



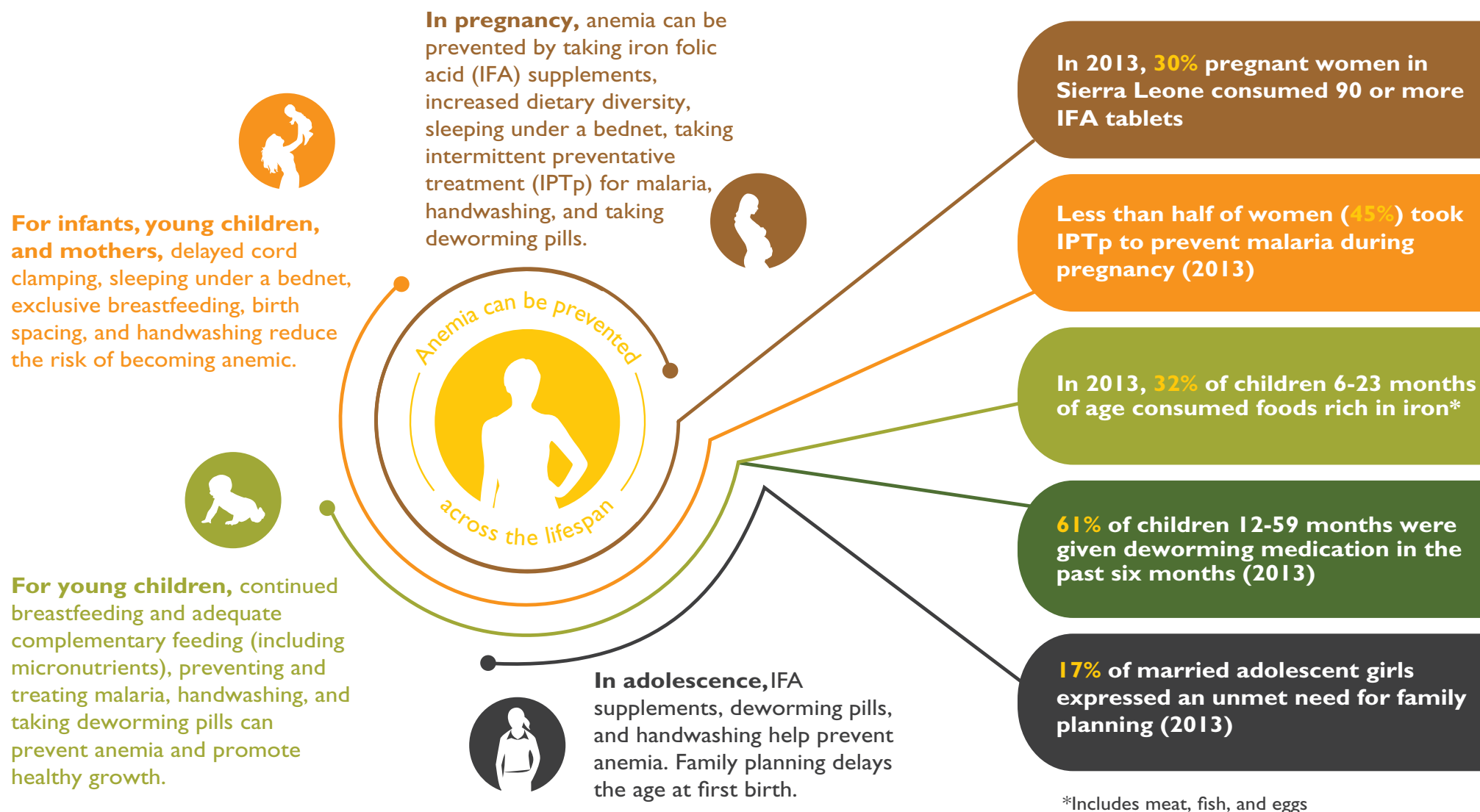
SIERRA LEONE

National Anemia Profile



USAID
FROM THE AMERICAN PEOPLE

SPRING
Strengthening Partnerships, Results,
and Innovations in Nutrition Globally

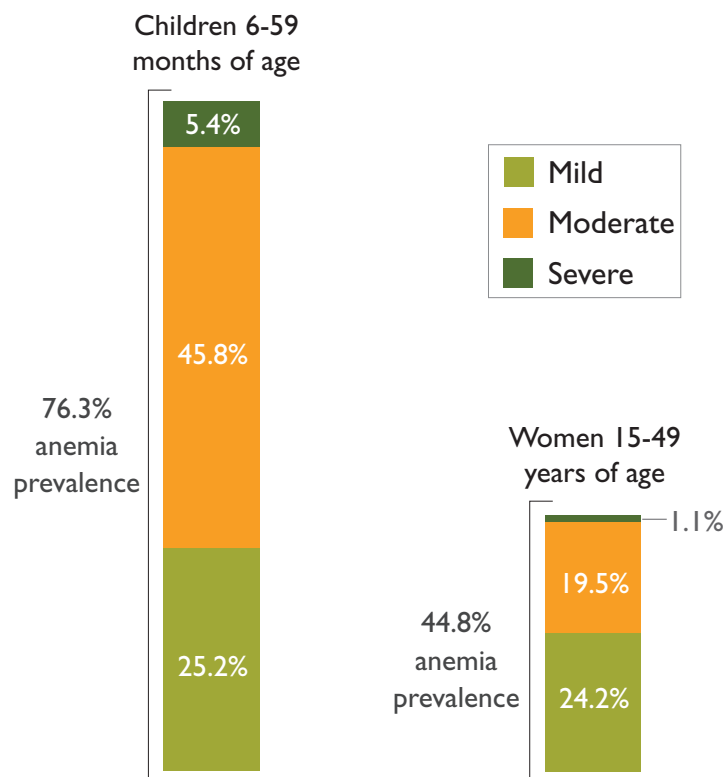


A multisectoral approach to prevent anemia will save lives and improve the well-being of mothers, infants, and children

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.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.²

Prevalence of anemia among children 6-59 months and women 15-49 years in Sierra Leone

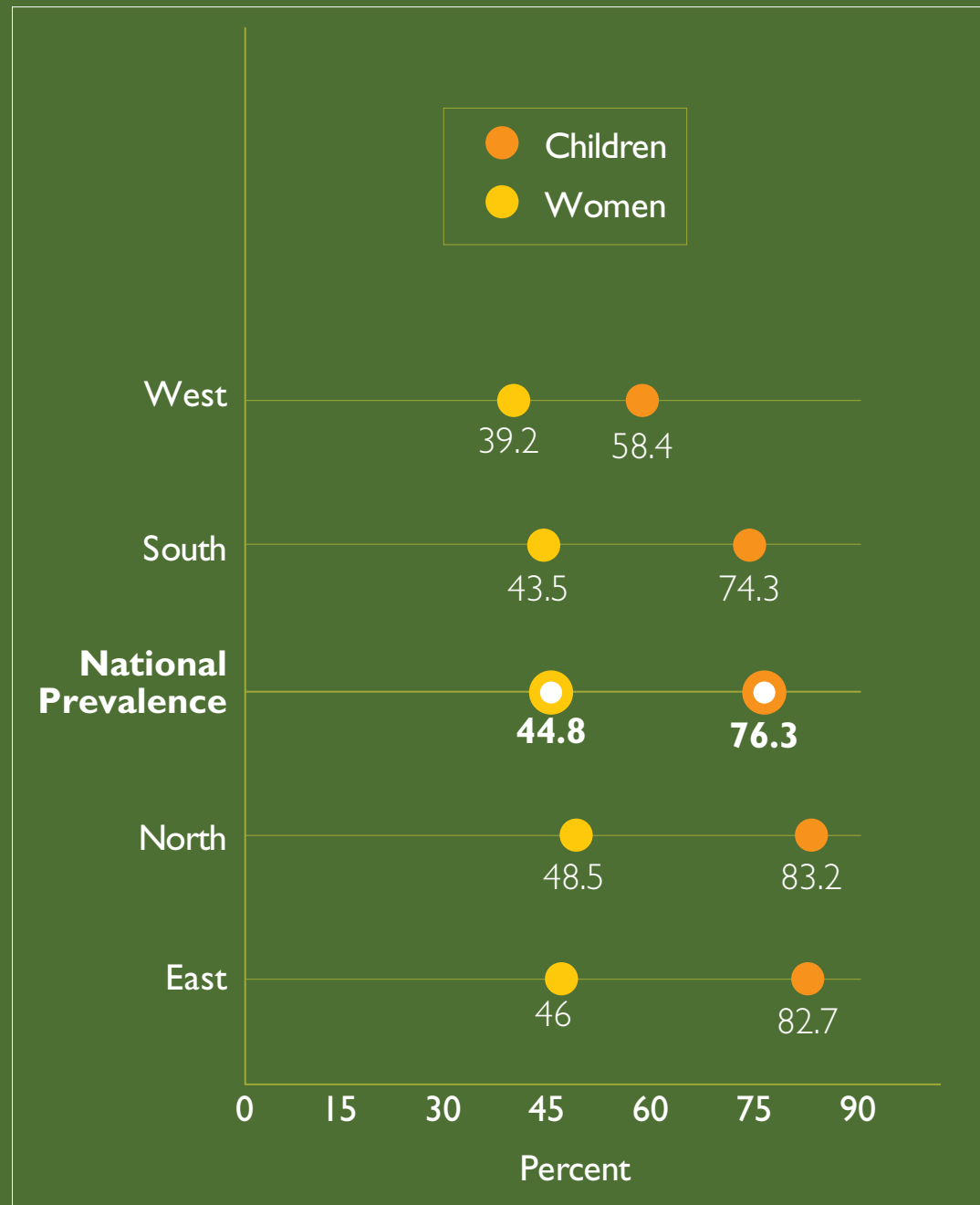
Source: SLMS 2013



1. Walker, S. P., T. D. Wachs, J. M. Gardner, B. Lozoff, G. A. Wasserman, E. Pollitt, and J. A. Carter. 2007. "Child development: risk factors for adverse outcomes in developing countries." *Lancet*, 369(9556): 145-157.

2. Stoltzfus, R. J., L. Mullany, and R. E. Black. 2004. "Iron Deficiency Anemia." In *Comparative Quantification of Health Risks: Global and Regional Burden of Disease Attributable to Selected Major Risk Factors*. M. Ezzati, A. D. Lopez, A. Rodgers, and C. J. L. Murray, eds. Geneva: World Health Organization.

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



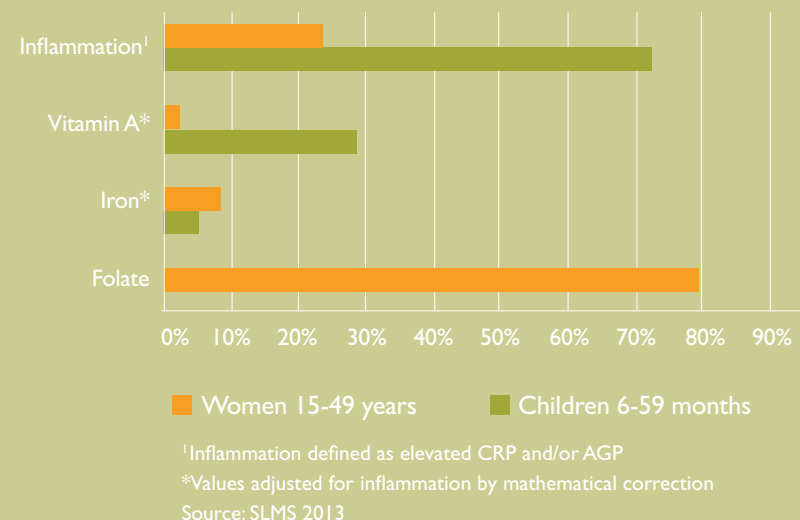
Status of Policies or Strategies to Support Reductions in Anemia*

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

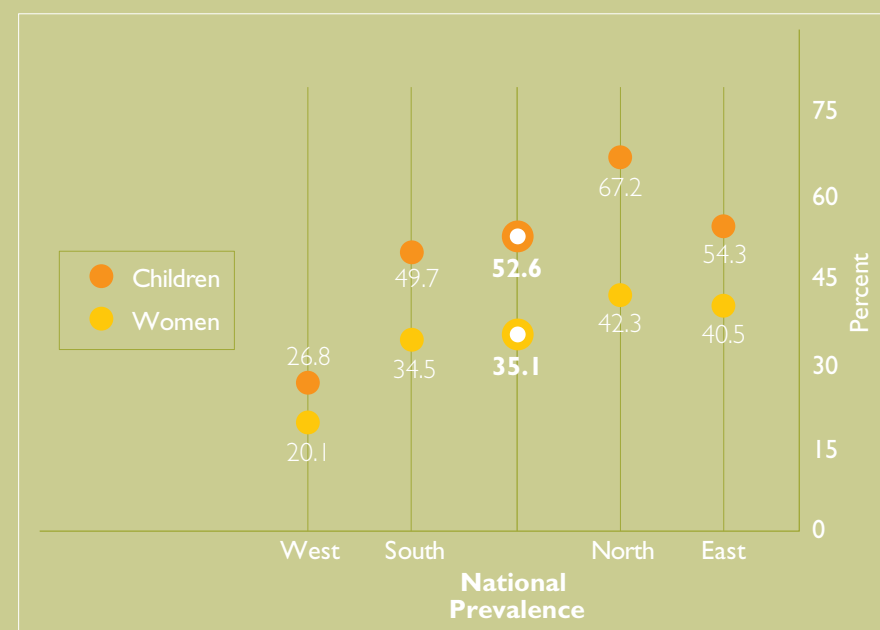
-
- ☒ no policy ☐ policy pending
 - ☒ policy in place ☒ missing documentation

* 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.

Prevalence of micronutrient deficiencies among children 6-59 months and women 15-49 years



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

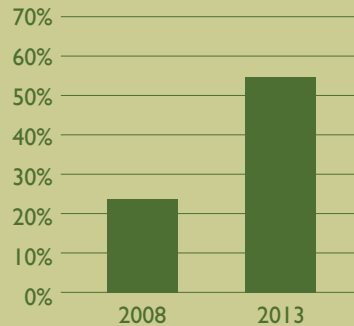


Source: SLMS 2013

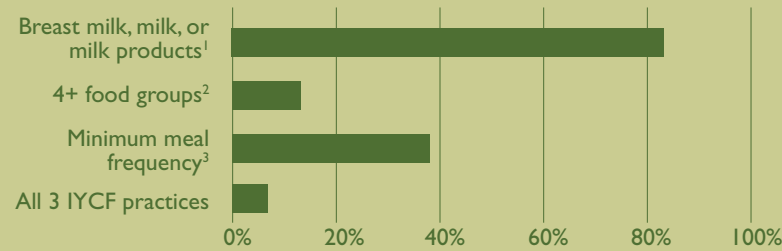
Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

Increase iron uptake and stores

Modern contraception use increased among married women from 2008 to 2013



Very few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding (IYCF) practices in 2013

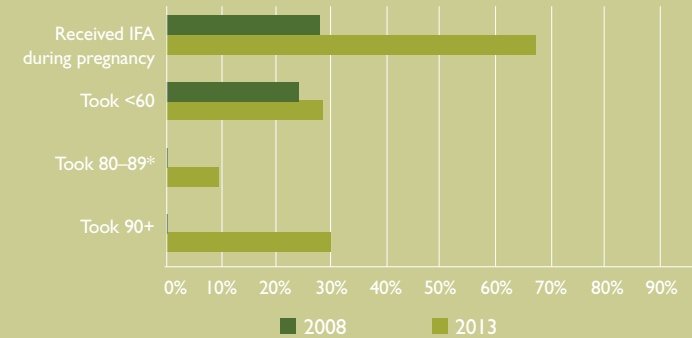


¹ Continued breastfeeding, or feeding of milk/milk products to non-breastfed children

² Feeding children solid foods from the minimum number of food groups

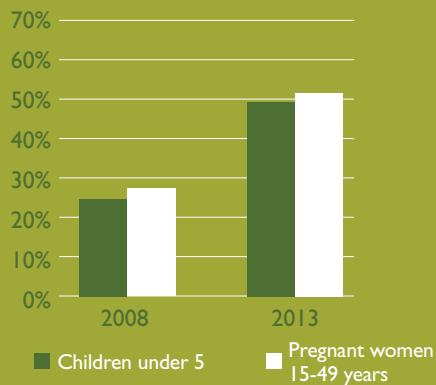
³ Feeding children solid foods the minimum number of times

IFA supplementation among pregnant women improved from 2008 to 2013



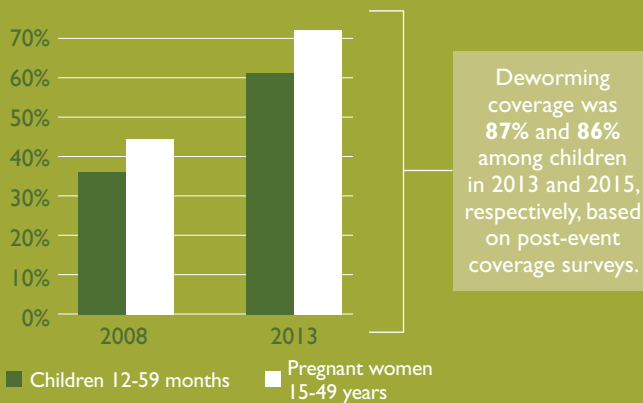
Reduce iron losses and infection

Insecticide-treated mosquito net (ITN) use improved between 2008 and 2013*



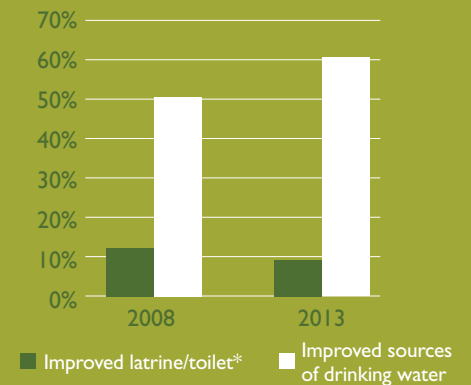
*Percentage who slept under an ITN the night before the survey

Deworming coverage increased between 2008 and 2013*



*Deworming medication given in past 6 months for children and during last pregnancy for women

Not enough households have access to improved sources of drinking water, and even fewer have an improved latrine/toilet



*Definition of 'improved latrine' has changed slightly across years. See Demographic and Health Surveys.

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
 - Fisheries
- 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
- Genetic counseling and management

Data Sources:

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