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深圳市宝安区儿童维生素D营养现状调查

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摘要:

目的: 调查深圳市宝安区儿童维生素D的营养现状, 了解该地区儿童维生素D补充剂应用过程中存在的问题。方法: 收集2016年12月至2017年11月在深圳市宝安区妇幼保健院儿童保健科门诊进行健康体检的儿童(0~14岁)10 214例, 采用化学发光法测定血清25羟维生素D[25(OH)D]水平, 比较不同年龄组、季节儿童维生素D水平的差异。从中选取650例进行家长问卷, 比较不同喂养方式下维生素D水平的差异。结果: 维生素D总体缺乏率为1.41% (144/10 214), 其中春季8.20% (94/1 147), 夏季1.16% (25/2 153), 秋季0.16% (5/3 080), 冬季0.52% (20/3 834); 年龄0~6个月1.96% (16/818), >6~12个月0.60% (5/839), >1~3岁0.47% (17/3 603), >3~6岁2.62% (81/3 094), >6~14岁1.34% (25/1 860)。0~3岁儿童维生素D补充剂使用率为99.43% (348/350), >3~14岁为40.00% (120/300)。结论: 虽然深圳市宝安区0~3岁儿童维生素D补充剂使用率较高, 但是仍然存在维生素D缺乏情况; >3~14岁儿童的维生素D缺乏率高于0~3岁组, 与>3~14岁组维生素D补充剂使用率较低有关。因此, 要加强对重点人群特别是生长发育旺盛儿童的家长们的宣传教育, 以及对各年龄段维生素D补充剂应用及维生素D水平的监测。

关键词: [儿童](#) [维生素D水平](#) [维生素D补充剂](#) [现状调查](#)

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Investigation on Current Status of Vitamin D Nutrition in Children in Bao'an District, Shenzhen

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Abstract:

Objective: To investigate the current status of vitamin D nutrition in children in Bao'an district, Shenzhen, and to explore the problems in the application of vitamin D supplements in children in this region. Methods: From Dec. 2016 to Nov. 2017, a total of 10,214 children (0 to 14 years old) undergoing physical examination in the outpatient department of child care department of Bao'an Maternal and Child Health Hospital were collected. The serum levels of 25 hydroxyvitamin D (25(OH)D) were determined by chemiluminescence method, and differences of vitamin D level among children of different age groups and seasons were compared. The questionnaire was used to compare the vitamin D level in 650 patients with different feeding methods. Results: The overall vitamin D deficiency rate was 1.41% (144/10,214), including 8.20% (94/1,147) in spring, 1.16% (25/2,153) in summer, 0.16% (5/3,080) in autumn, and 0.52% in winter (20/3,834). The overall age of vitamin D deficiency was 1.96% (16/818) at 0 to 6 months, 0.60% (5/839) at >6 to 12 months, 0.47% (17/3 603) at >1 to 3 years old, 2.62% (81/3 094) at >3 to 6 years old, and 1.34% (25/1 860) at >6 to 14 years old. The use rate of vitamin D supplements for children aged 0 to 3 years was 99.43% (348/350), and that of 3 to 14 years old was 40.00% (120/300). Conclusion: Although the use rate of vitamin D supplements for children aged 0 to 3 years in Bao'an district is relatively high, there is still a certain amount of vitamin D deficiency. The vitamin D deficiency rate of children aged > 3 to 14 years was higher than that of the group aged 0 to 3 years, which was related to the lower utilization rate of vitamin D supplements in the > group aged 3-14 years. The vitamin D deficiency rate in children aged >3 to 14 years old is higher than that in children aged 0 to 3 years old, which is related to the lower use rate of vitamin D supplements in children aged >3 to 14 years old. Therefore, it is necessary to strengthen the publicity and education of key populations, especially the parents with children in strong growth, as well as the application of vitamin D supplements and vitamin D levels for all age groups.

Key words: [children](#) [vitamin D level](#) [vitamin D supplements](#) [current investigation](#)

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