

EVALUATION OF THE LEVEL OF IRON DEFICIENCY ANEMIA IN CHILDREN FROM PRESCHOOL INSTITUTIONS IN REPUBLIC OF MOLDOVA

Neagu Anastasia, Sofronie Vasile

Department of Preventive Medicine; Discipline of epidemiology, USMF "Nicolae Testemitanu"

Introduction: Iron deficiency remains the most common cause of anemia worldwide. The most exposed to the development of iron anemia are infants, children aged 1-5 years, pregnant women. Annually, in the Republic of Moldova, over 56% of women who give birth have confirmed iron deficiency anemia.

Material and methods: Epidemiological data taken from the National Center for Health Management, for the last 10 years. The literature on the medical and social aspects of iron deficiency anemia has been studied.

Results: Foods included in the food menu of institutionalized children contain enough iron-rich foods (chicken, beef, fish, eggs, iron-fortified bread) and foods rich in vitamin C, which help absorb iron from the gastrointestinal tract. But some foods, such as dairy foods, due to the increased calcium content, as well as many food preparation processes (frying, baking) can lower the level of bioavailable Iron. In order to increase the bioavailability of iron, it is necessary to combine foods according to compatibility.

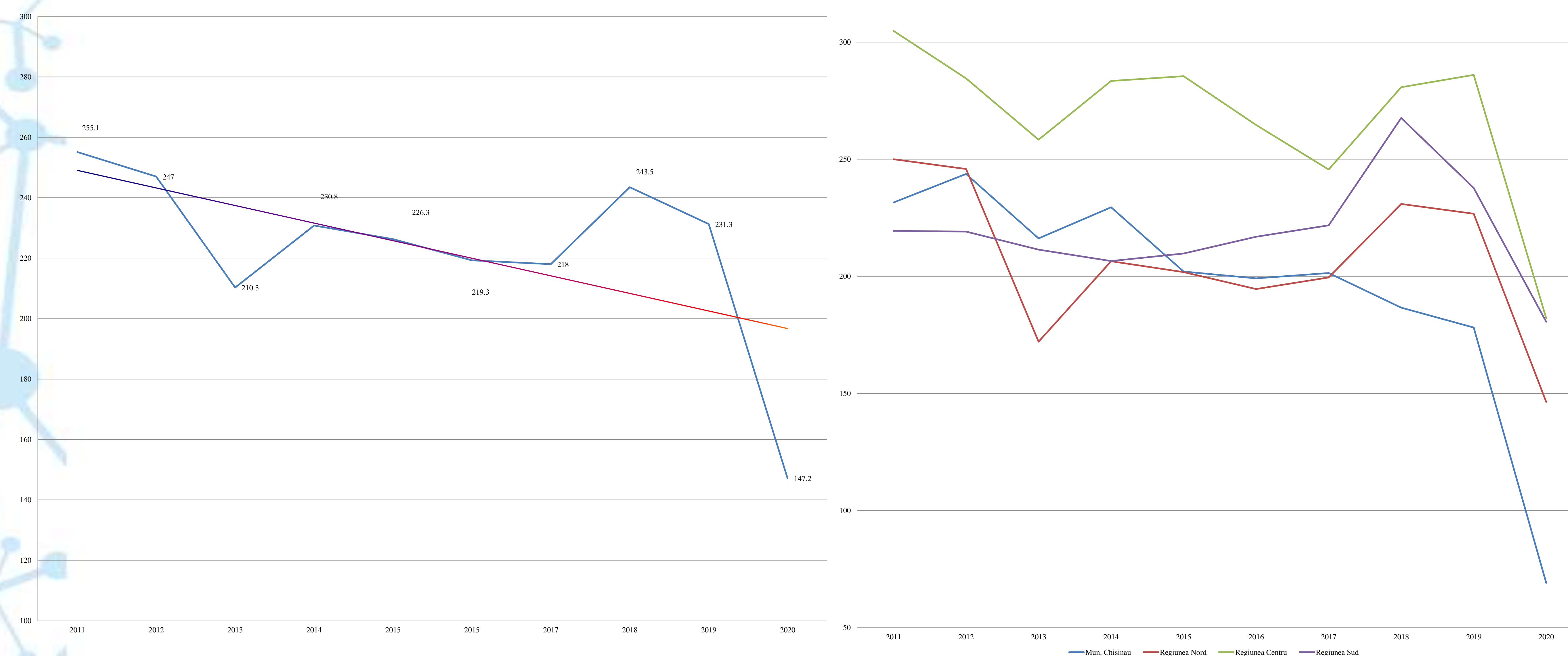


Fig. 1 Incidence of anemia in children per Republic of Moldova per 10,000 inhabitants, 2011-2020

Fig. 2 Incidence of anemia in children in the Republic of Moldova per 10,000 inhabitants by statistical regions, 2011-2020



Fig.3 High- iron foods

Keywords: Iron deficiency anemia, institutionalized children, bioavailable Iron

Purpose: Analysis of national epidemiological information related to Iron deficiency, with the subsequent development of iron anemia in preschool children. .

Conclusions: According to national epidemiological data, institutionalized children in Moldova receive a sufficient amount of Iron through the intake of food products (chicken contains 1.5 mg Iron / 100 g), eggs (1.5 mg Iron / 100g), bakery products (iron-fortified bread 2.2 mg Iron / 100g).