

Vitamin A and protein - energy status of children receiving vitamin A supplementation

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Abstrak

ABSTRACT

The relationship between serum vitamin A level and protein-energy status of 61 children in Jakarta was studied. The children 1 - 6 years old either received vitamin A supplements at various times, or never received any vitamin A supplements at all.

There was a high prevalence of PEM among the sample and their energy and vitamin A consumption were low, though protein intake was adequate.

The serum vitamin A levels of PEM children who received vitamin A supplements tended to decline more rapidly with time after supplementation compared to their non-PEM counterparts.

A positive correlation, though weak, was also observed between serum vitamin A level and Wt/Age of the children.

It was thus concluded that the fast decline in serum vitamin A level of PEM children could predispose them to vitamin A deficiency despite vitamin A supplementation. It was also suggested that further investigation is needed on the relationship between Wt/age and serum vitamin A level, because if such a relationship is established, Wt/age could be a very useful index for identifying children who are "at risk" of developing vitamin A deficiency.