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Knowledge Regarding Anaemia Among Adolescent Girls of Keonjhar City, Odisha

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ABSTRACT : Iron deficiency anaemia, one of the most widespread nutritional deficiency diseases affecting all-most all age group of both the genders is a serious public health concern in most developing countries. But adolescent girls are the most vulnerable group and are a critical health problem in India. Growth spurts and menarche increases iron requirements with poor diet and no added iron supplementation puts them into the high risk category for iron deficiencies. Lack of adequate knowledge regarding good nutrition is one of the most significant reasons behind it, which leads to a vicious cycle of anaemia in the later life of the adolescent girl as well as for her future child. Thus, worldwide attention over iron deficiency anaemia in pregnancy has shifted recently from providing nutritional supplements during pregnancy to attempting to ensure that women especially adolescent girls have adequate iron stores prior to conception. The present study has been conducted among 80 college going adolescent girls from Keonjhar district with the objective to assess the nutritional status and anaemia related knowledge of the adolescent girls.

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