

Impact of Iron Status of Pregnant Women on the Anthropometry of Newborns in Industrial and Non-Industrial Areas

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ABSTRACT Sixty pregnant women [30 each in group I (industrial area) and II (non-industrial area)] in the age group of 20-28 years belonging to low income group (having monthly per capita income of Rs.969.83 and Rs. 631.87) of Bathinda city were selected during 7th month of pregnancy to study the impact of iron status of pregnant women on the anthropometry of their newborns. The mean daily intake of energy, protein, carbohydrates, vit-B₁₂, niacin, iron, folic acid, sodium and zinc was inadequate. Intake of β -carotene, vit-B₁ and B₂ was marginally adequate. The higher incidence of anemia was observed (93%) in group I as compared to group II (83%). Inadequate iron intake was the cause of poor iron status in both the groups but environmental pollution in group I was major and additional factor contributed to low hemoglobin levels among the subjects. The other haemopoetic indices eg. PCV, MCV, MCH and MCHC were also lower as compared to the subjects in group II. Incidence of low birth weight was higher in group I (100 %) as compared to group II (76.67%). Other anthropometric measurements were also lower in the newborns of group I when compared to group II. Thus, besides the remedial techniques, environmental education and awareness programme should be implemented for the masses because “unless the environment is healthy, the individual cannot be healthy”.