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Effect of vitamin A, zinc and multivitamin supplementation on the nutritional status and retinol serum values in school-age children

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Micronutrient deficiency, known as hidden hunger, represents the most common form of malnutrition in the world. The lack of deficiency of vitamin A, iron, zinc and folic acid contribute greatly to the diseases of the world, depriving the body of micronutrients essential for proper growth and development. The objective: to evaluate the effect of supplementation with vitamin A, zinc and vitamin A + zinc in schoolchildren, in the anthropometric nutritional status and serum values. Methodology: After informed consent, the students were grouped randomly into three (3) groups: the group supplemented with vitamin A (VA) (single dose: 100,000 IU, composed of 25 schoolchildren), the group supplemented with Zinc (Zn) by 26 School children who were given liquid zinc sulfate (dose: 12.5 mg) and the group supplemented with VA + Zn by 29 schoolchildren, who received Vitamin A (single dose: 100,000 IU) + Zinc (12.5 mg of zinc sulfate). Result: The students studied before and after the supplementation. The three groups showed an increase in the average values of weight, height and gains in weight and height after supplementation. However, these differences were not significant. In relation to the VA Group, the values of serum zinc showed a statistically significant loss after the intake of vitamin A supplement (DU). In this investigation,

a consumption of deficient adequacy in calories was observed in all the students studied, predominantly the consumption of flours, pastes and sugars. Observing an adequacy of low protein consumption in girls. Conclusion: The impoverishment of the Venezuelan population is one of the most difficult problems facing the country, negatively affecting the consumption of food, especially those of animal origin, which compromises the consumption of proteins of high biological value and micronutrients, generating a deficit nutritional.

Speaker Biography

Carmen Maria Carrero Gonzalez is a specialist in Clinical Nutrition with a PhD in Health Sciences. Universidad del Zulia Venezuela, directed for more than 20 years nutritional recovery units for malnourished children, has more than 30 research studies in child nutrition that have been cited, has been a national speaker (Colombia and International), is a member of the committee editorial of the magazine Nutrition Health, currently belongs to the research group of Nefrologia recognized worldwide and to the group of nursing care in the nutritional area. He is a research professor in Nutrition at Simon Bolivar University and advisor of the master's degree in Food and Nutrition Security of the University of Atlantico Barranquilla Colombia.

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