





Anaemia is a key health concern for pregnant and lactating women, growing children and adolescents. Proper diet, iron and vitamin C rich foods and supplements play an important role to prevent anaemia.

Its symptoms are

- Paleness of eyes, tongue and hands
- Fatigue
- Shortness of breath
- Weakness

Consequence of anaemia

- Decreased mental and physical development of the child
- ✓ Unable to concentrate on any work
- Oecreased ability to work
- Increased risk of infections
- Excessive bleeding during menstruation
- Increased chances of maternal mortality, especially during delivery
- Sow birth weight of the newborn



Early pregnancy and less gap between 2 children

Lack of iron and vitamin C in diet

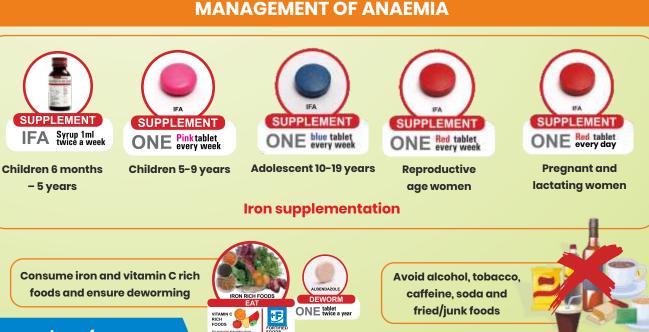
CAUSES



Worms in stomach



Unhygienic conditions and lack of sanitation



For more information, contact Self Help Group member of your area.