



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**

Updated October 2018

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



SCOPE OF THE PROBLEM

In 2016, **32%** of non-pregnant women and **40%** of pregnant women aged 15 to 49 years were anaemic



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



Anaemia among women of reproductive age has **not improved** since 2012; no country is on course to meet the global target