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Risk factors influencing vitamin D status of ethnic minority adults living in the UK

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Vitamin D deficiency has long been recognised as a cause of skeletal diseases such as osteomalacia and rickets. In recent years, concerns have also spread to a range of non-skeletal conditions. Hypovitaminosis D is a serious problem in the UK. Reduced sunshine exposure and limited dietary sources of vitamin D, coupled with other factors could lead to increased incidence of hypovitaminosis D among the UK population especially amongst ethnic minorities due to their eating habits and high skin pigmentation. The purpose of this study is to determine which ethnic minority groups are living in Manchester (latitude, 53°N) who are at greater risk of developing vitamin D deficiency and needs more awareness and effective recommendations related to diet and lifestyle in order to attain the adequate level of vitamin D. In this study, a questionnaire was used to determine diet and lifestyle factors that are associated with an increased risk of hypovitaminosis D. Two hundred and fifty three respondents completed the questionnaire. The estimated mean vitamin D intake by food frequency questionnaire was 2.26 µ/d for South Asian, followed by Arab (2.00 µ/d) while the lowest vitamin D intake was among Black people. The average of usual sun exposure was 0.25 hours/day for Arab, South Asian. Other risk factors for vitamin D deficiency included low use of supplements ($p>0.05$); being overweight or obese (64% Arab and 39% Black race); the percentage of smoking and alcohol intake were higher among Black participants than other (13.3% Arab, 45.5% Black race). This study shows that vitamin D intake (food and supplements) and time spent outdoors were low among all ethnic minority groups that may pose a threat to the development of vitamin D deficiency.

Biography

Mona S Almujaaydil is currently pursuing her PhD in Human Nutrition at Manchester Metropolitan University, Manchester, United Kingdom.

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