



ANAEMIA

THE GOAL

By 2025, achieve a 50% reduction in the rate of anaemia in women of reproductive age

WHY IT MATTERS



Anaemia increases the risk of **adverse maternal & neonatal outcomes**



causes **fatigue** and **lethargy**, and impairs physical capacity and work performance



Impairs the health and quality of life for **millions of women**, and the development and learning of their children



Anaemia reduction can help drive progress against the other global nutrition targets

- **stunting**
- **wasting**
- **childhood overweight**
- **breastfeeding**
- **low birth weight**

Anaemia affects **half a billion women** of reproductive age worldwide



RECOMMENDED ACTIONS

INTEGRATED PLANNING

WHAT? Address nutritional and non-nutritional causes of anaemia and their determinants



HOW? Include interventions with an effect on anaemia in national health, education, agriculture and development plans

MULTI-SECTORAL APPROACH

WHAT? Use a multi-sectoral approach to anaemia prevention and control



HOW? Ensure that development policies and programmes beyond the health sector include nutrition and other major causes of anaemia relevant to the country context

STRENGTHEN HEALTH SYSTEMS

WHAT? Provide hospital and health facilities-based capacity for anaemia prevention and treatment



HOW? Support antenatal iron and folic acid supplementation (daily or intermittent) as part of routine antenatal care

COMMUNITY SUPPORT

WHAT? Raise awareness of the value of iron supplementation in women of reproductive age



HOW? Support community mobilization and social marketing strategies

SCOPE OF THE PROBLEM

In 2011, **29%** of non-pregnant women and



38% of pregnant women aged 15–49 years were anaemic