

عنوان مقاله:

EFFECTIVENESS OF WEEKLY SUPPLEMENTATION OF IRON TO CONTROL ANAEMIA AMONG ADOLESCENT GIRLS

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Mahsa Mohajeri - *PhD student of food and nutrition policy, nutrition faculty, Tabriz University of Medical Sciences, Tabriz, Iran*

Ali Barzegar - *Assistant Professor of nutrition, nutrition faculty, Tabriz University of Medical Sciences, Tabriz, Iran*

Ali Nemati - *Associate Professor of nutrition, nutrition faculty, Ardebil University of Medical Sciences, Ardebil, Iran*

خلاصه مقاله:

Background and Aim: It is prudent to recommend the correction of iron stores before the woman becomes pregnant. 'Efficacy' of weekly supplementation of iron has been proved to improve iron stores in adolescence in many studies abroad and in Iran. The objective was to study the 'effectiveness' of a weekly iron-supplementation regimen among girls of Ardebil, Iran. **Methods:** A baseline and the mid-term assessments were done using the cluster-sampling techniques. In each stratum, 30 clusters were identified. Twelve and 10 adolescent girls from each cluster were identified in the baseline and mid-term surveys respectively. The haemoglobin estimation was done using the HemoCue system. Data were analyzed using the Epi Info software (version 6.04). **Results:** The overall prevalence of anaemia came down significantly to 54.3% from 65.3%. The decline was statistically significant ($p < 0.001$) among girls (46.7% from 54.3%). Similarly, a significant rise in the mean haemoglobin levels was seen. **Conclusion:** Considering the biological and operational feasibility and the effectiveness of the intervention, weekly supplementation of iron to adolescent girls should be universally started to correct the iron stores of a woman before she becomes pregnant

کلمات کلیدی:

Adolescents; Anemia, Iron-deficiency; Iron; Iron supplementation; Nutrition, Iran

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/816389>

