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Vitamin D status among the juvenile population living in the United Arab Emirates: A retrospective study

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Vitamin D deficiency is a clinical problem and recently we have shown that 82.5% of our study cohort had inadequate serum 25(OH)D levels. In this study, we analyzed serum 25(OH)D levels of juvenile patients admitted to a Hospital in Abu Dhabi, United Arab Emirates (UAE) from October 2012 to September 2014. Out of a total 8,113 studied juvenile patients, almost 60% of females and 45% of males in the age group of 1-18 years were found to have low serum 25(OH)D levels (≤30 nmol/L). According to the coefficient of variation among juvenile's females had significantly higher variability (63.82%) than males (49.97%). Among juveniles, age appears to be an important determinant factor for defining vitamin D deficiency. Vitamin D deficiency was found to be present in 9.5% of patients in the age group of 1-3 years followed by 56.4% of patients in the age group of 7-9 years and 79.9% of patients in the age group of 13-15 years. In all the analyzed age groups females were found to have lower levels of 25(OH)D than males. It is important and perhaps alarming to note that such higher rate of vitamin D deficiency is present in the juvenile population but highest in teenagers.

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