

Poorer bone health seen in black children with fractures

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(HealthDay)—African-American children with forearm fractures are more likely to have vitamin D deficiency and lower bone mineral density than their peers without fractures, according to a study published online Aug. 27 in *Pediatrics*.

Leticia Manning Ryan, M.D., M.P.H., from Children's National Medical Center in Washington, D.C., and colleagues examined [bone mineral density](#) and prevalence of [vitamin D deficiency](#) in 76 5- to 9-year-old African-American children with forearm fractures and 74 controls without fractures. The association between bone mineral density and serum 25-hydroxyvitamin D levels and fracture status was examined.

The researchers found that case and control patients had no significant differences with respect to age, gender, [parental education](#) level, enrollment season, outdoor play time, height, or mean [dietary calcium](#) nutrient density, but cases were significantly more likely than control patients to be overweight (49.3 versus 31.4 percent; $P = 0.03$). Case patients had significantly lower whole body z scores for bone mineral density (0.62 ± 0.96 versus 0.98 ± 1.09 ; adjusted odds ratio, 0.38) and were significantly more likely to be vitamin D deficient (47.1 versus 40.8 percent; adjusted odds ratio, 3.46), compared to the controls.

"Because suboptimal childhood bone health also negatively impacts adult bone health, interventions to increase bone mineral density and correct vitamin D deficiency are indicated in this population to provide short-term and long-term benefits," the authors conclude.

More information: [Abstract](#)
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