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Iron deficiency anemia during pregnancy can make women feel weak and tired. Read to know more.

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Anemia Epidemic: Shocking Stats for Indian Women and Children"



India Today Information Desk



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Anemia is one of the major public health issues in India. Even after independence, the facts and figures regarding anemia among women and children of India are truly shocking. As per the National Library of Medicine's 2008 report, more than half of all Indian women and three-fourths of Indian children suffer from anemia.

CURRENT STATE OF ANEMIA IN INDIA

According to the latest National Family Health Survey 2022, anemia in children and women worsened in the past half-decade across most states and union territories. Women in their reproductive age have tremendous health implications that affect their health and well-being. Anemia is an indicator of inadequate dietary intake and poor health. Women face the highest risk when it comes to iron deficiency anemia due to:

- Dietary habits
- Cultural practices
- Menstrual health

IMPACT OF IRON DEFICIENCY ANEMIA DURING PREGNANCY

Women are future mothers who give birth to new life. Iron deficiency anemia during pregnancy can make women feel weak and tired. Our body uses iron (Fe) to make hemoglobin, a protein in the red blood cells that carries oxygen to tissues. During pregnancy, the volume of blood in the body increases, and thus the amount of iron a pregnant woman needs also increases. The body requires iron to produce additional blood, which is essential for supplying oxygen to the baby. If a woman lacks sufficient iron stores or does not obtain enough iron during pregnancy, she may develop iron deficiency anemia.

HOW DOES IRON DEFICIENCY ANEMIA DURING PREGNANCY AFFECTS THE BABY?



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Severe iron deficiency anemia during pregnancy increases the risk of:

- Premature birth (before 37 complete weeks of pregnancy)
- Low birth weight baby

- Some studies and reports show an increased risk of infant death immediately before or after birth.

ALARMING STATISTICS:

In 2016, 35.7% of children and 46.1% of women were anemic.

In 2019, 68.4% of children and 66.4% of women surveyed suffered from anemia.

A rise in anemia was recorded in several states among women aged between 15 and 49 years in 2019.

According to a recent study in March 2024 by BMC Public Health, maternal malnutrition significantly impacts maternal and child health outcomes, increasing the mother's risk of dying during delivery.

ANEMIA MUKT BHARAT (AMB) STRATEGY

In 2018, the Government of India launched the AnaemiaMukt Bharat (AMB) strategy of reducing anemia in vulnerable age groups such as women, children, and adolescents. This strategy adopts a life cycle approach, providing preventive and curative mechanisms through a 6X6X6 strategy:

Six Target Beneficiaries:

Children (6-59 months)

- Children (5-10 years)
- Adolescents (10-19 years)
- Pregnant women
- Lactating mothers
- Women of reproductive age (15-49 years)

Six Interventions:

- Prophylactic Iron and Folic Acid Supplementation
-

increasing intake of iron-rich food, and ensuring delayed cord clamping after delivery

- Testing and treatment of anemia using digital methods and point-of-care treatment
- Addressing non-nutritional causes of anemia focusing on malaria, hemoglobinopathies, and fluorosis
- Management of severe anemia in pregnant women by administration of IV Iron Sucrose/Blood transfusion
- Providing incentives to ANMs for identification and follow-up of pregnant women with severe anemia

Anemia Mukht Bharat is a comprehensive strategy aimed at tackling anemia across the country, ensuring a healthier future for women and children in India.

WBCIL'S COMMITMENT TO ANEMIA FREE INDIA

West Bengal Chemical Industries Limited(WBCIL) is a leading API manufacturing company in India, committed to contributing towards an Anemia Free India.

WBCIL offers a comprehensive range of iron APIs, including:

- Ferric Ammonium Citrate
 - Ferrous Ascorbate
 - Ferrous Bisglycinate
 - Ferric Maltol
 - Iron III Hydroxide Polymaltose
 - Iron Isomaltoside
 - Ferric Pyrophosphate Citrate
-

Iron API	Iron Percentage (%)	Iron Absorption	Side Effects
Ferric Ammonium Citrate	18	Moderate	Nausea, constipation
Ferrous Ascorbate	30	High	Gastrointestinal upset
Ferrous Bisglycinate	20	High	Minimal gastrointestinal side effects
Ferric Maltol	20	Moderate	Nausea, headache
Iron III Hydroxide Polymaltose	31	Low	Constipation, dark stools
Iron Isomaltoside	24	Moderate	Allergic reactions
Ferric Pyrophosphate Citrate	15	Moderate	Well-tolerated, minor gastrointestinal issues
Liposomal iron	20	High	Minimal side effects
Ferric Carboxymaltose	50	High	Hypophosphatemia, nausea

These APIs are essential ingredients in the manufacture of various iron supplements, such as iron tablets and injections.

Supporting Anemia Mukht Bharat (AMB) Strategy

WBCIL's extensive range of iron APIs and innovative patented products align seamlessly with the Government of India's Anemia Mukht Bharat (AMB) strategy. The AMB strategy aims to reduce anemia among women, children, and adolescents through preventive and curative measures.

WBCIL supports these goals by providing high-quality iron APIs that are crucial for:

- Prophylactic Iron and Folic Acid Supplementation
- Management of Severe Anemia

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