



National Anemia Eradication Programme

आपके बच्चे की
पढ़ाई में कमजोरी,
खून की कमी से तो नहीं?

Symptoms of Anemia

- Excessive tiredness, exhaustion and lack of energy
- Feeling of breathlessness after a normal amount of exercise
- Pale and cold skin
- Loss of consciousness or fainting may also occur



Anemia: Global Scenario

- WHO data base, 2010 report suggests that Anemia affects 2 billion population globally
- World wide anaemia prevalence 25.4% (5-14 years)**
- South East Asia anaemia prevalence 63% (5-14 years)**
- According to the Lancet Medical Journal 2011 report, a quarter of the world's population is suffering from anaemia. Of this, 47% are children younger than five years.
- One of the most striking facts which this data revealed is that India is ahead of countries like Bangladesh, Pakistan, Nepal, Sri Lanka, and other South-East Asian countries, in terms of anaemia prevalence

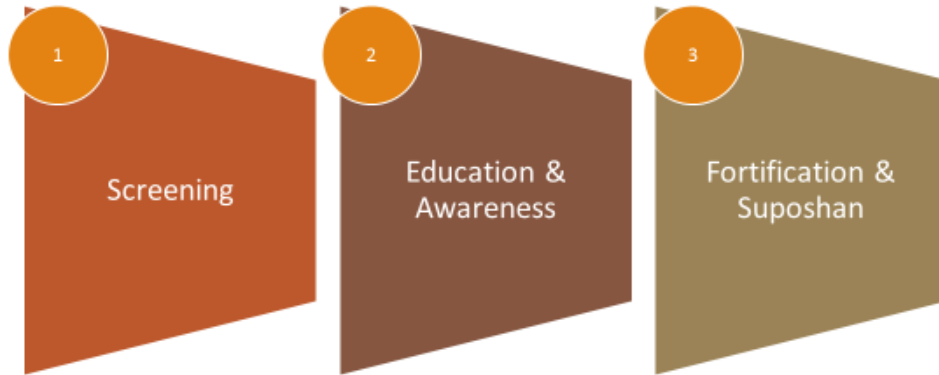
Anemia: Indian Scenario

- National Family Health Survey reveals the prevalence of anemia to be 70 - 80% in children, iron deficiency being the most common reason.
- According to a report Children from any Social and income background can be anemic.

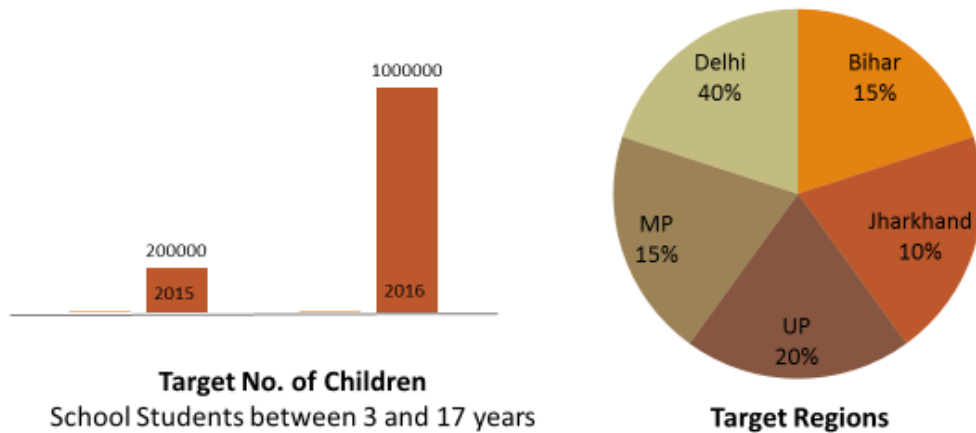
Rate of Anaemia: Indian Scenario

- Pregnant Women 50-59%
- Under Five - 70-79%
- School age children- 60%
- Adolescent - 56%

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1 Screening





Significance of Screening

1 Anemia is very common problem in children in India. **Over 70% children have anemia.**



New-Born

1. Low-birth Weight
2. High mortality risk
3. Higher infection risk
4. Higher anemia risk

3 **99% parents are not aware that their children are anemic.**

Mother

1. Preterm Delivery
2. High mortality risk
3. Higher infection risk
4. Post-partum depression

In girls, anemia, if not reversed, even enters into pregnancy.



Children

1. stunted mental and physical development
2. early tiredness, weakness and dizziness (sometimes even fainting)
3. poor school attendance (reduced immunity, increased illness)
4. poor school performance (reduced alertness, concentration, learning ability)



4 **Screening is the first step towards reversal.**



Screening Method

Parameters

Approach

Lab Visit

Pain Quotient

Time

Ours

Proactive

None

Very mild

1 min

2

Education

Urban children, too, hit by micronutrient deficiency

Over 50% Of 'Healthy' Children Have Sub-Clinical & Biochemical Deficiencies

By Rachel Winkler

Researcher Dr. Aron Taylor (right), a 22-year-old boy enrolled in Class 10, belongs to an affluent family that he is used to eating almost nothing but fruits and vegetables (left) from only 10 days, he is feeling fatigue and weak and is not performing well in school. Finally, the doctor could not give the reason. Later, they found that he had several micronutrient deficiencies.

It is not surprising to know that even children from affluent families suffer from micronutrient deficiency.

Dr Taylor's case is not an isolated. Doctors see more trends indicate that a majority of children are micronutrient deficient. Clinically, this is evident in low school performance, low energy, and low weight gain. In some cases, it has been linked to low iron levels, which is a common deficiency in a private hospital in Kerala at Kerala.

Iron deficiency is one of the most common micronutrient deficiencies in children. It is caused by low iron intake, poor iron absorption, or increased iron loss. Iron deficiency can lead to anemia, which is a condition where the body does not have enough red blood cells to carry oxygen to the organs. This can lead to fatigue, weakness, and other symptoms.



Several children from affluent families suffer from micronutrient deficiency.

BIG WORRY

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Look beyond proteins and carbs



City kids susceptible to 'hidden hunger'

By Rachel Winkler

Micronutrient deficiency is clinically evident in thousands of children, resulting in poor school scores, but it is often overlooked. 'Hidden hunger' is the term used to describe this condition. It is caused by a lack of essential vitamins and minerals in the diet. This deficiency can lead to various health problems, including stunted growth and weakened immunity.

Antecedents of hunger In this case, micronutrient deficiency cannot be attributed to affluence or availability of food. One of the reasons may be that the children eat a limited portion of variety of food items, even referred to as 'junk eating'. In addition to this, factors like frequent childhood infections may further restrict nutrient intake. The doctor's advice is to eat a variety of fruits and vegetables, and to avoid junk food.

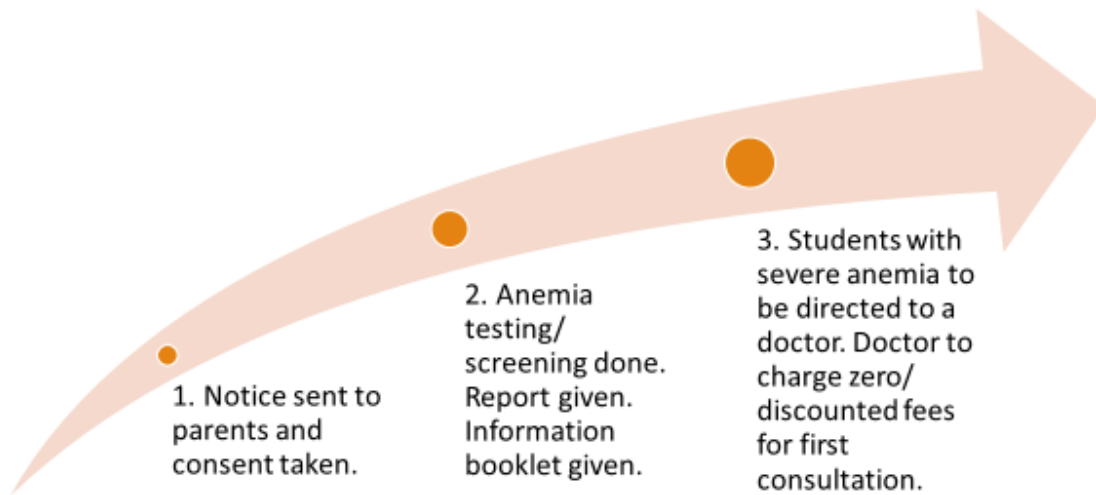
Micronutrient deficiency linked to weak students



Researcher Dr. Aron Taylor (right), a 22-year-old boy enrolled in Class 10, belongs to an affluent family that he is used to eating almost nothing but fruits and vegetables (left) from only 10 days, he is feeling fatigue and weak and is not performing well in school. Finally, the doctor could not give the reason. Later, they found that he had several micronutrient deficiencies.

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Process



Benefit

School	Students & Parents	HF + ICHA + IMA
1. Appreciation and applause for the initiative from the stakeholders.	1. Test at subsidized cost, zero inconvenience	1. One step closer towards the objective of National eradication of Anemia with every single test done
2. Overall Improved performance.	2. Better development of Student.	
3. Overall Improved attendance.	3. Improved performance of Student.	
4. Certificate of Participation	4. Better immunity, and less sickness	