

SCN 2003 Report from National Institute of Perinatology

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1. **Dietary Education:** We have been working in Nutrition education and Health promotion in the development and validation of didactic material to elaborate, in the future, food guidelines.
2. **Research:** We have been evaluating the efficacy and safety of different iron supplementation schemes in pregnant and lactating women. The main lesson learned has been that weekly iron supplementation seems to be more effective and safety than daily iron supplementation in woman who started the pregnancy without anemia.

Experiences or lessons learned:

It is necessary to stratify pregnant women according to their iron nutritional status in order to select the best supplementation scheme.

What partners or organizations have helped make your projects successful?

Consejo Nacional de Ciencia y Tecnología (CONACYT) México and Mex-US

Future plans and goals:

- a) To identify mechanisms involved in iron absorption and its utilization in the body
- b) To validate strategies that could allow anemia prevention programs to have higher coverage amount pregnant and breastfeeding woman.

What else do you need? Is there any specific information that would be useful?

We need new cut off points for Hemoglobin during and prevalence of anemia during pregnancy.