POSTER PRESENTATION

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Adequate vitamin D status and adiposity contribute to bone health in peripubertal nonobese children

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From 7th APPEs Biennial Scientific Meeting
Nusa Dua, Bali. 14-17 November 2012

The dietary reference intake (DRI) of vitamin D for Korean children was reduced from 400IU/day in 2005 to 200IU/day in 2010. We evaluated the risk factors for low vitamin D status and its relationships with bone health in peripubertal nonobese children living in Seoul or Gyeonggi-do. One hundred children (9.3 ± 1.9 years, 71 prepubertal, 45 boys) participated in the winter ($n = 38$, December through March) and summer (June through September). Bone mineral content (Z_BMC), fat mass (Z_FM), lean mass (Z_LM), and bone mineral density for the total body (Z_TB) and lumbar spine (Z_L1-4) were measured using dual-energy X-ray absorptiometry. Twenty-nine percent of children (47.4% in winter, 17.7% in summer) were vitamin D deficient (25-hydroxyvitamin D level of <20 ng/mL). In winter, low vitamin D intake ($P = 0.019$) and fewer daylight hours ($P = 0.015$) were associated with low 25-hydroxyvitamin D level. The 25-hydroxyvitamin D level correlated positively with Z_BMC ($P = 0.023$), Z_TB ($P = 0.018$), and Z_L1-4 ($P = 0.043$) independently of sex, puberty, Z_FM, Z_LM, physical activity level, and calcium intake. Z_FM correlated independently with Z_BMC ($P < 0.001$), Z_TB ($P = 0.037$), and Z_L1-4 ($P < 0.001$). In conclusion, almost half of peripubertal nonobese children were vitamin D deficient in winter. Considering the beneficial effects of adequate vitamin D status and adiposity on bone health, the current DRI of vitamin D should be upgraded to prevent vitamin D deficiency.

Published: 3 October 2013

Seoul National University Children's Hospital, Seoul, Korea

doi:10.1186/1687-9856-2013-S1-P160

Cite this article as: Lee et al.: Adequate vitamin D status and adiposity contribute to bone health in peripubertal nonobese children.

International Journal of Pediatric Endocrinology 2013 **2013**(Suppl 1):P160.

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