**Prevalence of Vitamin D Deficiency in Children (6–18 years) Residing in Kullu and Kangra Districts of Himachal Pradesh, India**

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**Abstract**

**Objective**

To assess the prevalence of Vitamin D deficiency (VDD) and associated risk factors amongst children in the age group of 6–18 y residing at an altitude of 1000 mts and above.

**Methods**

A community based cross-sectional study was conducted in the year 2015–2016. Two districts (namely: Kangra and Kullu) of Himachal Pradesh state, India was selected for the present study. In each district thirty clusters/schools were identified using Population Proportionate to Size (PPS) sampling methodology. In the identified school, all the children in schools were enlisted. Twenty children per school were selected by using random number tables. A total of 1222 children (Kangra: 610; Kullu: 612) in the age group of 6–18 y were enrolled. The data on socio economic status, physical activity and sunlight exposure was collected. The blood samples were collected and serum 25-hydroxyvitamin D, intact parathyroid hormone, serum calcium, phosphorous, albumin and alkaline phosphate were assessed using standard procedures.

**Results**

Eighty one percent (Kangra) and 80.0% (Kullu) of school age children were found Vitamin D deficient as per serum 25(OH) D levels (less than 20 ng/ml).

**Conclusions**

A high prevalence of VDD was found in children residing in 2 districts located at high altitude regions of Himachal Pradesh, India.