



NUTRITIONAL SURVEY ON PREVALENCE OF IRON DEFICIENCY

ANEMIA IN ADOLESCENTS GIRLS

INTRODUCTION

Iron deficiency anemia means the blood has smaller blood cells than in normal. Iron is needed to make haemoglobin, the part of red blood cells that carries oxygen in the body. Iron deficiency occurs when not enough iron is included in the diet to make amount of haemoglobin to prevent anemia. In adolescents as the period between age of 10 to 19 years. Increased iron needs of expanding red cell mass and myoglobin in newly gained muscle tissue, adolescents girls require upto 15 % more iron to compensate for menstrual blood losses. Iron deficiency anemia is most common type of anemia. It occurs when body does not have enough amount of iron body needs to make haemoglobin. Insufficient iron intake, poor gastrointestinal absorption, occult blood loss.

OBJECTIVE

To know the prevalence of iron deficiency anemia in adolescents girls belonging to 12-18 years of age.

Know themselves along the iron deficiency anemia. And some iron rich foods.

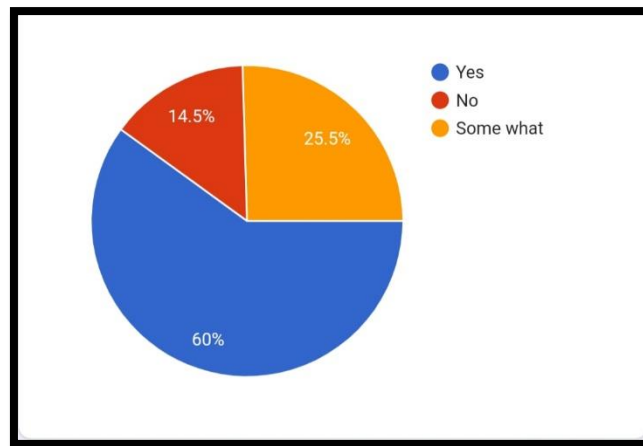
METHODOLOGY

Cross sectional survey was conducted among 50 individuals of adolescent girls belonging to the age group of 12-18 years. The questionnaire was formulated and the survey was conducted over online made with the aid of google forms. (<https://forms.gle/wgNcGC3pqCZSDueX7>)

RESULTS

Then online survey was done with adolescents girl around 12-18 years age group. Which was answered by 55 adolescents girls. Out of 50 adolescents girl , 90.9 % of individual belonging to the age 15-18 years, remaining 9% belonging to the age 12-16 years. 14.5% of girls does not know about iron deficiency anemia ,25.5% girls some what know about anemia and 60% girls know about anemia.

Graph 1 : *About iron deficiency anemia*

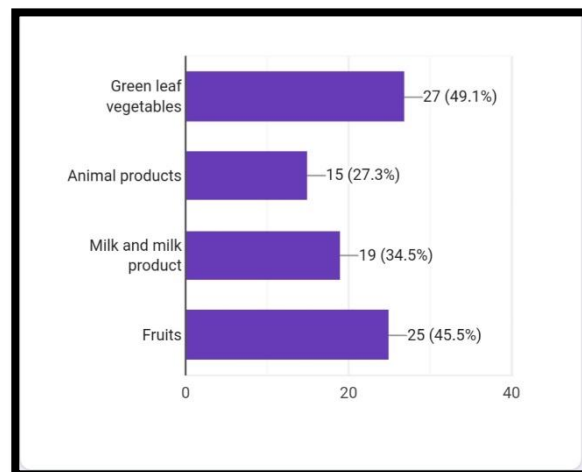


On asking about questions how anemia is caused 58.2% girls know how anemia is caused 41.8% girls doesn't know how anemia is caused.

On asking about awareness of anemia patient in surrounding. 63.6% does not know about anemia patient in their surrounding. 36.4 % know about anemia patient. Only few girls know about anemia patient in their surrounding.

On asking about the importance of iron deficiency in human body 47.3% girls know about importance in human body, 38.2% something know about anemia, remaining 14.5% girls does not know about importance of iron deficiency in human body.

On asking about supplements 81.8% girls doesn't taking any iron supplements, reaming 18.2% taking iron supplements.

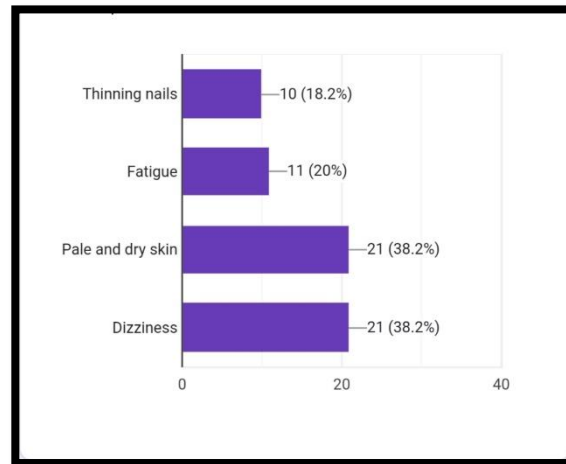


Graph 2 *About iron rich foods*

On asking about iron rich foods 76.4% girls know about iron rich foods remaining 23 girls does not know about iron rich foods. Some of iron rich food like green leaf vegetables taking 27(49.1%), animal products taking 15(27.3%), milk and milk product 19(34.5%), and fruits 25(45.5%). Girls taking these iron rich foods.

78.2% girls doesn't have any mensuration issues and remaining 21.8% have mensuration issues during their mensuration.

Graph 3 *Symptoms occurring during periods*



On asking about symptoms during iron deficiency anemia 18.2% of adolescents girls answered Thinning of nails, 20% of fatigue, 38.2% of pale and dry skin, and 38.2% of Dizziness.

DISCUSSION

Prevalence and factors associated with anemia in adolescents girls aged 12-18 years. Anemia is major health problem among adolescents especially girls. The result of this study shows that the factors such as age, frequency intake of green leafy vegetables fruits and menstrual discharge are factors that contributing prevalence of anemia. Most common cause of anemia world wide is iron deficiency which result in microcytic and hypochromic red cell on peripheral smear. Several cause of iron deficiency based on age, gender, and socioeconomic status.

CONCLUSION

Nutritional survey on prevalence of iron deficiency anemia in adolescents girls was done with 55 individual. From this survey we got to know that, majority of girls had know about iron deficiency. Anemia is major health problems among adolescents especially girls because lack of proper information regarding dietary. Which can start at different age group and symptoms is not same for all age group.

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