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Community Based Preventive Measures to Combat Iron Deficiency Anaemia among Young Pregnant and Non-pregnant Women

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ABSTRACT A total of 175 young married women (18-35 yrs.) were selected from six nearby villages of the Ludhiana city. Out of these, 17 subjects were dropped during the course of the study. Remaining 158 subjects were divided in two sub-groups (109 non-pregnant and 49 pregnant). The effectiveness of nutrition intervention was evaluated through various parameters viz. Body Mass Index (BMI), haemoglobin (Hb) level, knowledge, attitude and practice (KAP) scores. The record of pregnant subjects was maintained at 18th week, 28th week and after the delivery. An extensive extension approach was adopted to disseminate nutrition education. Consequently, the gain in weight was observed as 1.2 - 3.7 kg and 2.4 - 5.5 kg at 18th and 28th week of pregnancy, respectively. The average Hb value was recorded as 9.8 g/dl which significantly ($p \leq 0.01$) increased to 10.3 g/dl after nutrition intervention.