



RESEARCH PAPER

Correlation between nutritional status parameters and hemoglobin level of teenage girls and hemoglobin level

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Abstract : Malnutrition is caused by the absence of any essential nutritional factor in the diet, including defects in the formation of hemoglobin or low absorption of essential nutrients. Some malnutrition due to lack of iron in the diet or high quality protein, vitamin B6 deficiency which affects the heme protein in the synthesis of hemoglobin, vitamin E deficiency which affects the stability of the membranes of red blood cells it happens. Copper is not part of the hemoglobin molecule but it affects the absorption of iron in the liver. Iron deficiency is the most common nutritional disorder in the world. Worldwide, anemia is estimated to affect 2 billion people, or 30 per cent of the world's population and is more severe in developing countries due to frequent malaria and insect infestation. It particularly affects women in the reproductive age group and young children in tropical and sub-tropical regions. The World Bank estimates that malnutrition is a direct contributor to global diseases. Malnutrition occurs at all stages of life, but is most common in pregnant women, young children and teenage girls. Iron deficiency and malnutrition are a major public health problem among teenagers. Studies indicate that anemia in teenagers increases with age and the rate of growth is highest during teenage.

Key Words : Nutritional, Status, Parameters

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