

Vitamin a deficiency as a global public health threat: a concern in nutritional victimization

Opinion

Vitamin A deficiency is on the helm of great public health panic across the globe, especially in developing and poor countries. Vitamin A deficiency disease night blindness by name affects about 2.5million preschoolers and 9.8million pregnant women as corresponding to 0.9% and 7.8% of the population at risk of vitamin A deficiency diseases respectively and about one-third of the world preschoolers are estimated in vitamin A deficiency sufferers in South East Asia and in Africa.^{1,2}

The premier etiology to form vitamin A deficiency is prolonged vitamin A lacking diet consumption, resulting in failure to sustain the physiological requirement in infancy, childhood, adulthood, pregnancy, lactation and geriatric.^{3,4} There are different active and passive risk factors in this connection like food taboos, gender bias, genetic codes, poor socioeconomic condition, measles, respiratory infection, malnutrition, agricultural production, inadequate government policy have been endorsed in vitamin A deficiency causation⁵⁻⁹ and the vitamin A deficiency prevalence is diagnosed using clinical or biochemical parameters.¹ This condition can cause xerophthalmia, anemia and liable to lead infection and risk of growth retardation and death in severe condition.^{1,10,11}

It is a dilemma that xerophthalmia has not been controlled despite taking different measures in different countries in the world.^{12,13} It is high time to organize 1/n nutrition counseling¹⁴ across different topographic sites in the earth to resist nutritional vicitogenesis^{15,16} relied on vitamin A deficiency aiming to meet the true occurrence of malnutrition rebuking movement by 2020.^{17,18}

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Conflict of interest

Author declares that there is no conflict of interest.

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