

## Prevalence of Anemia During Pregnancy

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### Introduction

Anemia is considered as a severe public health problem by World Health Organization (W.H.O), when anemia prevalence is equal to or greater than 40% of population. According to W.H.O, in developing countries anemia averages 56%, ranging between 35% to 100%. In India, anemia is the second most common cause of maternal deaths, accounting for 20% of total maternal deaths.

### Materials and methods

This is a cross sectional study. A total of 64 pregnant women, who consulted for their first antenatal visit and who are not on medication for anemia were considered. The study was conducted from April 20th to May 5th 2012 at Mamata General Hospital, Khammam. Socio-demographic details of all the individuals were taken and blood samples were collected. The estimation of hemoglobin levels was performed by Sahli's method at Mamata laboratory. Anemia is defined as hemoglobin

levels less than 10 gm% and degrees of anemia as mild (7-10 gm%) , moderate (4-7 gm%) and severe (<4 gm%).

### Results

Among the study sample, Forty eight (75%) women were anemic at one trimester of pregnancy or another. Anemia was more prevalent among multigravidae (52.1%) than the primigravidae (47.9%). Forty one (85.4%) had mild anemia while six (12.5%) had moderate anemia and one (2.1%) was severely anemic. Out of all the anemic women, twenty eight (58.3%) women are from extended family and twenty (41.7%) women are from nuclear family. Out of 48 anemic women twenty eight (58.3%) are in 2nd trimester, fourteen (29.1%) are in 1st trimester and five (10.4%) are in 3rd trimester. five (31.25%) women having anemia were illiterates and fourteen (29.16%) care takers of patients are illiterates.

### Conclusion

The hemoglobin level was low and prevalence rate of anemia was high among pregnant women in Khammam, India. Most of the anemic women in our study belong to joint family, illiterates and from rural back ground.

Keywords: Anemia, pregnancy, prevalence.