



## **Knowledge of mothers about nutritional anemia in children under five years in Baghdad city**

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**Abstract** :Nutritional anemia is a very common problem and is a major public health challenge in many developing countries including Iraq.

**Objectives** : 1- Assessment the knowledge of mothers about nutritional anemia in children.  
2-Assessment nutritional status of children under 5 years old as well as association of anemia with nutritional factors, age, weight.

**Methodology** :A cross-sectional study conducted in Bab – Al-moadham primary health center in Baghdad city, sampling was (nonprobability convenient ) & the sample size was 150“ study started from” 1<sup>st</sup>October 2015 to 1<sup>st</sup>of April 2016.Data was collected by questionnaire to obtain socio-demographic information (age, gender,residence, weight, Hb value,type of feeding ,educational level of mothers ,.....etc). Data was analyzed by frequency tables. Chi square test was applied to test the association between variable with significant result when P value was <0.05.).

**Results** :The results showed thatthe prevalence of anemia in preschool age children is 47.4%. The present study was carried out to find out the prevalence of different grades and etiology of nutritional anemia in children under five years old. Total 52 anemic children including males and females from study sample 150 children. Iron deficiency was the commonest cause of nutritional anemia. In early childhood, bad feeding habits, especially during the weaning period and suffering from worms are factors leading to nutritional anemia.

**Recommendations** :Extensive and persuasive efforts are required to bring behavioral changes in the community for people to adopt dietary diversification. Ultimately, the only sustainable solution to IDA(Iron Deficiency Anemia) is to help the community to consume regularly foods that are rich in iron, to encourage intake of promoters of iron absorption such as vitamin C.

**Suha A. Kadhum**/International Journal of ChemTech Research, 2017,10(9): 681-689.

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