



# Dietary Vitamin D Intake and Muscle Mass in Older Women. Results from a Cross-Sectional Analysis of the Epidos Study

Submitted by Emmanuel Lemoine on Wed, 04/22/2015 - 16:47

Titre	Dietary Vitamin D Intake and Muscle Mass in Older Women. Results from a Cross-Sectional Analysis of the Epidos Study
Type de publication	Article de revue
Auteur	Dupuy, C. [1], Lauwers-Cances, V. [2], Van Kan, G. A [3], Gillette, S. [4], Schott, A. M [5], Beauchet, Olivier [6], Annweiler, Cédric [7], Vellas, B. [8], Rolland, Y. [9]
Type	Article scientifique dans une revue à comité de lecture
Année	2013
Langue	Anglais
Date	2013
Numéro	2
Pagination	119-124
Volume	17
Titre de la revue	Journal of Nutrition Health & Aging
ISSN	1279-7707
Mots-clés	25-hydroxyvitamin D [10], Calcium [11], controlled-trial [12], d deficiency [13], d supplementation [14], elderly-people [15], health [16], muscle mass [17], muscle strength [18], physical performance [19], Sarcopenia [20], strength [21], Vitamin D [22]
Résumé en anglais	<p>Objectives: Vitamin D intake may prevent physical performance decline through prevention of muscle mass loss. Our objective was to determine whether low dietary intakes were associated with low muscle mass (MM). Design and participants: Cross-sectional analysis of 1989 community-dwelling women (mean age 80.5 +/- 3.8years) from the EPIDemiologie de l'OSteoporose (EPIDOS) study were assessed at baseline. Measurements: Low intakes of vitamin D (&lt;70 mu g/week) were estimated from the weekly dietary vitamin D intakes (self-administered food frequency questionnaire). Low MM was defined according to the appendicular skeletal muscle mass index assessed using Dual Energy X-ray Absorptiometry, divided by square height of less than 5.45 kg/m(2). Usual gait speed defined physical performance. Age, sun exposure, co-morbidities, education level, living arrangements, recreational physical activity, dietary protein and calcium intakes, bone mineral density, handgrip strength, and body mass index were considered as potential confounders. Multivariate logistic regression analyses assessed the association between low vitamin D intakes and low MM. Results: Two-hundred and nine (10.5%) women with low MM were compared to 1,780 women with normal MM. In final model, obesity/overweight (Adjusted Odds Ratios, aOR=0.09; 95%CI [0.05-0.17]), malnutrition (aOR=3.90; 95%CI [2.74-5.54]) and low handgrip strength (aOR=2.33; 95%CI [1.44-3.77]; p&lt;0.001) were statistically associated with a low MM status. Conclusion: No association with low MM has been reported regarding low dietary intakes of vitamin D.</p>

URL de la notice <http://okina.univ-angers.fr/publications/ua10058> [23]

Titre abrégé J Nutr Health Aging

---

### Liens

- [1] [http://okina.univ-angers.fr/publications?f\[author\]=17534](http://okina.univ-angers.fr/publications?f[author]=17534)
- [2] [http://okina.univ-angers.fr/publications?f\[author\]=17761](http://okina.univ-angers.fr/publications?f[author]=17761)
- [3] [http://okina.univ-angers.fr/publications?f\[author\]=17762](http://okina.univ-angers.fr/publications?f[author]=17762)
- [4] [http://okina.univ-angers.fr/publications?f\[author\]=17763](http://okina.univ-angers.fr/publications?f[author]=17763)
- [5] [http://okina.univ-angers.fr/publications?f\[author\]=17536](http://okina.univ-angers.fr/publications?f[author]=17536)
- [6] <http://okina.univ-angers.fr/o.beauchet/publications>
- [7] <http://okina.univ-angers.fr/cedric.annweiler/publications>
- [8] [http://okina.univ-angers.fr/publications?f\[author\]=17537](http://okina.univ-angers.fr/publications?f[author]=17537)
- [9] [http://okina.univ-angers.fr/publications?f\[author\]=17538](http://okina.univ-angers.fr/publications?f[author]=17538)
- [10] [http://okina.univ-angers.fr/publications?f\[keyword\]=7314](http://okina.univ-angers.fr/publications?f[keyword]=7314)
- [11] [http://okina.univ-angers.fr/publications?f\[keyword\]=231](http://okina.univ-angers.fr/publications?f[keyword]=231)
- [12] [http://okina.univ-angers.fr/publications?f\[keyword\]=15690](http://okina.univ-angers.fr/publications?f[keyword]=15690)
- [13] [http://okina.univ-angers.fr/publications?f\[keyword\]=15409](http://okina.univ-angers.fr/publications?f[keyword]=15409)
- [14] [http://okina.univ-angers.fr/publications?f\[keyword\]=15478](http://okina.univ-angers.fr/publications?f[keyword]=15478)
- [15] [http://okina.univ-angers.fr/publications?f\[keyword\]=15461](http://okina.univ-angers.fr/publications?f[keyword]=15461)
- [16] [http://okina.univ-angers.fr/publications?f\[keyword\]=1859](http://okina.univ-angers.fr/publications?f[keyword]=1859)
- [17] [http://okina.univ-angers.fr/publications?f\[keyword\]=15688](http://okina.univ-angers.fr/publications?f[keyword]=15688)
- [18] [http://okina.univ-angers.fr/publications?f\[keyword\]=15687](http://okina.univ-angers.fr/publications?f[keyword]=15687)
- [19] [http://okina.univ-angers.fr/publications?f\[keyword\]=15689](http://okina.univ-angers.fr/publications?f[keyword]=15689)
- [20] [http://okina.univ-angers.fr/publications?f\[keyword\]=1693](http://okina.univ-angers.fr/publications?f[keyword]=1693)
- [21] [http://okina.univ-angers.fr/publications?f\[keyword\]=15691](http://okina.univ-angers.fr/publications?f[keyword]=15691)
- [22] [http://okina.univ-angers.fr/publications?f\[keyword\]=5969](http://okina.univ-angers.fr/publications?f[keyword]=5969)
- [23] <http://okina.univ-angers.fr/publications/ua10058>

Publié sur *Okina* (<http://okina.univ-angers.fr>)