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Vitamin D levels in ethnic minority adolescents in primary care

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Introduction: This pilot study examined the distribution of low vitamin D levels among ethnic minority adolescents in primary care to elucidate the clinical needs of this diverse population.

Method: A cross-sectional study was conducted using a retrospective patient chart review. Participants were a consecutive sample of 119 ethnically diverse adolescents aged 12–18 years, attending a primary care clinic, who had a wellness examination in 2018 and documented vitamin D levels on the basis of previously collected blood work.

Results: Sixty-one percent of adolescents had low vitamin D levels. Vitamin D deficiency increased with age, independently of ethnicity or gender.

Discussion: A significant number of ethnically diverse adolescents presented with low vitamin D levels. A need exists to raise awareness among clinicians regarding social determinants of health and culturally sensitive dietary practices to improve vitamin D levels and prevent long-term complications, focusing on adolescent at-risk ethnic groups.

References

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Biography

Shainy B Varghese is a pediatric nurse practitioner and an associate professor of nursing at the University Of Houston, College Of Nursing. She got her Bachelor of Nursing and Midwifery from India, master's from the University of Texas, and earned her doctorate in nursing from the University of Texas Medical Branch Galveston. Varghese's research focuses on Telehealth, Vitamin D deficiency in children, and gaming addiction in children. She enjoys teaching research, pediatrics, and evidence-based practice. She recently got certified as a Global Nurse Consultant.

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