

# Vitamin D deficiency in newborns is at risk of autism

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Senior author Dr Yuan-Lin Zheng said that vitamin D deficiency in newborns is significantly related to the risk of ASD and intellectual disabilities.



The researchers analyzed 27,940 newborns in China, where 310 children were diagnosed with ASD at age three, with a prevalence of 1.11%.

When 310 children with ASD were compared to 1,240 children with health control, the risk of ASD increased significantly at Vitamin D levels in postpartum children under the following 3 rates:

Children increased their risk of ASD by 260% when vitamin D levels were less than  $\frac{1}{4}$ , increased by 150 percent when vitamin D levels were less than  $\frac{1}{2}$  and increased by 90 percent when vitamin D levels were below  $\frac{1}{3}$ .

This study appears in the Journal of Bone and Mineral Research.

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