**The Vitamin D Status among Children from1 to 5 years old in Ugrachandi Nala Village Development Committee of Nepal**

**Date: 2013**

**Background**

The prevalence of vitamin D deficiency and insufficiency is high worldwide and South Asia is not exception despite of the plenty of sunshine. Additionally, during recent years the role of vitamin D as a prohormone for the human health is reappraised. The recent scientific data bring up the number of extra skeletal effects of vitamin D. There is an evidence of association between vitamin D with the function of immune system. Moreover, recently growing number of studies have been shown association between vitamin D deficiency and acute low respiratory tract infections among pediatric group. Thereby all these data are lifted up the importance of identifying vitamin D status among children in Nepal.

**Methods**

This was a cross-sectional community based study conducted in Ugrachandi Nala Village Development Committee of Nepal. Data collection was done during October-December 2012. A total of 280 children from 1 to 5 years of old randomly selected from the target population. The level of 25(OH) D2 and 25(OH)D3 were measured in whole dried blood spots by using liquid chromatography- tandem mass spectrometry methods; the structured questionnaire was used for assessment of background variables and calcium intake.

**Results**

Hypovitaminosis D, defined as a 25(OH) D3 level less than 50nmol/l was identified in 91.1% of children. There was no association between level of 25(OH) D3 and gender, socio-economic indicators, sun exposure or nutritional status.

**Conclusions**

Large scale study representing different strata need to be conducted to further explore this problem.

**Keywords:** children; deficiency; Nepal; vitamin D status.