

Iron Deficiency Anemia in Pregnancy

Iron deficiency anemia (IDA) is widely prevalent amongst mothers and children particularly among pregnant mothers. The multi-centric study conducted by ICMR (1989) had reported the prevalence of IDA in the states of Andhra Pradesh, Assam, Bihar, Gujarat, Haryana, Himachal Pradesh, Jammu and Kashmir, Rajasthan, Tamil Nadu, Uttar Pradesh and West Bengal). No data has been reported in recent years on the prevalence of IDA amongst pregnant mothers from the National Capital Territory of Delhi.

In a study conducted in 2 urban slum communities about 10 km from All India Institute of Medical Sciences, New Delhi during 1994-95, we registered 85 pregnant mothers in the 2nd trimester of pregnancy. The pregnant mothers belonged to low socio-economic group (2). Data on dietary intake was obtained by 24 hour recall method by interviewing the pregnant mother. The raw amounts of food used for cooking, the total volume of foods cooked in the family and the volume consumed by the indexed subject was enquired by showing the standard utensils. Raw amounts consumed by the pregnant mother were calculated from all the above information(3). Iron intake was calculated from food composition tables(4).

The anemia status was assessed by estimation of Hb using the cyanmethemoglobin method(5). The mean iron intake was 12.4 ± 9.1 mg/day against the recommended daily dietary intake of 30 mg/ day(3). Ninety three per cent of pregnant mothers were anemic. Amongst pregnant mothers, the prevalence of severe anemia was 13% (<7 g/dl), moderate anemia 35% (7-8.9 g/dl) and mild anemia 44% (9-10.9 g/dl). Only 6% of the

pregnant mothers were having normal Hb levels (>11 g/dl).

The present study revealed that the possible cause of IDA was low dietary intake of iron as earlier reported in similar studies conducted in other states(6-8).

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