SCIENTIFIC INFORMATION STEROGYL

Nowdays, it is known that inhabitants of places with high sun exposure can present Vitamin D defiency. This is a result of people wearing clothes covering most of or the whole body, avoiding sun exposure, and not wearing sunblock.
These highlights the need for meassuring the plasmatic concentrations of vitamin D, even in people that leave in places with high sun exposure during the whole year.

VITAMIN *D* INSUFFICIENCY IN SOUTHERN ARIZONA

Jacobs ET, Alberts DS, Foote JA, Green SB, Hollis BW, Yu Z y Martínez ME.

Arizona Cancer Center, University of Arizona, Tucson, AZ, USA.

Antecedents and aim

Vitamin D deficiency or insufficiency has been observed among populations in the northern United States. However, data on the prevalence of vitamin D deficiency in areas of high sun exposure, such as Arizona, are limited.
The purpose of this study was to analyze serum 25-hydroxyvitamin D [25(OH)D] concentrations in residents of southern Arizona and to evaluate predictors of 25(OH)D in this population

Design

Cross-sectional analyses of serum from participants in a colorectal adenoma prevention study were conducted to determine rates of vitamin D deficiency. Participants were categorized into 4 groups on the basis of serum 25(OH)D concentrations: <10.0 ng/mL, > or =10.0 ng/mL and <20.0 ng/mL, > or =20.0 ng/mL and <30.0 ng/mL, and > or =30.0 ng/mL.

Results

The mean serum 25(OH)D concentration for the total population was 26.1 +/- 9.1 ng/mL. Of 637 participants, 22.3% had 25(OH)D concentrations >30 ng/mL, 25.4% had concentrations <20 ng/mL, and 2.0% had concentrations <10 ng/mL. Blacks (55.5%) and Hispanics (37.6%) were more likely to have deficient 25(OH)D concentrations (<20 ng/mL) than were non-Hispanic whites (22.7%). Sun exposure had a greater effect on 25(OH)D in whites than in blacks and Hispanics, whereas BMI appeared to be more important in the latter groups.

Conclusions

Despite residing in a region with high chronic sun exposure, adults in southern Arizona are commonly deficient in vitamin D deficiency, particularly blacks and Hispanics.

The American Journal of Clinical Nutrition 2008;87(3):608-613.

Full article available (in Spanish) at your request ***departamentomedico@spedrogcaillon.com***