

Red alert : 90% women, children are anaemic

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"Anaemia Free India" Campaign From June 1

Following is the link to the article :

<http://timesofindia.indiatimes.com/articleshow/1128517.cms>

NEW DELHI: Have you been feeling exhausted and lethargic these days? Go, get your haemoglobin level checked. According to data available with the Nutrition Foundation of India, nearly 90% of adolescent girls, women and children in the country suffer from anaemia.

The data has been obtained from a District Level Health Survey (DLHS)- Reproductive and Child Health (RCH) conducted by the Union health ministry and the department of women and child development in 2002-2003. In order to eliminate the condition, the Indian Medical Association (IMA) will launch a campaign for an 'Anaemia Free India' on June 1. It will be implemented through all the IMA branches in the country.

"Even normal-looking people are anaemic. In a country where 55% of the population is less than 25 years of age, anaemia will result in slow progress, cause irritability and even bring down productivity levels," said IMA honorary secretary general Dr Vinay Aggarwal. Anaemia, in fact, is one of the most neglected signs in clinical investigations. "If ignored, it can have long-lasting and varied effects. A newborn baby can be irritable, refuse feeding, have seizures and jaundice too," said Dr Sanjeev Bagai, director and head of department of paediatrics, Rockland Hospital.

In children, anaemia can cause an IQ deficit of 5-10 points and hamper growth and language development. In adolescents, it leads to a fall in academic performance with dipping memory, attention and concentration levels. Physical exhaustion and susceptibility to infection are other effects. Almost 20% of maternal deaths in the country are due to anaemia and it's a contributory factor in another 20%. Nearly 1 lakh women die each year due to complications during pregnancy and childbirth.
