CAMBODIA National Anemia Profile

In pregnancy, infections are a key cause of anemia and can be prevented by sleeping under a bednet and taking intermittent preventive treatment (IPTp) for malaria and deworming pills.

In 2014, 57% of pregnant women in Cambodia consumed 90 or more IFA tablets.

Only 65.2% of households had access to an improved water source during the dry season, but the majority of families had access during the rainy season (83.7%, 2014).

In 2014, 72.2% of women received deworming medication during their last pregnancy.

81.7% of children 6-23 months of age consumed foods rich in iron* (2014).

In adolescence, IFA supplements and deworming pills help prevent anemia. Family planning delays the age at first birth.

In 2014, 14.9% of married adolescent girls expressed an unmet need for family planning.

A multisectoral approach to prevent anemia will save lives and improve the wellbeing of mothers, infants, and children.

*Includes meat, fish, poultry, and eggs
Anemia has substantial negative effects on the health and economic wellbeing of nations and communities. Children with anemia experience irrevocable cognitive and developmental delays and exhibit decreased worker productivity as adults.\textsuperscript{1} Globally, maternal anemia increases the risk of pre-term delivery and low birth weight, and iron-deficiency anemia underlies 115,000 maternal deaths and 591,000 perinatal deaths each year.\textsuperscript{2}

**Prevalence of anemia among children 6-59 months and women 15-49 years, by province**

*Source: Cambodia DHS, 2014*

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### Trends in the prevalence of anemia in Cambodia

#### Children 6-59 months of age

<table>
<thead>
<tr>
<th>Year</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>28.1</td>
<td>26.1</td>
<td>55.1%</td>
</tr>
<tr>
<td>2014</td>
<td>29.8</td>
<td>25.2</td>
<td>55.5%</td>
</tr>
</tbody>
</table>

The DHS hemoglobin levels used to diagnose anemia in children 6-59 months in grams/dL are: Mild 10.0-10.9; Moderate 7.0-9.9; Severe <7.0; Any <11.0.

#### Women 15-49 years of age

<table>
<thead>
<tr>
<th>Year</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>36.7</td>
<td>7.3</td>
<td>44.4%</td>
</tr>
<tr>
<td>2014</td>
<td>38.4</td>
<td>6.7</td>
<td>45.4%</td>
</tr>
</tbody>
</table>

The DHS hemoglobin levels used to diagnose anemia in non-pregnant women 15-49 years of age in grams/dL are: Mild 10.0-11.9; Moderate 7.0-9.9; Severe <7.0; Any <12.0.

### Status of Policies or Strategies to Support Reductions in Anemia*

- ✔️ IFA for pregnant women
- ✔️ IFA for women of reproductive age
- ✔️ IFA for adolescent girls
- ✔️ Iron and/or folic acid fortification legislation
- ✔️ Delayed cord clamping
- ✔️ Dietary diversity for complementary feeding
- ✔️ Micronutrient powders for children
- N/A† Long-lasting insecticidal nets (LLINs) for household use
- N/A† Indoor residual spraying
- ✔️ National policy on sanitation
- N/A† IPTp for pregnant women
- N/A† Malaria diagnosis and treatment
- ✔️ Deworming for children
- ✔️ Deworming for pregnant women
- ✔️ Breastfeeding

*Information from the Global database on the Implementation of Nutrition Action (GINA) (https://extranet.who.int/nutrition/gina/en/) or country documentation. The status of policies and strategies have been identified to the best of our knowledge. Revisions and updates are welcome.

Evidence-informed WHO guidance can be found here: [http://www.who.int/elen](http://www.who.int/elen)

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Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

Increase iron uptake and stores

IFA supplementation for 90+ days increased among pregnant women

Contraceptive use among married women increased from 2010-2014

Few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding (IYCF)

Reduce iron losses and infection

Access to an improved water source has only slightly improved from 2010-2014 during both the dry and rainy season

The percentage of women who received deworming medication during pregnancy increased from 2010-2014*

Exclusive breastfeeding of children <6 months has decreased since 2010

The percentage of households with an improved latrine has increased since 2010*

All data is from Cambodia Demographic and Health Surveys unless otherwise noted.

In the Cambodian context, factors other than iron deficiency might play an important role in the pathogenesis of anemia.
Multiple Sectors Play a Role in Anemia Prevention and Treatment

Stunting and anemia share similar risk factors and are responsive to many of the same interventions

**Agriculture**
- Increase income and reduce poverty
- Production of biofortified and iron-rich crops
- Small livestock/poultry
- Dietary diversity

**Health**
- Iron supplementation
- Deworming
- Breastfeeding and complementary feeding
- Family planning
- Malaria prevention and treatment
- Delayed cord clamping

**Water and Sanitation**
- Improved latrines
- Handwashing
- Access to clean water
- Livestock management
- Infectious disease prevention

**Education**
- Female literacy
- Health education
- Hygiene education
- Family planning education
- Nutrition education

**Data Sources:**


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