vitamin D status. Knowledge on the importance of vitamin D for healthy growth should be popularized

