

# Preventing Iron Deficiency Throughout the Life Cycle

Fetal Development

Infancy

Child Development

Reproductive Age

Elderly

Adolescence

Pregnancy

**DIETARY EDUCATION**



**ORAL SUPPLEMENTATION**



**FOOD FORTIFICATION**



**MONITORING**



**INFECTION CONTROL**



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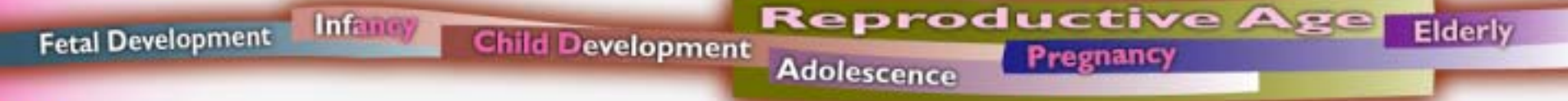
Pregnancy

Strategic, information, education and communication activities are crucial to generating demand, supporting compliance and promoting sustained behaviors that improve iron nutrition.

IEC is a vital supporting component to all preventive measures.

**DIETARY EDUCATION**

# Preventing Iron Deficiency Throughout the Life Cycle



Many children 6-24 months and pregnant women require supplementation to prevent and control iron deficiency. Supplementation can be used preventively throughout the life cycle, and may be necessary where iron fortified foods are inaccessible or seldom used.

**ORAL SUPPLEMENTATION**

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**FOOD FORTIFICATION**

When commonly consumed and affordable foods are fortified, a "floor" of iron and other micronutrients can be provided to entire populations, except very young children. Fortification requires collaboration with producers and consumers.

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Well planned and implemented process and impact monitoring and evaluation are absolute necessities for building and sustaining effective national programs to prevent and control iron deficiency.

**MONITORING**

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INFECTION CONTROL

Where needed, preventing iron deficiency requires control of infections from parasites that cause or contribute to anemia such as helminthes and malaria. Activities to prevent and control iron deficiency should be linked to other public health and nutrition projects such as breastfeeding promotion, reproductive health, EPI and Integrated Management of Childhood Illness.