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Factors affecting the deficiency of vitamin D among women, a review study

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Severe vitamin D deficiency causes osteoporosis among adults especially women. We aimed at investigating impact of various factors on the shortage of vitamin D as a review survey. Six electronic databases such as *Scopus*, *PubMed*, *GoogleScholar*, *Springer link*, *SID* and *Magiran* were searched to find associated articles published up to Feb 2017. Our key words for search were various combinations of women, shortage, vitamin D, vitamin D deficiency, and prevalence. Among more than 200 relevant articles, at least 70 articles were eligible. Reviewing various surveys showed that the most important predictors of severe vitamin D deficiency were age, air pollution, BMI, race, season, sex, sun exposure, and clothing. We also found that vitamin D deficiency is more common among aging women and odds of females for shortage of the vitamin D was higher than males (All significant ORs for sex of adults were >2), especially among menopausal and stay-at-home elderly women. More over aging women who use vitamin D supplementation are at lower risk of being included in the vitamin D deficiency group. According to the high prevalence of vitamin D deficiency among elderly women especially in Middle Eastern countries and the importance of osteoporosis in the health of the elderly population, it seems necessary to provide good conditions for improving lifestyle, distributing vitamin D supplements, proper way of exposure to sunray and enriching food products in the above-mentioned areas, especially in Arab countries, and in the winter.

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