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## National programme “Prevention of vitamin D deficiency in infants and children in the Russian Federation: Modern approaches to correction”

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**Objective:** To develop recommendations and schemes of medicamentation prevention and correction of vitamin D deficiency in children of early age in Russia.

**Methods:** During the “Rodnichok” study 1614 children under three years of age were examined from November 2013 till December 2016 in different regions of Russia. Vitamin D status was evaluated based on calcidiol level in serum.

**Results:** Vitamin D deficiency in autumn-spring period is observed in more than half of Russian children of the first year of life (52.8%). The most vulnerable to vitamin D deficit group is breastfed infants. Formula feeding without cholecalciferol medications supplementation does not satisfy children's need for vitamin D. Hypovitaminosis D should be prevented medicamentally in all children during the first year of life irrespectively of the type of feeding. Cholecalciferol medications supplementation raises level of vitamin D in children significantly and in most cases prevents deficit, but not necessarily leads to reaching 30 ng/ml. 25(OH)D serum level correlates strongly with cholecalciferol medications dosage, at the same time intake of vitamin D medications during the first year of life in dosage 1000-1500 IU/day necessarily raises level of vitamin D without risk of overdose.

**Conclusion:** The unidirectional nature and comparable efficacy in young children in all cities of the study (Arkhangelsk, Moscow, Kazan, Stavropol) were demonstrated, which allows to recommend the proposed scheme of hypovitaminosis D correction in Russia.

### Biography

The Honored Doctor of Russia, Head of the Speransky Department of Pediatrics of FSBEI FPE “Russian Medical Academy of Continuous Professional Education” MOH Russia, Honored Professor of the National Scientific and Practical Center of Children's Health, Chairman of the Thesis Council Д 208. 071.01 Pediatrics and Child Surgery, Member of the Executive Committee of the Union of Pediatricians of Russia, Full Member of ESPGHAN, EAACI, ERS, Editor-in-Chief of the “Concillium Medicum Pediatrics” and “Medical Council Pediatrics”, Chairman of the Association of Doctors on Assistance in Training of Pediatricians of Russia, Chairman of the Association of Doctors on Vitamin D Research.

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