**Anemia can be prevented across the lifespan**

**In pregnancy**, infections are a key cause of anemia and can be prevented by sleeping under a bednet and taking intermittent preventive treatment (IPTp) for malaria and deworming pills.

In 2008-2009, only 7.6% of pregnant women in Madagascar consumed 90 or more IFA tablets.

Not enough women are taking IPTp to prevent malaria during pregnancy in malaria-endemic areas (18%, 2013).

51% of infants in Madagascar are exclusively breastfed during the first six months after birth (2008-2009).

In 2008-2009, 46% of children 6-35 months consumed foods rich in iron*.

More than one out of four (27%) married adolescent girls expressed an unmet need for family planning (2008-2009).

*Includes meat (including organ meat), fish, poultry, and eggs.

**For infants, young children, and mothers**, delayed cord clamping, sleeping under a bednet, exclusive breastfeeding, and birth spacing reduce the risk of becoming anemic.

For young children, continued breastfeeding and adequate complementary feeding (including micronutrients), preventing and treating malaria, and taking deworming pills can prevent anemia and promote healthy growth.

In adolescence, IFA supplements and deworming pills help prevent anemia. Family planning delays the age at first birth.

A multisectoral approach to prevent anemia will save lives and improve the wellbeing of mothers, infants, and children.
Anemia has substantial negative effects on the health and economic wellbeing of nations and communities. Children with anemia experience irrevocable cognitive and developmental delays and exhibit decreased worker productivity as adults. Globally, maternal anemia increases the risk of pre-term delivery and low birth weight, and iron-deficiency anemia underlies 115,000 maternal deaths and 591,000 perinatal deaths each year.

Prevalence of anemia among children 6-59 months and women 15-49 years, by region

Source: Madagascar DHS, 2008-2009

The trends in the prevalence of anemia in Madagascar are shown in the chart below. The prevalence of anemia among children 6-59 months and women 15-49 years is presented for the periods 2003-2004 and 2008-2009.

### Trends in the prevalence of anemia in Madagascar

#### Children 6-59 months of age

- **2003-2004**
  - Mild: 34.5%
  - Moderate: 30.7%
  - Severe: 68.3%
- **2008-2009**
  - Mild: 30.2%
  - Moderate: 19.4%
  - Severe: 50.3%

#### Women 15-49 years of age

- **2003-2004**
  - Mild: 34.6%
  - Moderate: 8.5%
  - Severe: 46.0%
- **2008-2009**
  - Mild: 29.2%
  - Moderate: 5.7%
  - Severe: 35.3%

The DHS hemoglobin levels used to diagnose anemia in children 6-59 months in grams/dL are:
- Mild: 10.0-10.9
- Moderate: 7.0-9.9
- Severe: <7.0
- Any: <11.0

The DHS hemoglobin levels used to diagnose anemia in non-pregnant women 15-49 years of age in grams/dL are:
- Mild: 10.0-11.9
- Moderate: 7.0-9.9
- Severe: <7.0
- Any: <12.0

### Status of Policies or Strategies to Support Reductions in Anemia*

- ✔️ IFA for pregnant women
- ✔️ IFA for women of reproductive age
- ✔️ IFA for adolescent girls
- ✔️ Iron and/or folic acid fortification legislation
- ✔️ Delayed cord clamping
- ✔️ Dietary diversity for complementary feeding
- ✔️ Micronutrient powders for children
- ✔️ Long-lasting insecticidal nets (LLINs) for household use
- ✔️ Indoor residual spraying
- ✔️ National policy on sanitation
- ✔️ IPTp for pregnant women
- ✔️ Malaria diagnosis and treatment
- ✔️ Deworming for children
- ✔️ Deworming for pregnant women
- ✔️ Breastfeeding

### Prevalence of anemia among children 6-59 months and women 15-49 years, by region

Source: Madagascar DHS, 2008-2009


*Information from the Global database on the Implementation of Nutrition Action (GINA) (https://extranet.who.int/nutrition/gina/en) or country documentation. The status of policies and strategies have been identified to the best of our knowledge. Revisions and updates are welcome.

Evidence-informed WHO guidance can be found here: http://www.who.int/elenae/en/
Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

Increase iron uptake and stores

IFA supplementation among pregnant women increased from 2003-2004 to 2008-2009

Contraception use steadily increased among married women from 1997 to 2008-2009

Few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding (IYCF) practices in 2008-2009

Reduce iron losses and infection

Long-lasting insecticidal net (LLIN) and insecticide-treated mosquito net (ITN) use increased from 2008-2009 to 2013*

The percentage of children and women who received deworming medication was moderate in 2008-2009*

Exclusive breastfeeding of children <6 months decreased since 2003-2004

Very few households have an improved latrine/toilet*

All data is from Madagascar Demographic and Health Surveys unless otherwise noted.
Multiple Sectors Play a Role in Anemia Prevention and Treatment

Stunting and anemia share similar risk factors and are responsive to many of the same interventions.

Agriculture
• Increase income and reduce poverty
• Production of biofortified and iron-rich crops
• Small livestock/poultry
• Dietary diversity

Health
• Iron supplementation
• Deworming
• Breastfeeding and complimentary feeding
• Family planning
• Malaria prevention and treatment
• Delayed cord clamping

Water and Sanitation
• Improved latrines
• Handwashing
• Access to clean water
• Livestock management
• Infectious disease prevention

Education
• Female literacy
• Health education
• Hygiene education
• Family planning education
• Nutrition education

Data Sources:
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