



Prevalence of Anemia among Adolescent Girls and Adult Women of Tea Garden Areas of Darjeeling and Jalpaiguri Districts of West Bengal

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ABSTRACT The study was undertaken to assess the prevalence of anemia among adolescent girls and adult women, and the importance of different variables on anemia in some rural belts of North Bengal. Body Mass Index (BMI) was calculated and hemoglobin levels of the subjects were measured. It was found that 60.76 % female have normal BMI, 4.49% female were obese and 34.74% showing thinness. The percentages of mild, moderate and severe anemia were respectively 39.49%, 35.00% and 6.73%. Variables like education, family income, BMI, personal hygiene, worm infection, dietary habit, malaria, iron and folic acid (IFA), symptoms like headache, fatigue, and dyspnoea were significantly related with anemia. The study also revealed that females of tea garden areas of the two districts were suffering more from anemia. Initiatives must be taken by the health centers to improve personal hygiene, knowledge of diet, IFA consumption and to prevent