

The anemia control program in three subdistricts of Bogor District West Java

Sri Rahayuningsih, author

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Abstrak

Iron deficiency anemia is prevalent in Indonesia (38-71%), particularly among the pregnant women, despite of the large scale anemia control program launched by the government since 1970's. The anemia control program included iron supplementation, nutrition education, food fortification, and parasite control. The results of the iron supplementation program is not yet as expected. Low compliance in taking iron pills was a reason suspected as the cause of the unexpected results. Several methods had been studied to increase the number of iron pills intake. However, the synthesis of hemoglobin is not only dependent on iron from the pills but also requires other blood forming nutrients from the diets. A two phase descriptive study was conducted to study the factors influencing the iron status of pregnant women in the second trimester participating in the National Anemia Control program in three subdistricts of Bogor district. The first phase was conducted for four weeks to obtain informations on hemoglobin and serum ferritin, socioeconomic condition, daily diet and nutrients intake, knowledge on anemia, on iron pills, and on Puskesmas Services, health behaviour, ante natal care attendance, and number of iron pills intake. The number of pregnant women joining the study was 456, they attended the ante natal care clinic of the Puskesmas of three subdistricts of the district of Bogor. The prevalence of anemia ($Hb < 11 \text{ g/dl}$) was 57.7% while iron deficiency (Serum ferritin $< 12 \text{ pg/L}$) was found in 38.6% of the pregnant women. These findings indicate the possibility of other causes of anemia. The women had limited knowledge on anemia, on iron pills and on Puskesmas Services. The attitude and ante natal care attendance were mostly positive. Most of the nutrients taken in by the pregnant women were below Indonesia RDA for pregnancy. This low nutrients intake is one of the cause of high prevalence of anemia in pregnancy in this study. Frequencies of foods consumption shows that the daily diet contain low bioavailable iron. The second phase was conducted for eight weeks to study the effect of nutrition education and supervision on the number of iron pills intake. Three hundred and twenty pregnant women from the first phase completed the second phase of the study. The pregnant women were divided into three groups based on the sites of study. The first group received ante natal care once a month, 30 iron pills to be taken one pill a day, copying what is actually done in the , Puskesmas, the second group received ante natal care, iron pills, and intensive nutrition education and the third group received more frequent personal contact. After 12 weeks of iron supplementation the hemoglobin level was not significantly different, but the serum ferritin was decreased significantly. The nutrition education and frequent contact increased the number of pills intake. However, the difference in number of iron pills intake did not cause significant difference in hemoglobin level, although the group that received personal. contact had better changes of Hb level. Further exploration revealed that the third group had better frequencies of animal and plant protein consumption indicate that there is interactions between daily diet and iron pills. The findings of this study suggest the importance of intensification of nutrition education in increasing the number of pills intake and the needs of improving the daily diet; that can be achieved through nutrition education and improved family income, to strengthen the anemia control program.