

Thiamin, riboflavin and niacin intakes in Chinese adults in 15 provinces

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B vitamins have been neglected in China. Most people who lack it belong to subclinical conditions. Well understanding the prevalence of B vitamins will provide guidance for nutritional policies and interventions in China. The data were used from a longitudinal survey in 2015, China Health and Nutrition Survey (CHNS) among 18-64 year old. Dietary data of subjects on three consecutive days were recorded. The EAR cut-point method (EAR cut-point) was used to assess the prevalence of the adequacy intake of three B vitamins, thiamin, riboflavin and niacin by sex, age, areas of residence, south and north parts of China, education and income. For male, the prevalence of inadequate intake of vitamin B₁, B₂ and niacin was 77.39%, 85.47% and 25.60%, respectively. For female, the prevalence of inadequate intake of vitamin B₁, B₂ and niacin was 75.84%, 81.71% and 26.49%, respectively. Vitamin B₁ and B₂ are seriously deficient in both sexes in 18-64 year old adults. Better income or better education levels of both sexes have higher intake of vitamin B₂ and niacin than those with lower incomes or education. The intake of vitamin B₁, B₂ and niacin is inadequate among 18-64 years old in China. Improved nutritional status in China is needed by well-tailored strategies and policies.

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