**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.

**For infants, young children, and mothers**, delayed cord clamping, sleeping under a bednet, exclusive breastfeeding, and birth spacing reduce the risk of becoming anemic.

**For young children**, continued breastfeeding and adequate complementary feeding (including micronutrients), preventing and treating malaria, and taking deworming pills can prevent anemia and promote healthy growth.

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

**In 2010, only 3.5% of pregnant women in Tanzania consumed 90 or more IFA tablets**

Not enough women are taking IPTp to prevent malaria during pregnancy (32%, 2011-2012)

50% of infants in Tanzania are exclusively breastfed during the first six months after birth (2010)

In 2010, 30% of children 6-35 months of age consumed foods rich in iron*

16% of married adolescent girls expressed an unmet need for family planning (2010)

*Includes meat (including organ meat)

**A multisectoral approach to prevent anemia will save lives and improve the wellbeing 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. 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.

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

Source: Tanzania DHS, 2010

### Trends in the prevalence of anemia in Tanzania

#### 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>2004-2005</td>
<td>24.6</td>
<td>43.0</td>
<td>4.2</td>
</tr>
<tr>
<td>2010</td>
<td>27.3</td>
<td>29.4</td>
<td>1.9</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>2004-2005</td>
<td>32.6</td>
<td>14.5</td>
<td>4.8</td>
</tr>
<tr>
<td>2010</td>
<td>29.0</td>
<td>10.1</td>
<td>1.0</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
- Long-lasting insecticidal nets (LLINs) 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

*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/elena/en/
Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

Increase iron uptake and stores

Contraception use increased among married women from 1999 to 2010

Few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding (IYCF) practices in 2010

Reduce iron losses and infection

Exclusive breastfeeding of children <6 months has steadily increased from 1999 to 2010

The percentage of households with an improved latrine/toilet increased from 1999 to 2010*

All data is from Tanzania Demographic and Health Surveys unless otherwise noted

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IFA supplementation among pregnant women decreased from 2004 to 2005

Received any IFA during pregnancy

- Took <60
- Took 60-89
- Took 90+

IFA supplementation among pregnant women decreased from 2004 to 2005

Contraception use increased among married women from 1999 to 2010

few children 6-23 months old were fed according to 3 key IYCF practices in 2010

Breast milk, milk, or milk products

3+ or 4+ food groups

Minimum meal frequency

All 3 IYCF practices

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

2 Feeding children solid foods, semi-solid foods, and milk products from the minimum number of food groups; 3+ food groups for breastfed children and 4+ food groups for non-breastfed children

3 Feeding children solid foods, semi-solid foods, and milk products the minimum number of times

Insecticide-treated mosquito net (ITN) use increased dramatically from 2004-2005 to 2011-2012*

Exclusive breastfeeding of children <6 months has steadily increased from 1999 to 2010

The percentage of households with an improved latrine/toilet increased from 1999 to 2010*

*Definition of ‘improved latrine/toilet’ has changed slightly across years. See Demographic and Health Surveys.

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

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**Data Sources:**


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