

“PREVALENCE AND FACTORS ASSOCIATED WITH ANAEMIA IN CHILDREN AGED 6-12 MONTHS”

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ABSTRACT

Introduction

Anemia is a nutritional problem of global importance. Anemia during infancy can lead to severe cognitive deficits during the period of iron deficiency and also poor growth and school performance later in life even after its treatment.

Objective

To estimate the prevalence of anemia and to identify its associated factors in children aged 6-12 months.

Methods

This is a hospital-based observational clinical study conducted in KIMS hospital, located in Bangalore, Karnataka in period of November 2015- August 2016. The study was designed to include anemic children aged 6-12 months of age admitted to paediatric ward. A total of 120 children were included in the study. Detailed history including medical and dietary was taken.

Results

A total of 120 children were recruited into the study. The overall prevalence of mild, moderate and severe anemia in children aged 6 to 12 months was found to be 42.5%, 52.5% and 5% respectively. Factors that were associated with anemia were gestational age, birthweight, gender, exclusive breastfeeding till 6 months, introduction to cow's milk, iron supplementation status, socio economic status. Children with a long duration of exclusive breastfeeding, low socio economic status, low iron intake, introduction of cow's milk were more likely to be anemic.

Conclusions

Nutritional anemia is a big public health problem particularly among pre-school children. Anemia is associated with factors reflecting poor socioeconomic and educational status, poor-quality diet among children. Measures like iron supplementation through drugs or fortification of food and dietary counselling of parents will help in the prevention and control of anemia.

KEYWORDS: Anemia, Prevalence, Factors, Nutritional, Children Aged 6 to 12 Months & Exclusive Breastfeeding

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