

Priority Actions Needed to Support Anemia Prevention and Control (APC) in the Central Asian Republics (CAR)



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New independent states of central Asia



Kazakhstan, Kyrgyz Republic Tajikistan, Turkmenistan, Uzbekistan

Phased Strategy for Anemia Prevention and Control in Central Asia

FIRST PHASE: (1995-1997) Advocacy and Research

SECOND PHASE (1998-99)

- **Developing interventions on Province (Oblast) Level**
 - **untargeted, weekly iron supplementation and nutrition education, children aged 6-24 months, women of reproductive age and pregnant women.**
- **Advocacy and work toward fortification of wheat flour.**
- **National recommendations on Supplementation and Dietary Education**

THIRD PHASE (2001-2010)

- **National program of supplementation**
- **Universal fortification of wheat flour**
- **Ongoing monitoring and improvement**



Central Asia Strategy for APC

Progress by April 2001

- **Kazakhstan, the Kyrgyz Republic, Tajikistan: new regulations permitting fortification of wheat flour.**
- **Turkmenistan: flour fortification began (Nov. 2000)**
- **The Nutrition Institute of Kazakhstan led a review of anemia prevention activities in Kyzylorda oblast.**
- **Similar reviews in each country will be used to develop national recommendations on the anemia prevention strategy actions on supplementation and dietary education.**
- **New support from Asian Development Bank**

Asian Development Bank: Fortification of Wheat Flour and Salt

- The Asian Development Bank has new grant of \$6 million to support Universal Iodization of Salt and Fortification of Wheat Flour in Kazakhstan, the Kyrgyz Republic, Uzbekistan, Tajikistan Turkmenistan and Mongolia
- ADB will Cooperate with Governments, Private Sector, Research Institutions, Civil Societies and NGOs and collaboration UNICEF the World Bank and others.
- The Nutrition Institute of Kazakhstan plans to provide technical assistance across all countries assisted through this new project.



CAR Strategy: Anemia Prevention and Control

PRIORITIES FOR ACTION (1)

- **Follow through and accelerate work on the actions already recommended by national authorities and international consultations.**
- **Develop national recommendations on supplementation based on:**
 - **experience gained from oblast level iron supplementation and education/communication projects during 1998-2001**
 - **current international guidelines and research.**

CAR Strategy: Anemia Prevention and Control

PRIORITIES FOR ACTION (2)

- **Continue, develop and strengthen the integrated Anemia Prevention and Control strategy developed in Central Asia and expand it to other countries in the region.**
- **Establish national regulations allowing for wheat flour fortification with iron and other micronutrients.**
- **Begin or expand the fortification of wheat flour with iron and other micronutrients using a strategy that focuses on nationally owned and nationally sustainable models. For example:**
 - **Close collaboration with millers associations**
 - **Single fortificant mix formula for all countries in area**
 - **Possible production of fortificant within the area (joint venture?)**
 - **Tax benefits to producers of fortified products**

CAR Strategy: Anemia Prevention and Control

PRIORITIES FOR ACTION (3)

Collaborate with the international community to overcome organizational and technical factors that constrain progress toward anemia prevention and control:

These include:

- Identification of areas where international collaboration and short-term assistance is required.**
- Plan and strengthen national leadership and technical support for anemia control and prevention activities.**

CAR Strategy for Anemia Prevention and Control

PRIORITIES FOR ACTION (4)

- **Develop linkage among key partners:**
 - flour producers,
 - government agencies,
 - key research institutes,
 - professional groups such as pediatrics associations, relevant Parliamentary groups,
 - centers on health promotion and
 - relevant programs such as reproductive health, IMCI, early childhood development and school health.
- **Develop guidelines that facilitate national development of an effective multi-micronutrient fortificants for wheat flour.**

CAR Strategy for Anemia Prevention and Control

PRIORITIES FOR ACTION (5)

- **Develop an effective, multi-micronutrient pediatric supplement (children 6-24 months) that is effective in preventing iron deficiency, safe, inexpensive to ship, and easy to market and distribute, affordable and acceptable to poor families.**
- **Identify or develop effective, multi-micronutrient supplements for older children and adults that are affordable, effective, safe, assessable and acceptable to poor families in rural and urban areas.**
- **Improve Information, Education and Communication materials and strategies aimed toward knowledge, and practices that will improve the iron nutrition of children and women.**

CAR Strategy for Anemia Prevention and Control

PRIORITIES FOR ACTION (6)

- **Develop comprehensive, up-to-date curricula and supporting materials on anemia for medical education and in-service training of medical professionals and paraprofessionals.**
- **Set up a mechanism to share useful experiences on anemia prevention and control among countries in the area and other regions.**