

Table 1 Mean serum folate and vitamin B<sub>12</sub> levels and prevalence of deficiency in all participants by age group

Age (years)	No.	Folate (ng/mL) Mean (SD)	Vitamin B <sub>12</sub> (pg/mL) Mean (SD)	Low folate level						Low vitamin B <sub>12</sub> level					
				< 1.5 ng/mL		< 3.0 ng/mL		< 5.0 ng/mL		< 160 pg/mL		< 200 pg/mL		< 250 pg/mL	
				No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
20–29	199	4.63 (2.3)	301.3 (192.6)	0	0.0	40	20.1	134	67.3	40	20.1	65	32.7	95	47.7
30–39	209	4.23 (1.7)	251.0 (147.1)	4	1.9	37	17.7	153	73.2	57	27.3	91	43.5	125	59.8
40–49	197	4.34 (1.9)	242.7 (132.4)	2	1.0	39	19.8	137	69.5	50	25.4	77	39.1	119	60.4
50–59	199	4.74 (2.5)	267.6 (184.9)	4	2.0	36	18.1	132	66.3	51	25.6	73	36.7	109	54.8
≥ 60	180	5.19 (3.5)	265.9 (186.9)	0	0.0	30	16.7	106	58.8	56	31.1	71	39.4	101	56.1
Total	984	4.61 (2.4)	265.6 (170.9)	10	1.0	182	18.5	662	67.3	254	25.8	377	38.3	549	55.8