

## A STUDY OF THE RIBOFLAVIN AND PYRIDOXIN STATUS OF THE ELDERLY

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The elderly are a group of people within our community who are at risk of vitamin deficiencies. As part of a nutritional assessment of the independent elderly person in the Geelong region, the biochemical and dietary status of pyridoxine and riboflavin was determined.

The population was sampled by a two stage cluster sample technique, which we believe provided a population of elderly people representative of the Geelong urban region.

Biochemically, the vitamin status of these people was determined on red blood cells using erythrocyte glutathione reductase and aspartate aminotransferase assays developed by the World Health Organisation, (1976).

Dietary assessment was made by a 24 hour recall and food frequency pattern Burke (1947).

The results of the biochemical assessment of pyridoxine and riboflavin status are summarised in table 1, which indicates that while well nourished with respect to pyridoxine, some of the elderly, especially the males, showed poor riboflavin status.

TABLE 1. Biochemical assessment of riboflavin and pyridoxine status of 20 elderly subjects

Parameter	Males	Females	Reference Range
E.G.R. activity coefficient	1.43 ± 0.41	1.23 ± 0.11	≤1.20
E.A.S.T. activity coefficient	1.13 ± 0.17	1.08 ± 0.10	≤1.50

Results expressed as mean ± S.D.

World Health Organisation Assay (1976). Unpublished. Personal communication from Professor M. H. Briggs.

BURKE, B.S. (1947). Journal of the American Dietetic Association. 23 pp 1041-1046.

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