

Prevalence of anaemia among rural pre-school children in India

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Micronutrient deficiencies (MND) of iron, vitamin 'A', and iodine are the major public health nutritional problems in India. Similarly, Anaemia continues to be a severe public health nutritional problem among pre-school children in India, even after the National Nutritional Anaemia Prophylaxis Programme has been in operation for more than three decades. A community based cross-sectional study was carried by National Nutrition Monitoring Bureau (NNMB) with the objective to assess the prevalence of anaemia among 3,291 rural pre-school (1-5-years) children in India. Information of socio-demographic particulars was obtained and the finger prick blood samples were collected for the estimation of haemoglobin levels by cyanmethemoglobin method. The mean haemoglobin level among pre-school children was 10.2 g/dL (CI: 10.06-10.24) and No gender differentials were observed in the mean hemoglobin levels among pre-school children. The mean haemoglobin levels were significantly ($p < 0.001$) lower (9.89; CI: 9.77-10.0) in 1-3 year-age group compared to 4-5-year- age group (10.43 g/dL; CI: 10.33-10.52). The prevalence of anaemia was 66.9 % (CI: 65.3-68.5) and it was ranged from a low 33.7% (CI: 28.8-38.4) in the state of Kerala to a high 92.4% (CI: 89.8-95.0) in the state of Madhya Pradesh. Similarly, the prevalence was significantly ($p < 0.001$) higher (76.5% with CI: 68.1-84.9) among 1-3-year children compared to 53.6% in 4-5-year- children. Anaemia was a severe public health nutritional problem ($\geq 40\%$) among rural pre-school children in India. Therefore, an appropriate nutritional intervention measures needs to be strengthened and the community should be encouraged to diversify their diets by consuming iron rich foods.

Biography

N. Arlappa is a Assistant Director/ Scientist 'D' at National Institute of Nutrition. He has done his MBBS from Osmania University and completed MD from NTR Health University. He has till now 15 years of experience. He has got 3 awards for best scientific paper presentation. Till now he has published 26 papers. And have presented 17 papers to his credit.

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