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Morton RE. Nysenbaum A. Price K.
Institution
Department of Paediatrics, London Hospital, England.
Title
Iron status in **the first year** of life.
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Journal of Pediatric Gastroenterology & Nutrition. 7(5):707-12, 1988 Sep-Oct.
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Abstract
The iron status of babies of different race born at term to mothers in an inner city area was studied at birth and during **the first year** of life and related to maternal **iron status**. Haemoglobin and ferritin were measured in **the** mother at term (n = 81) and in **the** baby in cord blood (n = 81), at 6 months (n = 55), and at 1 **year** (n = 51). No relationship was found between **the iron status** of mothers and their babies at birth. However, **iron** stores at birth did affect later **iron status**, cord ferritin being significantly related to ferritin at 6 months (r = 0.42, p less than 0.01) and 1 **year** (r = 0.55, p less than 0.01) but not to haemoglobin at these ages. No relationship was found between haemoglobin **iron** at birth and subsequent **iron status**. Introduction of full cow's milk before **the** age of 6 months was associated with **iron** deficiency at this age and at 1 **year**. By **the** age of 1 **year**, **iron** deficiency was also associated with feeding greater than 900 ml whole cow's milk a day, inadequate feeding with solids, and higher weight gain. No stool parasites were found at **the** age of 1 **year**, and **the** presence of occult blood in stools did not significantly affect **iron status** at this age. At 1 **year** of age, 49% of these infants had low **iron** stores, including 20% with **iron** deficiency anaemia. Considerable improvement could result from simple changes in dietary practices.

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