Abstract

To describe the magnitude and distribution of folate and vitamin B12 deficiency in Mexican children. Materials and methods. Folate and vitamin B12 serum concentrations were measured in a probabilistic sample of 2,099 children. Adjusted prevalence, mean concentrations and relevant associations were calculated based on series of logistic and linear regression models. Results. The overall prevalence of folate and vitamin B12 deficiency were 3.2% and 7.7%, respectively. The highest prevalence of folate was found in the 2-year-old (7.9%), and of vitamin B12 in the 1 year-old (9.1%) groups. Being a beneficiary of the fortified milk program Liconsa was protectively associated with serum folate (p=0.001) and daily Intake of milk with vitamin B12 (p=0.002) concentrations. Conclusions. We describe the magnitude of folate and vitamin B12 deficiencies in Mexican children. The deficiency of both vitamins in children under 2 years old is a moderate public health problem in Mexico.

Keywords

Vitamin B12 deficiency, folate deficiency, children, probabilistic surveys, Mexico.