District Assessment Tool for Anemia

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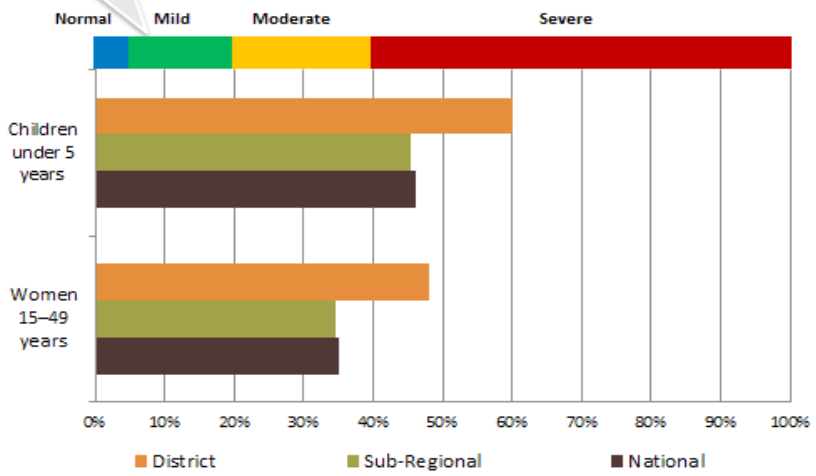
SPRING Strengthening Partnerships, Results, and Innovations in Nutrition Globally

WHO classification of public health significance *not anemia cutoffs*

Prevalence of Anemia



Risk Factors for Anemia

Risk Factor	Prevalence	Target Group
Malaria	**30%**	Children 6–59 months
	35%	Pregnant women
Helminth	**High**	Children 6-59 months
	Medium	Pregnant women
Vitamin A deficiency	**15%**	Children 6–59 months
Iron deficiency	**Medium**	Children 6–59 months
	Medium	Women 15-49 years

Vitamin A and Iron represent national level indicators

Multiple sectors play a role in anemia prevention and treatment.

Nutrition

Vitamin and mineral deficiencies cause anemia through inadequate production of red blood cells.

Disease Control

Malaria and **Helminth infections** result in anemia due to increased destruction of red blood cells and intestinal blood loss, respectively.

Reproductive Health

Early childbearing and **inadequate birth spacing** can cause anemia due to insufficient time to replenish iron stores.

Water & Sanitation

Unsafe drinking water, poor sanitation, and **inadequate hygiene practices** increase the risk of infection and can cause anemia.

Agriculture

Agriculture interventions improve income and dietary diversity for families, leading to improved anemia status.

Education

Deworming and **hygiene education** lead to less infections and improved anemia status.