

PREVALENCE AND RISK FACTORS OF IRON DEFICIENCY ANAEMIA IN CHILDREN 3 - 59 MONTHS IN KINONDONI MUNICIPALITY DAR ES SALAAM

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ABSTRACT

Iron deficiency (ID) and Iron deficiency anaemia (IDA) are considered a major public health problem in developing countries, contributing significantly to morbidity and mortality in children less than five years. The aim of this study was to determine the prevalence and risk factors of iron deficiency anaemia in children aged 3- 59 months in Kinondoni Municipality Dar-es-salaam.

Method - This was a cross sectional analytical study conducted from May 2016 to June 2017 in three reproductive and child health clinics including: Kambangwa, Kairuki hospital and Sinza all in Kinondoni region. By convenience the method of enrolment of healthy children into the study was carried out at the exit point, this was done after complete activities related to the child at the clinic and the mothers had been informed about the study. Their nutritional status were determined using WHO weight for height z score. Blood samples were collected and analyzed for complete blood counts using the Automated haematology analyse Mind ray BC 5380, German and serum ferritin using Huma star 300 machine, German.

Results - A total of 350 children were enrolled into the study. Out this number 255(72.8%) were found to be anemic. Among 255 children with anaemia 147(42%) had iron deficiency anaemia. Age below 24 months 134 (50%) of the study children was the most common risk factor of iron deficiency anaemia. Of the 147 children found with IDA only 13(15.9%) were above 24 months of age. Males 90(46.6%) more than females 57(36.3%) children were affected by IDA. Pallor was an important presentation of children with IDA. Children with IDA presented more with pallor than those without IDA 72.8% vs 7.8%. The majority of children 318(90.9%) below six months in this study were exclusively breastfed. About 233 (67%) of the study children received less than four meals per day. IDA was found to be hi[^] in children who did not take tea/coffee at all more than those who took tea/coffee once or more times per day 50.7% vs 36.4%. Children who did not receive balanced diet were more at risk of IDA than children who received balanced diet 70.6% vs 40.5%.

Conclusion

The current study has confirmed a hi[^] prevalence of anaemia with the majority of them children (42%) having iron deficiency anaemia. This rate of prevalence IDA in children below five years of age was alarmingly high. Toddlers were more affected with IDA

compared to older children while males were more affected than females. Taking unbalance diet and presence of pallor on physical examination were commonly associated with Iron deficiency anaemia.

Recommendation

Based on the findings of this study it is recommended to re-emphasize nutritional and educational counselling at the reproductive and child health clinics and wherever the child is in contact with health care providers. The focus should be on exclusive breastfeeding and proper choices of weaning foods rich iron. Routine physical examination is recommended for detection of early signs of iron deficiency anaemia and where possible, Hb and ferritin levels should be measured for early diagnosis and treatment.