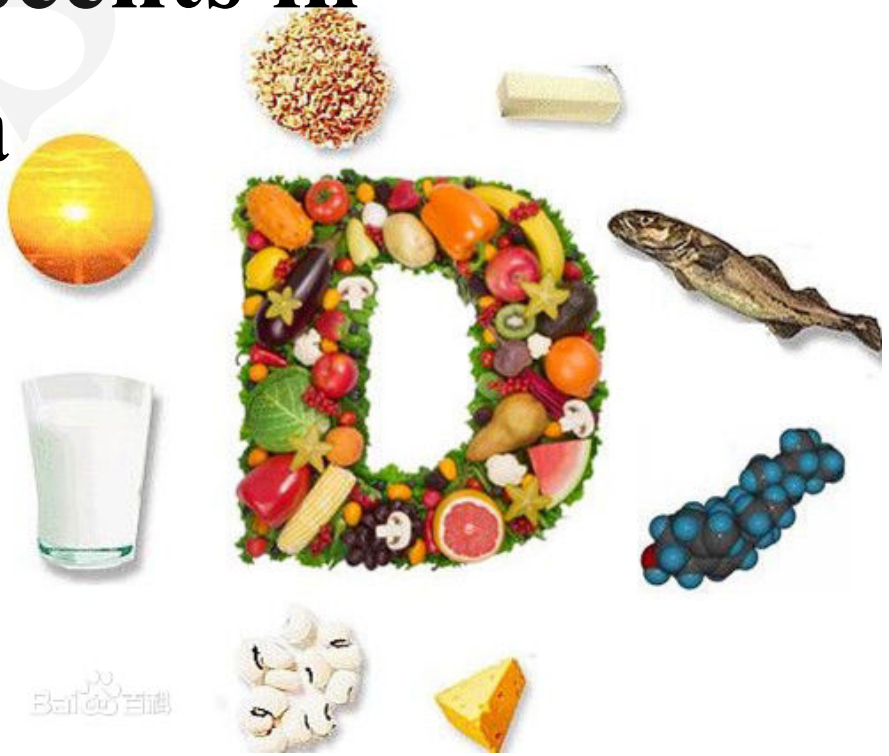
Cite this as: Ling-li WANG, Hui-yan WANG, Huai-kai WEN, Hong-qun TAO, Xiao-wei ZHAO, 2016. Vitamin D status among infants, children, and adolescents in southeastern China. *Journal of Zhejiang University-Science B (Biomedicine & Biotechnology)*. **17**(7):545-552. http://dx.doi.org/10.1631/jzus.B1500285

Vitamin D status among infants, children and adolescents in southeastern China



Key words: Vitamin D, Deficiency, Child, China

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 endogeous 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**

