

“Study of low iron content in body and causes of Anemia”

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Abstract

The present study deals with the study of analysis of low iron content in the body and to make awareness of causes of anemia among pregnant women (22-45 years) breast feeding mother children (7-12 yrs) and adults (13-19 Yrs). For this purpose, research was conducted on 160 people, which includes children (20 boys and 20 girls) adults (40 girls) pregnant women (40) breast feeding mothers (40). The data was collected through questionnaire made by investigation or and data was analysed using descriptive statistics. The finding of the study showed that adult girls are more prone to low iron content in body due to improper diet and menstrual flow. In general, people diet should be consumed so that ill effect of low iron content and anemia can be avoided.

Instruction:

Iron content in the body is responsible for red colour of the blood. Iron is important constituent of hemoglobin which regulates oxygen transport in the body deficiency of iron in the body causes disease anemia in India, anemia is generally caused by nutritional deficiency. Each year about 95% people are associated with a diet that is low in iron content. According to World Health Organization in India, about 40-50% of poor community children suffers from anemia. Women with low iron content usually give birth to underweight infant who have the risk of death of either mother or infant. Normal iron content in the body is 3-5 g and maximum in the blood up to 75% to maintain the iron content in the body within normal limit, it is essential for an individual to consume diet rich in iron like green leafy vegetables, maize, wheat, Jawar, pulse, rongi, apple, guava etc.

Objectives:-

The main purpose of the study is analysis of low iron content in body and to make awareness of causes of anemia among pregnant women, breastfeeding mothers, children and adults

Methodology:

A) Sample collection:

Research is conducted in 160 people from Mahilpur and nearby villages in vicinity of Mahilpur in Hoshiarpur district, which includes.

- 1) Children (7-12 Yrs) 20 boys and 20 girls.
- 2) Adults (13-19 Yrs) 40 Girls.
- 3) Pregnant Women (22-45 Yrs) – 40
- 4) Breast feeding mother (22-45 Yrs) –40

B) Collection of Data:-

The data was collected through questionnaire the questionnaire was given to 160 people as grouped above by investigator himself. The purpose was briefly explained to them and their cooperation was expected for accurate response they were assured that their information will be kept confidential the response was collected by personal visit of investigator. It was assumed that the responses given in the questionnaire were true.

C) Design of study:

For evaluation of low iron content in body and causes of anemia, descriptive, study has been designed in which survey method was adopted.

D) Statistical procedure:

The questionnaire consisted of 24 questions with options and question was grouped into various categories. The results of the questionnaire are regulated below. The subject was asked to tick the answer which they find to be most suitable.

Question for pregnant women's with probable response

1) Do you consume extra diet?

Total Women 40	Response	%
	Yes 26	65
	No 14	35

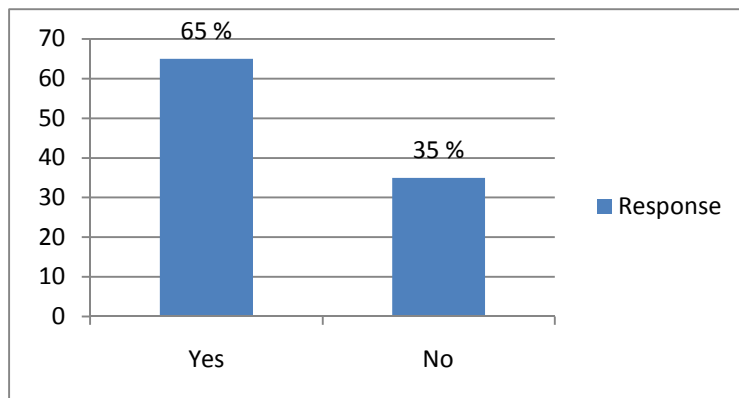


Figure 1

2) Frequency of diet in a day?

Total Women 40	Response	%
	2-3 times a day 23	57.5
	3-5 times a day 17	42.5

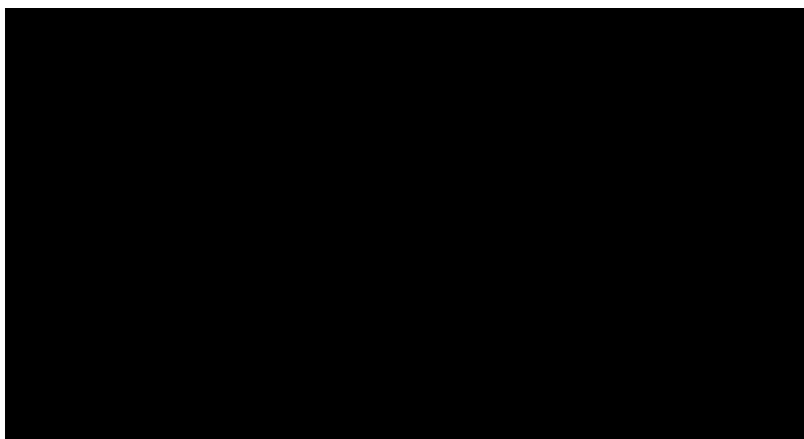


Figure 2

3) Do you consume iron tables?

Total Women 40	Response	%
	Yes (28)	70

	No (12)	30
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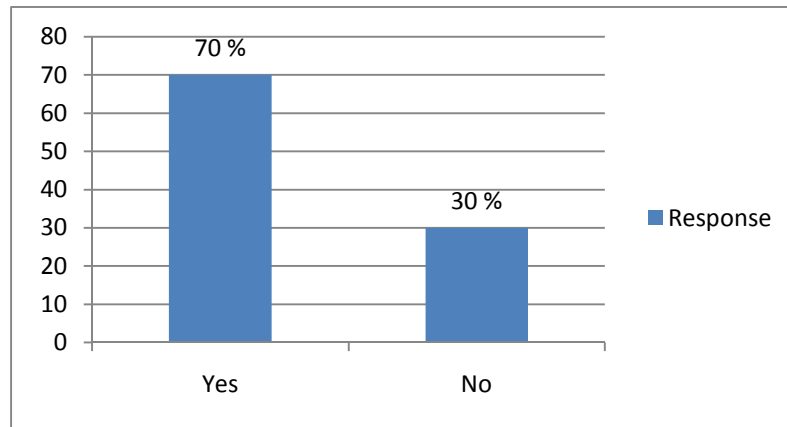


Figure 3

4) Do you eat non-vegetarian diet?

Total Women 40	Response	%
	Yes (12)	30
	No (28)	70

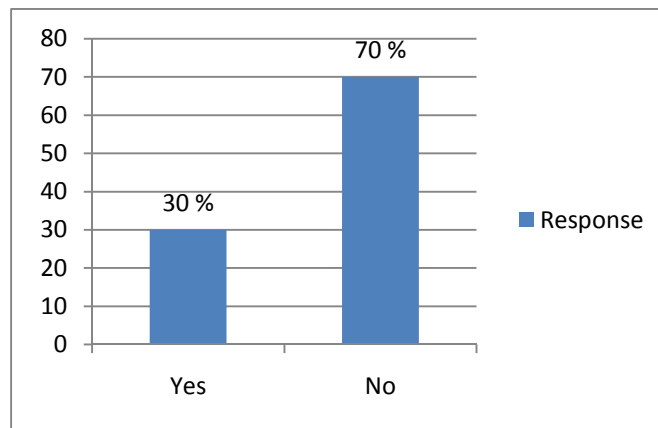


Figure 4

II) Question to breast feeding women:-

5) Do you give proper diet to baby?

Total Women 40	Response	%
	Yes (26)	65
	No (14)	35

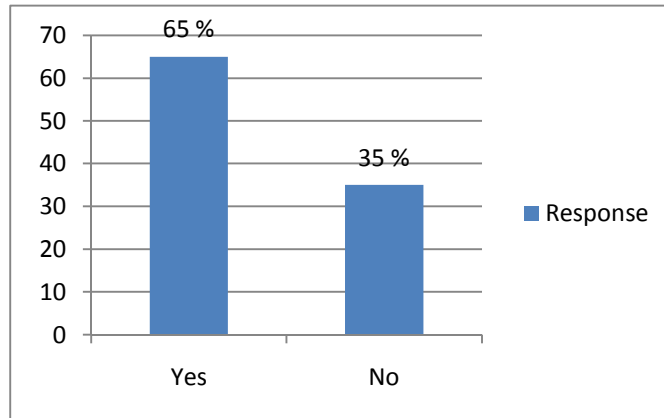


Figure 5

6) Do you give iron supplement to baby?

Total Women 40	Response	%
	Yes (21)	52.5
	No (19)	47.5

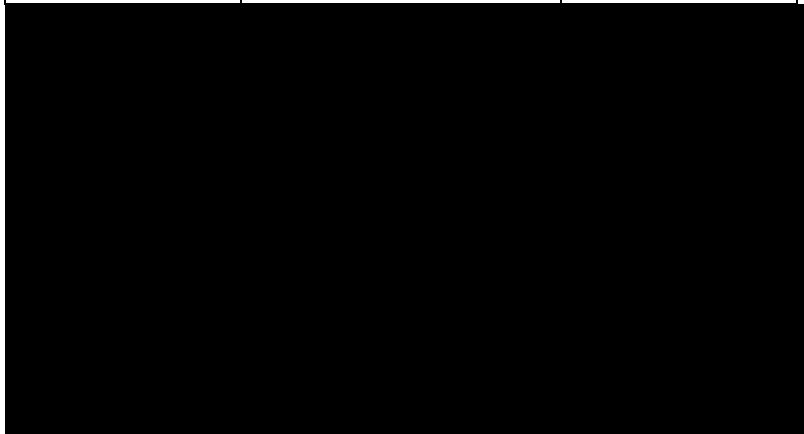


Figure 6

7) Do you consume iron tablets?

Total Women 40	Response	%
	Yes (18)	70
	No (12)	30

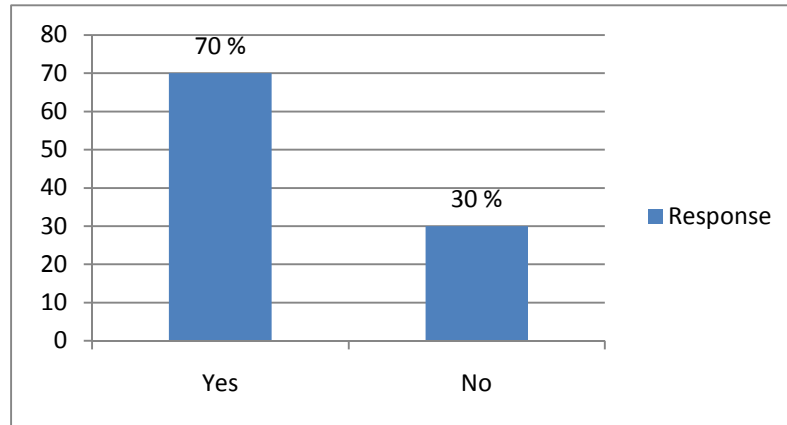


Figure 7

8) Do you eat iron rich food?

Total Women 40	Response	%
	Yes (30)	75
	No (10)	25

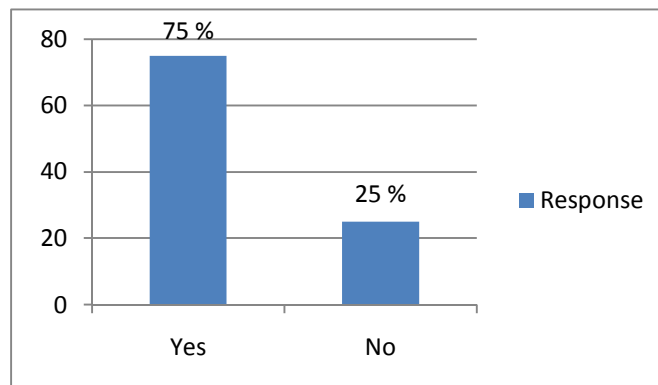


Figure 8

9) Do you regularly breast feed your baby?

Total Women 40	Response	%
	Yes (30)	75
	No (10)	25

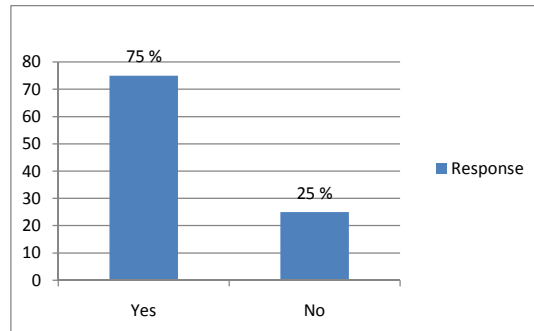


Figure 9

10) Do you know about sources of iron in food?

Total Women 40	Response	%
	Yes (30)	75
	No (10)	25

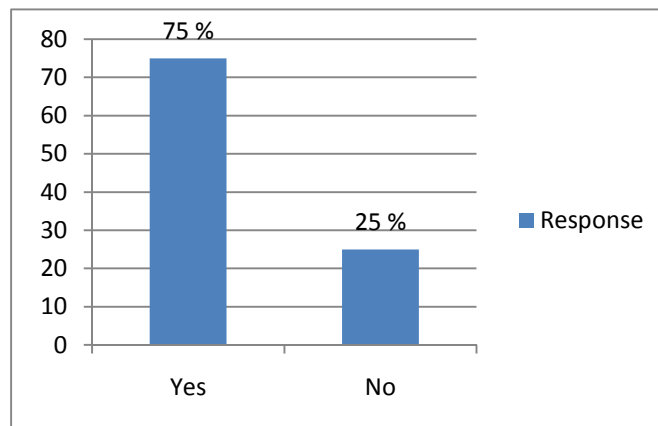


Figure 10

III) Questions to children and adults

11) Do you regularly consume milk?

Total 80	Response	%
	Yes (75)	93.75
	No (25)	6.25

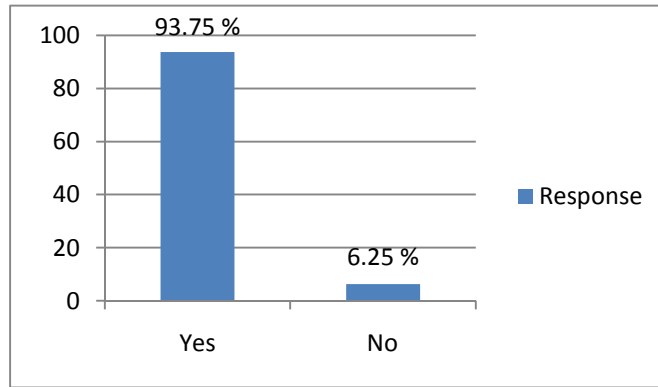


Figure 11

12) Do you know about disease anemia which is caused by iron content in low diet?

Total 80	Response	%
	Yes (10)	12.5
	No (70)	87.5

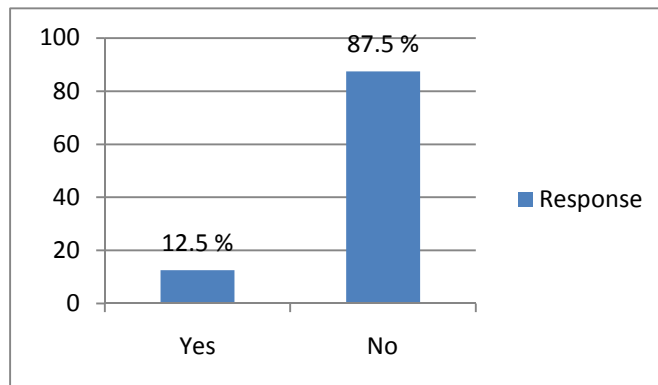


Figure 12

13) Do you eat green leafy vegetables in diet?

Total 80	Response	%
	Yes (76)	95
	No (4)	5

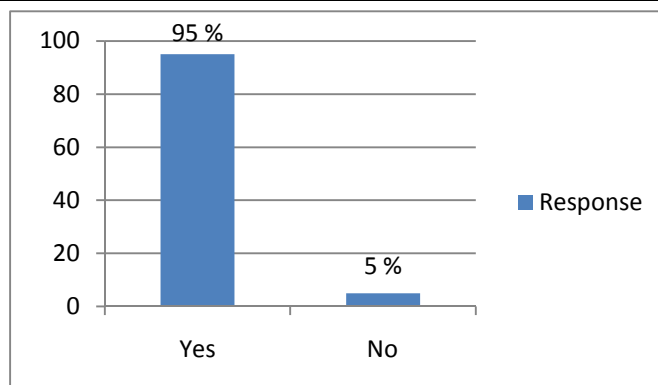


Figure 13

14) How many times is a week do you consume vegetables in food?

Total 80	Response	%
	1-3 times (63)	78.75
	4-6 times (15) more than 6 (2)	18.75 2.5

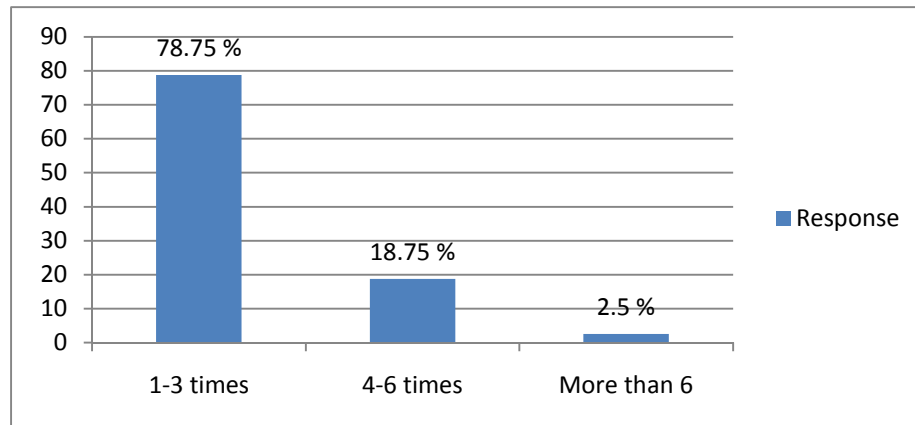


Figure 14

15) Are green leafy vegetables easily available?

Total 80	Response	%
	Yes (80)	100
	No (00)	0

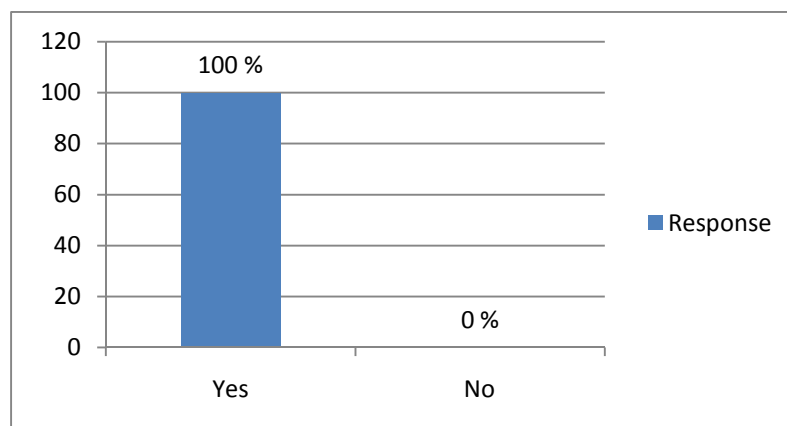


Figure 15

16) Are you vegetarian or non vegetarian?

Total 80	Response	%
	Veg (73)	91.25
	Non Veg (7)	8.75

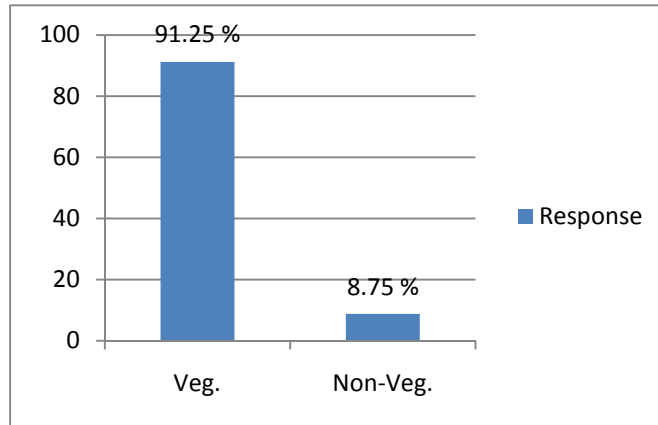


Figure 16

17. In a week how many times do you eat sprouted pulses and fruits in a diet?

Total 80	Response	%
	Less than 2 (52)	65
	2-4 times (22)	27.5
	more than 4 (6)	7.5

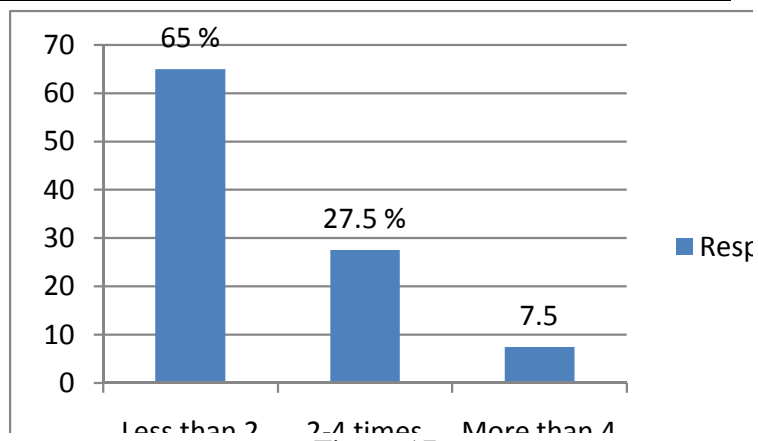


Figure 17

18) Is milk easily available?

Total 80	Response	%
	Yes (79)	98.75
	No (01)	1.25

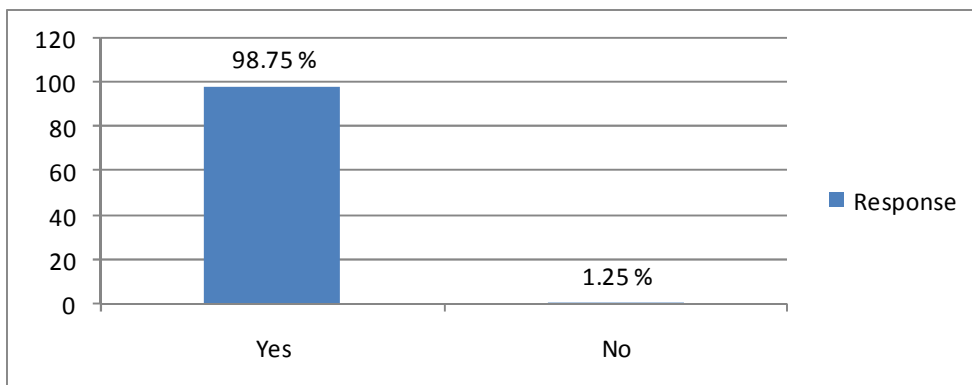


Figure 18

19) What do you prefer in non vegetarian food?

Total 80	Response		%
	Fish (3)		3.75
	Egg (73)		91.25
	Meat (4)		5

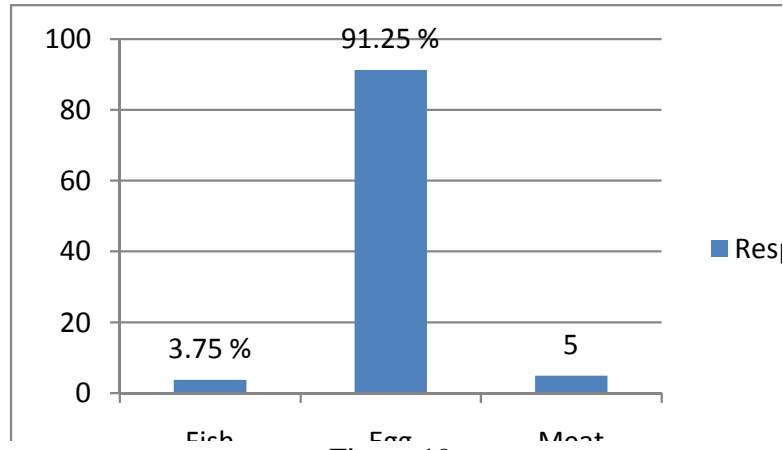


Figure 19

IV. Common question to all

20) During any work do you feel easily exhausted or have headache?

Total	Response		%	
160	Yes	No		
Children	3	37	7.5	92.5
Adult	31	09	77.5	22.5
B.F Mother	8	32	20	80
Pregnant	19	21	47.5	52.5

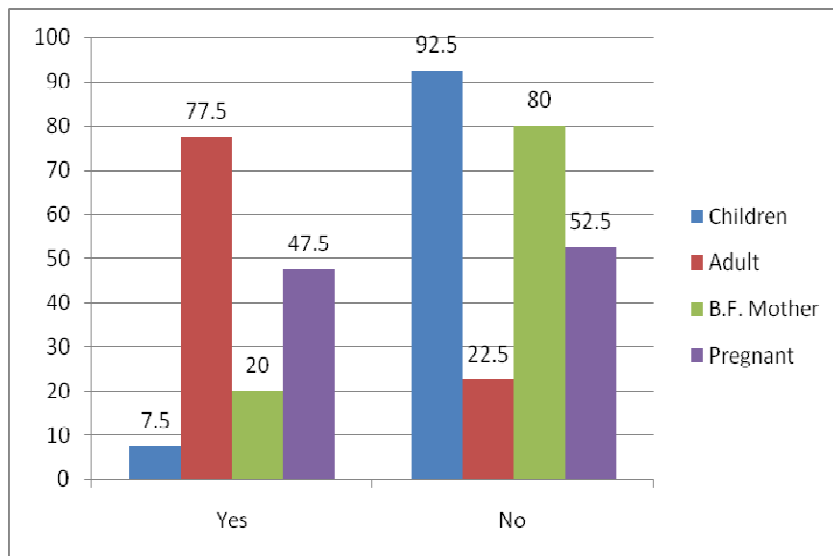


Figure 20

21) Do you know about symptoms of anemia?

Total 160	Response		%	
	Yes	No	Yes	No
	23	137	14.375	85.625

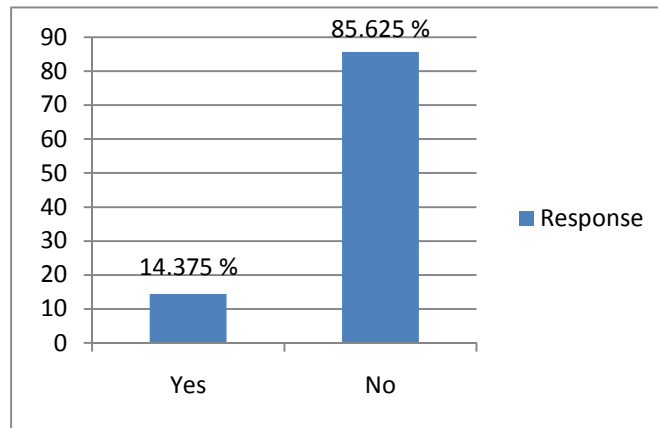


Figure 21

22) Do you get frustrated and less feels hungry?

Total 160	Response		%	
	Yes	No	Yes	No
	81	79	50.62	49.37

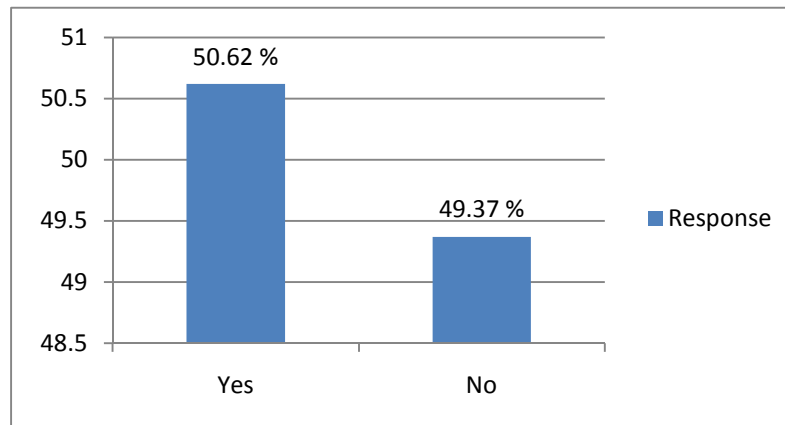


Figure 22

23) Do you know about disease anemia, which is caused by low iron content in body?

Total 160	Response		%	
	Yes	No	Yes	No
	20	140	12.5	87.5

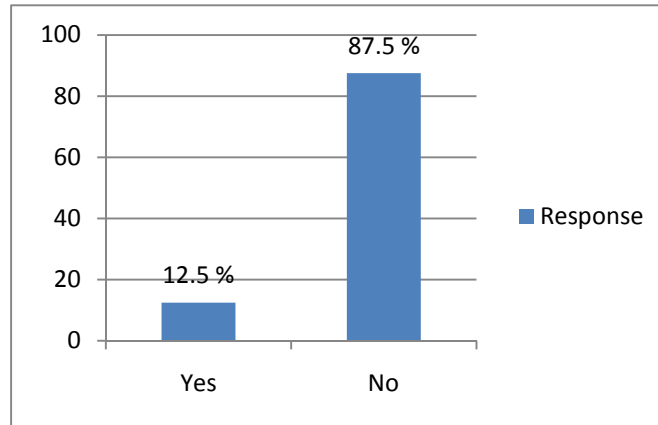


Figure 23

24) Do you experience irregular menstrual flow?

Total 120	Response		%	
	Yes	No	Yes	No
	41	79	34.16	65.83

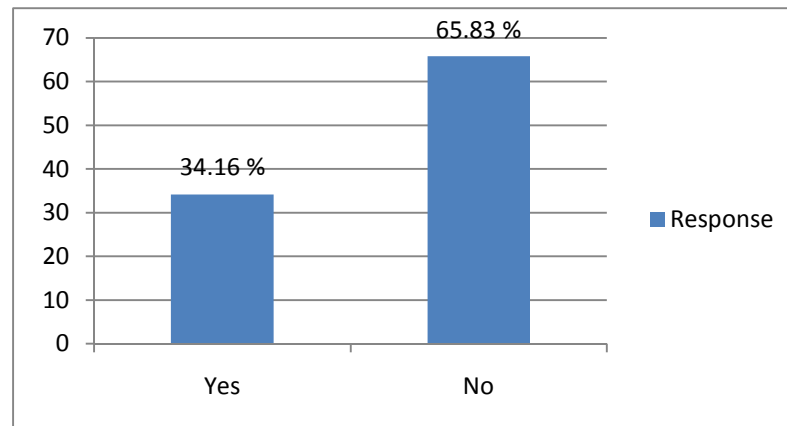


Figure 24

Analysis of Data:

The data to assess the analyses of low iron content in the body and causes of anemia as collected through questionnaire above was analysed using descriptive statistics.

Result and discussions:

Analysis of above questionnaire gives following results:

1. In pregnant women, 65% women consumed extra diet, 57.59% women ate food 2-3 times a day, 42.5% women ate food 3-5 times a day, 70% women consumed iron tablet, 30% women ate non vegetarian diet and 70% women preferred vegetarian diet.
2. In breast feeding mother, 65%, women gave proper diet to body, 52.590 women gave iron supplement to baby, 70% women consumed iron tablet, 75% women ate iron rich food, 70% women regularly breastfed their babies, 75% women know about sources of iron in food.

3. In children and adults, 93.7% consumed milk regularly, 12.5% know about anemia, 95% ate green leafy vegetables, 78.75% consumed vegetables 1-3 times a week, 91.25 % preferred vegetarian diet, 65% ate sprouted pulses and fruits in diet, 98.7% agreed for easy availability of milk and 91.25% preferred egg in non-vegetarian food. All 160 subjects concluded that 7.5% children, 77.5% adult, 20% breast feeding mother, 47.5% pregnant women gets easily exhausted and have headache, 14.3% know about symptoms of anemia, 50.62% get frustrated and felt less hungry, 12.5% had knowledge about anemia.

Hence the problem of anemia is Maximum among girls since they do not take proper care of their diet and there is maximum blood loss during menstrual flow.

Suggestions:

1. To create awareness among women about causes and control of anemia by conducting seminars and skit.
2. To consume iron rich tablets (ferrous soleplate and folic acid tablets) to increase hemoglobin content in body.
3. To consume iron rich diet containing green leafy vegetables, fruits, lotus stem, egg, fish.
4. Regular medical checkup for iron content in body should be done in school and colleges.

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