

## Anaemia – Is there any solution?

Dear Readers,

Anaemia is the condition where the oxygen-carrying capacity of RBC decreased. Prevalence is very high in India and other developing countries. Reasons vary from poorer socio-economic status, lower education among women, indigent access to healthcare facilities and many more.

In India, the incidence of anaemia among children and women is extremely high compared to other countries globally. According to the National Family Health Survey (NFHS), 58.4% of children and 53% of non-pregnant and 50% of pregnant were anaemic. The occurrence of anaemia is increasing day by day, and it is alarming. Condition is worsened in the past five years as the number of cases increases, especially in India's Northeast and Union territories. The shocking increase in the number of cases of anaemia in India throws the highest burden on the healthcare system.

Despite encompassing the Anaemia control program for the past 50 years in India, progress is not encouraging.

Where we went wrong? Of course, supplementation of iron and folic acid is not sufficient. Deworming in children is neglected, with poor health and nutrition interventions coverage in rural areas. Also, there is a need to improve sanitation in rural areas, slums and other highly populated regions. All anaemia related programs targeted children and women, leaving behind adolescent girls of rural India.

Is there any solution we can look for? Yes, there is hope.....

Improve women's education, boost nutritional status of adolescent girls and childbearing women; get better sanitation facilities in rural areas.

DOI: 10.5530/ijopp.14.3.32

Address for  
correspondence:

*Dr. Bhagya Venkanna Rao,*

Editor-in-chief, ijopp.

Email Id: [ijopp@emanuscript.in](mailto:ijopp@emanuscript.in)



[www.ijopp.org](http://www.ijopp.org)