

# Iron Deficiency Anemia in 0- 4 year-old Children and in their mothers in Lezha district - Albania

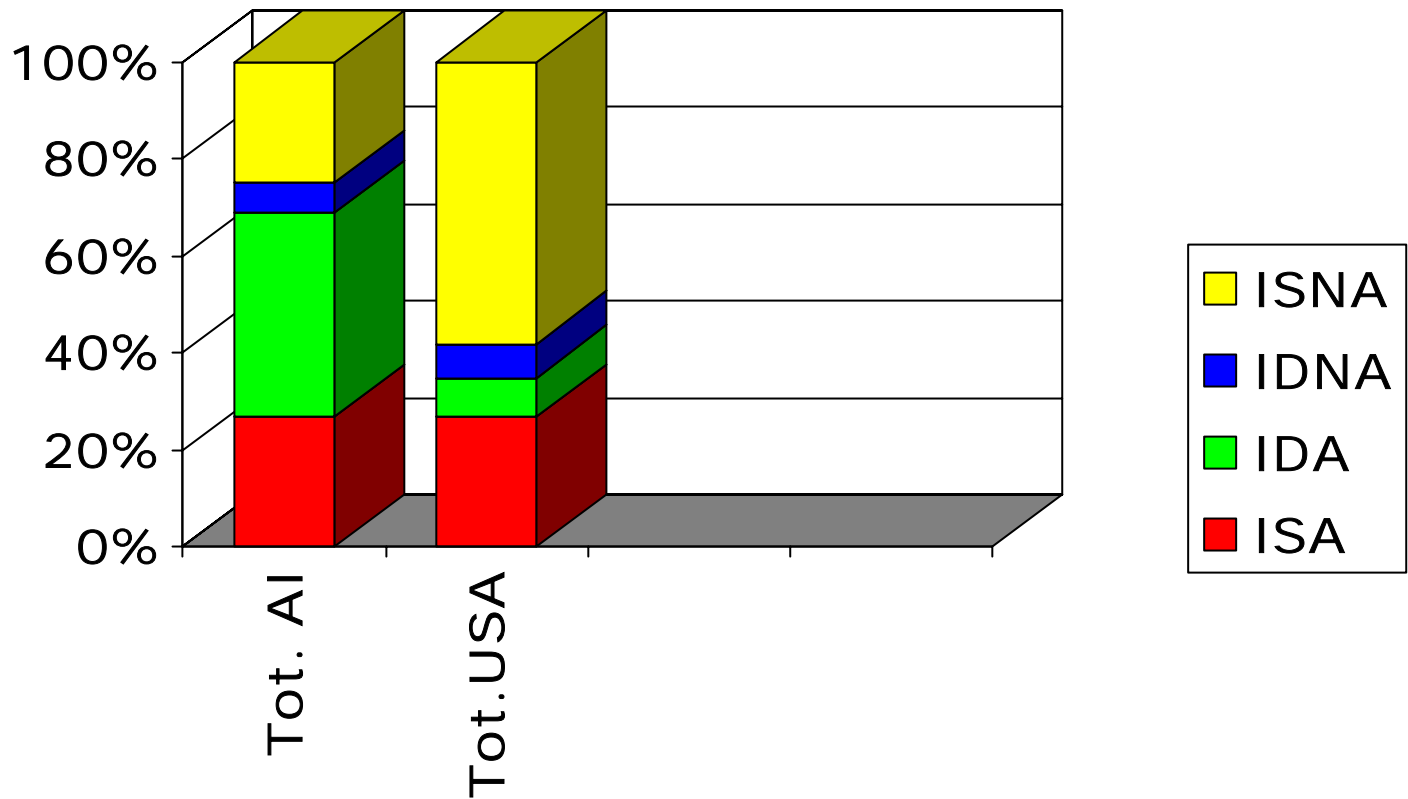
E. Buonomo<sup>°\*</sup>, A. Godo<sup>\*\*</sup>, F. Cenko<sup>\*\*</sup>, D.  
Shtiza<sup>\*\*</sup>, L.Palombi<sup>°\*</sup>.

\*Tor Vergata - University- Rome (Italy)

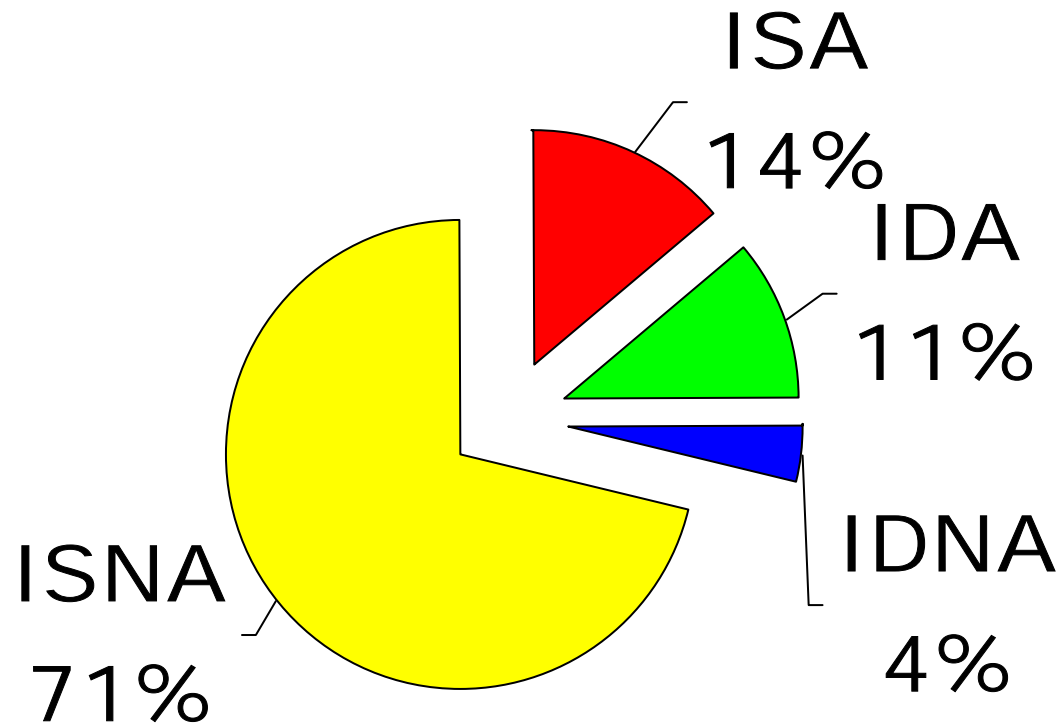
\*\*Tirana University - Tirana (Albania)

°Community of Sant'Egidio- Rome

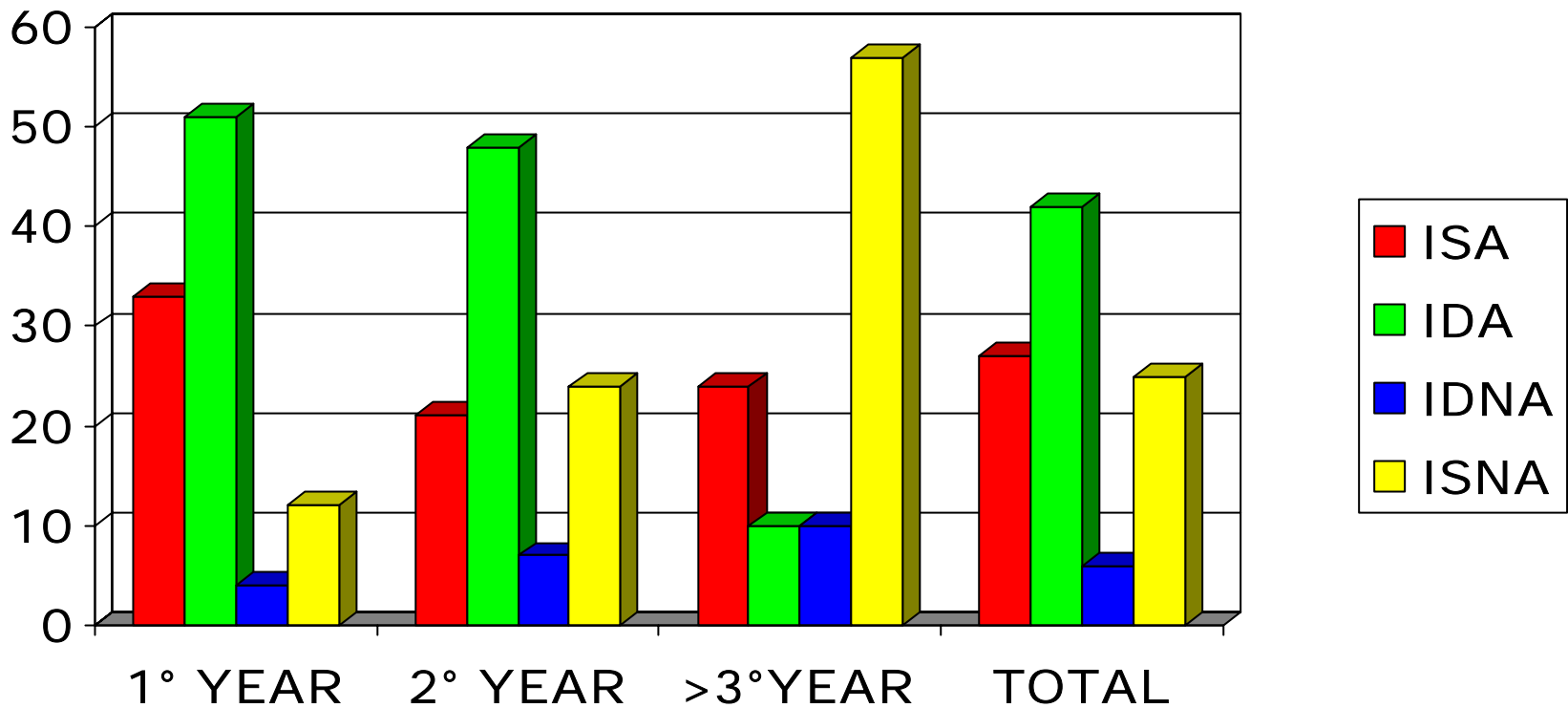
# Distribution of two samples of children for Iron status



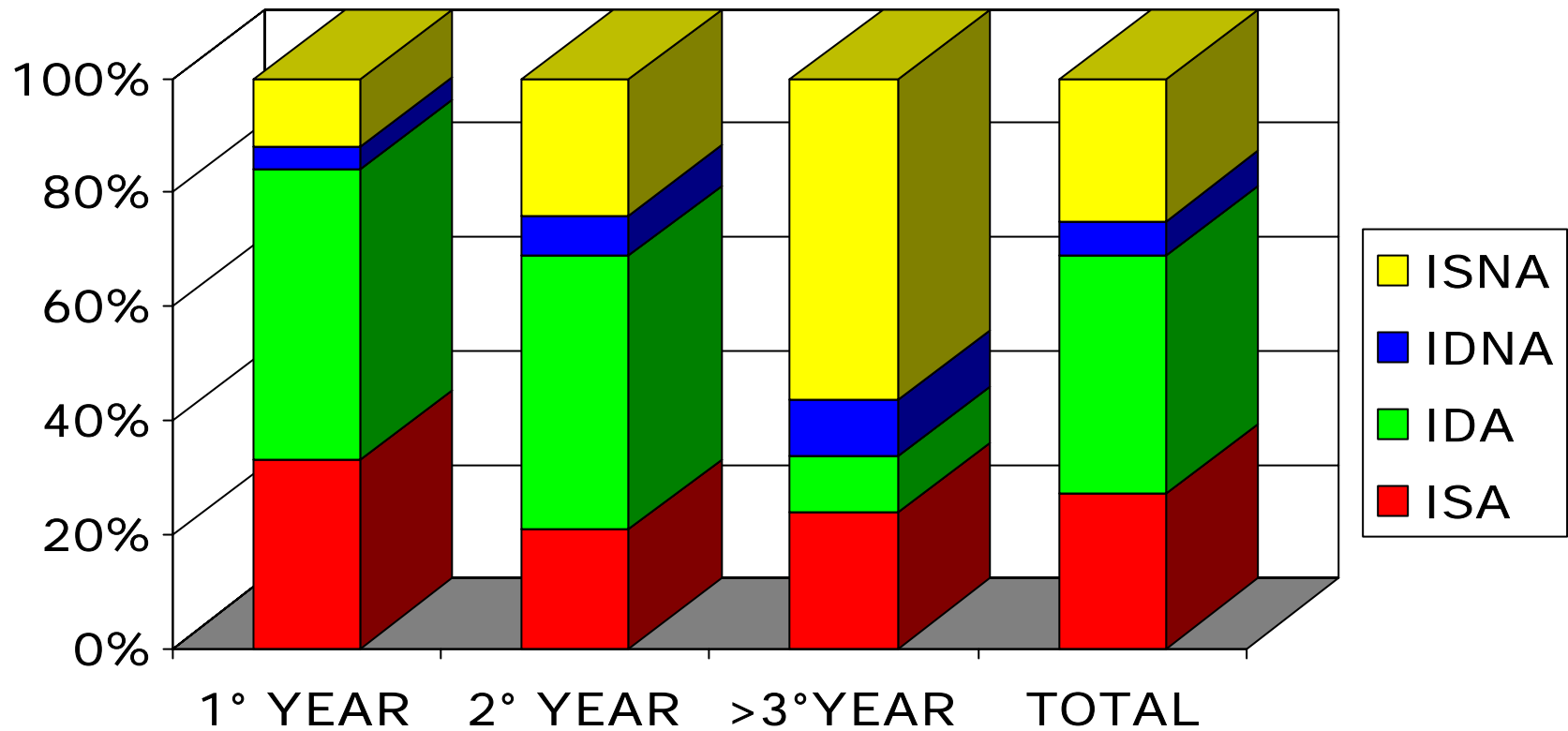
# Percent distribution of Mothers for Iron status



# Percent distribution of children for ages and Iron status



# Percent distribution of children for ages and Iron status



# Children Iron status assessment -

- Anemia was defined as  $Hb < 11.0 \text{ g/dl}$
- Iron Deficiency (ID) was defined as:
  - ferritin  $< 10 \mu\text{l}$
  - or/and
  - Mean Corpuscular Volume  $< 70 \text{ fL}$  and Red Cell distribution with  $> 14,5\%$

# Mothers Iron status assessment -

- Anemia was defined as Hb < 12.0g/dl
- Iron Deficiency (ID) was defined as:
  - ferritin < 12  $\mu$ /l
  - or/and
  - Iron serum level < 45 fL

# Children and Mothers Iron status assessment

- Iron Sufficient Anemic (ISA)
- Iron Deficiency Anemic (IDA)
- Iron Deficiency Not Anemic (IDNA)
- Iron Sufficient Not Anemic (ISNA)

# 1) Children features:

- Number : 112
- Mean age mo (SD):  $17,1 \pm 10$
- Birthweight kg :  $3,4 \pm 0,5$
- Lowbirthweight : 6%
- Female: 47,8%
- Rural residency : 61%
- Drinking water supply: 49%

## 2) Children features:

- Underweight: %12,5
- Stunting: 10%
- Recent ARI: 17,5% (5% pneum.)
- Recent Diarrhoea: 10%
- RBC(SD):  $4,7 \pm 0,4$
- MCV (SD):  $70,1 \pm 5,7$
- Mean Hb g/dl(SD):  $10,3 \pm 1,1$
- Ferritin (SD):  $36,2 \pm 39,4$

# Mothers features:

- Number : 103
- Mean age y (SD): 29,4±5
- Rural residency : 61%
- RBC(SD): 4,6 ±0,3
- Hgb (SD): 12,4 ±1,1
- Iron serum: 87,6 ±32,8
- Ferritin (SD): 34,7±30,6

# Children feeding:

- Exclusively Breastfed: 3 (3%)
- Breastfed with integration :42 (37%)
- Weaned: 65 (57%)
- Milk Formula : 3 (3%)

# Mean values of Haemoglobin by age distribution

