SCN Working Group on Micronutrients: Information Sharing Template for 2006 and Earlier Activities

Table 1: Demographic Information

Reporting Individual	Dr Vanisha Nambiar
Institution/Organization	Department of Foods and Nutrition, The Maharaja SayajiRao University of Baroda, Vadodara
Contact address (Email)	Vanisha_nam@yahoo.com
Position	Lecturer
Department/Section	Department of Foods and Nutrition
Major focus of activities	Support to others, Research, Policy/Advocacy , Programming/Interventions
Summary of activities	Research on the availability of vitamin A from plant sources, and its relationship on various clinical signs and symptoms of Vitamin A deficiency and haematological indices in children and young girls

SCN Working Group on Micronutrients: Information Sharing Template for 2006 and Earlier Activities

Table 2: Measurement, assessment, monitoring and reporting micronutrient deficiencies

Geographic area(s) covered by this table	Vadodara, Gujarat, India															
Project Name	Prevalence of Anemia in the first and second year students attending the Faculty of Home Science (16-21 years)															
Supporting Agencies	UGC/DSA and Department of Foods and Nutrition															
Approximate # of beneficiaries	700															
	Micronutrients															
	Iodine	**Iron**	**Folate**	**Zinc**	**Calcium**	**Vit A**	**Vit B-12**	**Vit C**	**Vit D**	**Vit B-1**	**Vit B-2**	**Vit B-3**	**Vit B-6**	**Vit K**	**Vit E**
Activities															
Prevalence Assessment		X				X									
• Out of total 700 girls of FY and SY, 100 girls were selected on the basis of pallor which accounts for 14% prevalence of anemia. • As per the haemoglobib levels 54% prevalence for anemia (Hb<12g/dl) was recorded. Out of which 39% were mildly anemic, 14% moderately anemic and 1% severely anemic. • Almost 71% girls had Normal Red Cell Morphology (Normocytic Normochromic). 29% girls had Abnormal morphology which included 16% Microcytic Hypochromic, 8% Normocytic Hypochromic and 5% Macrocytic. • When the Hb levels were compared with the red cell morphology it was seen that a 14% of anemic girls had a normal RCM indicating that they were in initial stages of IDA which can be easily reverted to normal by appropriate food based approaches.															
Monitoring and Evaluation		X				X									
Analysis and Reporting		X				X									

SCN Working Group on Micronutrients: Information Sharing Template for 2006 and Earlier Activities

Table 5: Dietary Diversity to Improve Micronutrient Nutrition

Project Name	EFFECT OF DRUMSTICK LEAVES SUPPLEMENTATION ON HEMATOLOGICAL INDICES OF YOUNG ANEMIC GIRLS (16-21 years)
Supporting Agencies	UGC/DSA and Department of Foods and Nutrition
Approximate # of subjects or beneficiaries for each project described	60

	Micronutrients															
	Iodine	Iron	Folate	Zinc	Calcium	Vit A	Vit B-12	Vit C	Vit D	Vit B-1	Vit B-2	Vit B-3	Vit B-6	Vit K	Vit E
Activities																
Agricultural Initiatives																
Promotion of improved diet		x				x										
This study provides further evidence of a causal association between Vitamin A and iron metabolism. In conclusion, the primary effect of Vitamin A supplementation on anemic girls can improve the Hematological profile where mild Iron Deficiency Anemia is endemic. Improvement of Iron nourishment in combination with intervention by VA supplementation would be expected to exert an even greater impact on the prevalence of anemia than the separate application of either of these strategies. There may be significant health benefits from a program that enhances the nutritional status of iron and vitamin A in young women suffering from anemia.																
Other areas using diet improvement to improve micronutrient nutrition		x				x										