

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:5080
ANSWERED ON:24.04.2015
ADOLESCENT ANAEMIA
Nayak Shri B.V.

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the adolescent anaemia is fast overtaking the country;
- (b) if so, the details thereof along with the reasons therefor;
- (c) whether the Government has launched proposes to launch any programmes to address this issue, if so, the details thereof; and
- (d) whether the Govt, has made any assessment of the severity of the said problem especially in the rural areas of the country and, if so, the details and outcome thereof?

Answer

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI JAGAT PRAKASH NADDA)

(a): There is prevalence of anaemia amongst adolescents , but there is no National level trend data confirming the rising incidence of adolescent anaemia.

(b): As per National Family Health Survey -3 (NFHS-3) carried out in 2005-06, the prevalence of anaemia amongst adolescents girls aged 15-19 years is 55.8% .

Details are attached as Annexure A.

State wise data of prevalence of anaemia is attached as Annexure B.

The State wise reasons for anaemia are not captured at the National Level. However, the common causes of anaemia during adolescence are as follows:

Increased nutritional needs: Adolescents gain up to 50% of their adult weight, more than 20% of their adult height, and 50% of their adult skeletal/bone mass during this period. Hence proportionately their requirement of iron goes up , but is not met by their diet Resulting in anaemia.

Increased loss of Iron: Worm infestation in both boys and girls and monthly menstrual blood loss in adolescent girls leads to an increased loss of iron which is not covered by an iron rich diet leading to anaemia. Early marriage of adolescent girls and child bearing at early age also contribute to development of anaemia.

Decreased iron intake: National Nutrition Monitoring Bureau (NNMB) Report of 2000 indicated that the diets of 10-17 years old girls and boys provide much lower level of iron and folic acid. Around 60 percent adolescent girls and three fourths of adolescent boys consume less than 50 percent Recommended Daily Allowance of iron and folic acid. Besides this ,lack of adequate knowledge regarding, nutritious diet and wrong cooking practices also contribute to anaemia in this age group.

(c): To reduce the prevalence of anaemia amongst the adolescent age group (10-19 years), the Government of India has launched the Weekly Iron and Folic Acid Supplementation Programme (WIFS) which covers Adolescent girls and boys enrolled in government/ government aided /municipal schools from 6th to 12th classes as well as Adolescent Girls who are not in school.

Following are the key components of this programme :

Weekly Administration! of IGOmg Iron and 500 pg Folic Acid

Screening for moderate/severe anaemia and appropriate referral.

Biannual de-worming with 400mg Albendazole

Information and counseling for improving dietary intake and prevention of worm infestation

(d): State wise data on prevalence of anaemia is at Annexure B. Reasons for anaemia are covered in (b) part of the reply.