

The Study of Vitamins A , C , E Supplementation and Nutrition Education on Blood Lipids Level in the Villages of Soongnern District in Nakorn Ratchsima Province.

Dusanee Suttapreyasri*

Nilnet Weerasombat and Tassanee Silawan

Abstract

The objective of this study was to investigate the effect of vitamin A , C ,E supplementation and nutrition education on the changes of blood lipids level.

Two-stage simple random sampling of Soongnern District was carried out and the healthy participants were divided into 4 groups , totally 109 subjects.

The pre test showed no significant differences on age, body mass index, blood pressure, total cholesterol, triglyceride, low density lipoprotein-cholesterol and high density lipoprotein-cholesterol between groups, and the post test also revealed the same results. The results of TC, LDL – C and HDL – C within groups showed significant decrease , although within normal ranges , except for LDL-C which decreased to subnormal ranges. Vitamins A , C and E supplementation to those whose blood lipids were within normal or subnormal ranges need longer study.

Key word : Vitamins A , C , E; TC , TG , LDL-C , HDL-C ; Soongnern.

*Faculty of Public Health , Mahidol University