

Prevention of Anemia

1. Include iron rich food in your daily diet
2. Consume one iron tablet weekly
3. Consume deworming medication once in 6 months.

Balamurtham (Picture below left) : A government approved health supplement. The weaning food is a preparation of wheat, chana dal, milk powder, oil and sugar. It is fortified and thus provides 50% of iron, calcium, vitamins and other RDA. It helps to reduce malnutrition and anemia and is therefore used as a part of supervised feeding.



Towards a new dawn

Ministry of Women & Child Development
Government of India



Roko Cancer Charitable Trust

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What you
need to know
about
Malnutrition
&
Anemia

detect
&
eliminate

What is Malnutrition ?

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients.



Types of Malnutrition:

- (A) **Undernutrition** : This includes stunting (low height for age), wasting (low weight for height), underweight (low weight for age).
- (B) **Overnutrition** : This includes overweight, obesity and diet-related NCDs.

Consequences of Undernutrition

Short term adverse effects :

Include recurring illness, weakness, delayed physical mental and mental development, irritability, poor appetite, low weight for age.

Long term adverse effects :

Stunting of height for age, poor learning ability, poor performance at school and poor general health.



Detection of Undernutrition

- (A) Growth Monitoring Chart – Plotting the Weight and Height on the Growth Monitoring Chart
- (B) Screening of Acute Malnutrition using MUAC Tape

Prevention of Undernutrition



Timely initiation of Breastfeeding - within one hour of birth

This helps to prevent neonatal and infant mortality and morbidity.

Exclusive Breastfeeding during the first six months of life.

Mother's milk contains all the nutrients needed by the infant for optimum growth and development. Even water is not required as mother's milk has adequate water.



Timely introduction of complementary foods after six months along with continued breast-feeding for two years or beyond.

Timely and Complete Immunisation, Iron, Folic acid and Vitamin A supplementation with Deworming



It helps to protect the child against various preventable diseases and to maintain good eyesight.

Frequent and appropriate feeding for children during and after illnesses,

including Oral Re-hydration with Zinc supplementation during Diarrhoea.

- Frequent small nutrient dense meals should be given
- Breastfeeding should be continued and given more frequently
- The intake of fluids should be increased

Improved food and nutrient intake for adolescent girls, particularly to prevent Anaemia.

Proper and adequate diet, rich in iron, folic acid and other Vitamins & minerals.

The prevention of early marriage and delay in age at first pregnancy, are essential for good health of adolescent girls.

Improved care and nutrient intake, including iron, during pregnancy and lactation can help in preventing low birth weight

Proper health care, during and after pregnancy, includes:

- At least three antenatal checkups
- Taking 1 IFA tablet daily for 100 days
- Two Tetanus Toxoid injections
- Institutional delivery and post-natal checkup.

What is Anemia?

Anemia is a condition in which the number of red blood cells or their oxygen-carrying capacity is insufficient to meet physiologic needs, which vary by age, sex, altitude, smoking, and pregnancy status.



Iron deficiency is thought to be the most common cause of anemia globally, although other conditions, such as folate, vitamin B12 and vitamin A deficiencies, chronic inflammation, parasitic infections, and inherited disorders can all cause anemia.

Consequences of Anemia

- ◆ Decreased memory, impaired learning and concentration
- ◆ Impaired immune function
- ◆ Decreased work productivity
- ◆ Fatigue
- ◆ Adverse pregnancy outcomes:
 - increased risk of low birth weight
 - increased risk of prematurity
 - increased risk of maternal morbidity
- ◆ Infant motor and mental function delay
- ◆ Increased risk of transfusion and associated outcomes

Symptoms of Anemia

1. Loss of appetite/ fatigue/ shortness of breath
2. Pallor on skin, nails and lower conjunctiva of the eyes
3. Swelling in legs