

Micronutrients Status in Saudi Arabia

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In the last three decades, Saudi Arabia witnessed rapid changes in health, education, social services, and agriculture. These changes had a profound impact on food consumption patterns, health and nutritional status, particularly on the micronutrients status of Saudis. We have reviewed the available literature on the micronutrients status in Saudi Arabia. The results reveal the need of formulated studies to determine the prevalence and causes of vitamin A deficiency and there are very few studies on the zinc status in the Kingdom. Data shows that iron deficiency anemia, vitamin D deficiency and iodine deficiency (in few areas) do exist in Saudi Arabia. Ameliorative measures are presented to combat this public health problem.