

Severe vitamin D deficiencies in UK South Asian population puts their health at risk

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Twenty percent of the middle-aged UK South Asian population may have a very severe vitamin D deficiency, a new study in the *British Journal of Nutrition* reports. Such deficiency can lead to health problems

such as osteomalacia (softening of the bones) and other chronic diseases.

Vitamin D helps regulate the amount of calcium and phosphate in the body, which are needed to maintain bone health. Deficiencies of the [vitamin](#) has been linked to increased risks of developing hypertension, respiratory infections, [cardiovascular disease](#) and some cancers.

In the largest study of its kind, researchers from the University of Surrey, using data from the UK Biobank, investigated the vitamin D status of 6,433 South Asian people (Bangladeshi, Indian and Pakistani) aged 40-69 years old living in the UK. Although UK Biobank data cannot be used to formally estimate the true prevalence of vitamin D deficiency in a population it provides a snapshot of the situation.

Researchers found that 20 percent of the UK Biobank South Asians had a very severe deficiency (

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