

## **Iron Report**

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### **Activities related to iron, folic acid, and zinc in the following areas:**

(Please specify the time period, status, and context such as: objectives, target groups, locations, partners and funders, lessons learned, etc.)

1. Advocacy
2. Fortification: There is no nationwide fortification programme. However, one of the objectives of 2001-2005 GOT-UNICEF Country Programme is to reduce iron deficiency anemia by 30% in target groups.
3. Supplementation

Pregnant women are prescribed with iron/folate tablets. In some projects iron/folate tablets are distributed free of charge. Some pediatricians prescribe iron to infants. Zinc is only given to malnourished children.

4. Dietary Promotion

Pregnant women, infants and adolescents are encouraged/educated to eat iron rich food.

5. Research

There are several surveys showing that iron deficiency anemia is an important public health problem in Turkey. (Average) Prevalence: 50% in 0-5 years of old children, 30% in school age children, 50% in reproductive age women.

1974 National Nutrition Survey showed that 73% of pregnant women and 65% of lactating women were anemic.

6. Other

### **Future plans and goals.**

MOH ( the new government) is planning a nationwide "Iron Deficiency Anemia Control Programme" which includes supplementation, fortification and dietary promotion activities.

National Nutrition Survey is planned to be conducted in 2004.

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

In Turkey, flour seems as the most suitable food for fortification. We need information comparing the flour fortification compounds, fortification levels, showing the advantages, disadvantages, cost differences and success stories in different countries.