Prevalance Of Iron Deficeint Anemia In Rural School Going Children Of Prepuberty (8-11years Of Age) In Kancheepuram District With Special Emphasis On Its Effect On Growth, Cognition And Behaviour

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Introduction

Iron deficiency anemia is one of the serious public health problem in India especially in the younger children.Iron deficiency anemia (IDA) is the most common malnutritional deficiency. Worldwide affecting approximately a quarter of the global population and particularly widespread in developing countries. The prevalence of IDA in children ranges about 35%-45%. Iron deficiency anemia affects all the system in the body including growth and cognitive functions. Hence supplementation should be given at right age to reverse the changes.

Objectives

To estimate the prevlance of IDA in pre pubertal age group (8 to 11 years)Ø To assess the effect of anemia (IDA) on physical growth, cognition & behavior.

Materials and methods

Total of 300 children of 8-11 years in both sexes will be taken. Brief history of those children will be taken. General examination for the signs & symptoms will be done like pallor, platynychia/koilonychias, cardiac assessment for murmur/rheumatic carditis, chest examination for tuberculosis infection, bronchiectasis, angular stomatitis glossitis. Diagnosis of IDA on peripheral blood finding. S Complete blood count SRBC indices. S Hb estimationS Peripheral blood smear Serum iron ferritin Assessment of growth and developments By measurement of height, weight,built. Assessment of mental development S Iq test by questioning(grading the answers for those question) S Behavior –is seen and asked to their guide.

Conclusion

By this study we can estimate the prevalence of iron deficiency anemia in rural school going children, and can study the effect of IDA in their physical growth,cognition and behavior.