

Table 3 Mean serum folate and vitamin B₁₂ levels and prevalence of deficiency in women by age group

Age (years)	No.	Folate (ng/mL) Mean (SD)	Vitamin B ₁₂ (pg/mL) Mean (SD)	Low folate level						Low vitamin B ₁₂ level					
				< 1.5 ng/mL		< 3.0 ng/mL		< 5 ng/mL		< 160 pg/mL		< 200 pg/mL		< 250 pg/mL	
				No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
20–29	101	5.16 (2.4)	336.9 (209.0)	0	0.0	15	14.9	55	54.5	18	17.8	27	26.7	37	36.6
30–39	98	4.49 (1.9)	265.9 (149.7)	2	2.0	15	15.3	66	67.3	26	26.5	38	38.8	55	56.1
40–49	91	4.87 (2.2)	263.5 (148.3)	0	0.0	15	16.5	51	56.0	18	19.8	35	38.5	51	56.0
50–59	91	5.65 (3.1)	299.3 (210.1)	0	0.0	10	11.0	48	52.7	20	22.0	27	29.7	43	47.3
≥ 60	96	5.88 (2.9)	254.6 (164.1)	0	0.0	15	15.6	45	46.9	30	31.3	36	37.5	51	53.1
Total	477	5.21 (2.9)	284.6 (180.5)	2	0.4	70	14.7	265	55.6	112	23.5	163	34.2	237	49.7