



Causes of High Burden of Anemia

Low Iron Stores	Dietary	Iron Loss	Maternal Anemia
<ul style="list-style-type: none">• During pregnancy in anemic mothers	<ul style="list-style-type: none">• Inappropriate IYCF esp. Complementary Feeding Practices	<ul style="list-style-type: none">• Due to parasitic load (malaria, intestinal worms)	<ul style="list-style-type: none">• Increased iron requirement due to tissue, blood formation and energy requirement during pregnancy
<ul style="list-style-type: none">• Poor iron stores from infancy, childhood deficiencies and adolescent Anemia	<ul style="list-style-type: none">• Excessive consumption of 'Iron Inhibitors' (tea, coffee, calcium-rich foods) and low intake of 'Iron Enhancers' (Vitamin C etc.)• Low bioavailability of dietary iron• 50% of the population is consuming < 50% RDA	<ul style="list-style-type: none">• Poor environmental sanitation, unsafe drinking water and inadequate personal hygiene	<ul style="list-style-type: none">• Iron loss from post-partum hemorrhage• Teenage pregnancy• Repeated pregnancies with less than 2 years interval