

Study on Prevalence of Anaemia and Iron Deficiency Anaemia among Pregnant Women in Pyin Oo Lwin Township

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Abstract

Anaemia in pregnancy is a common cause of maternal morbidity in developing countries and that affects populations in both industrialized and third world nations. To determine the prevalence of anaemia and proportion of iron deficiency anaemia among pregnant women, a hospital and laboratory-based cross-sectional descriptive study was done at 300-bedded Civil Hospital (Pyin Oo Lwin) and Pathology Research Division, Department of Medical Research (Upper Myanmar) during the period from August through October in 2012. A total sample size of 100 pregnant women from the ante-natal clinic of study hospital was enrolled in this study. All the attendees were checked for complete blood picture and biochemical indicator for iron status such as serum ferritin. Among the study subjects, 46 women (**46.0%, 95% CI = 36.2% - 55.8%**) were normal and 54 cases (**54.0%, 95% CI = 44.2% - 63.8%**) have anaemia. The prevalence of iron deficiency anaemia in this study was 28.0% (**95% CI = 19.2% - 36.8%**). Among the anaemia cases, 32 women (**59.0%, 95% CI = 45.9% - 72.1%**) had mild degree of anaemia, and 22 cases (**41.0%, 95% CI = 27.8% - 54.2%**) showed moderate degree of anaemia. Moreover, 28 out of 54 anaemic cases (51.85%) were iron deficiency anaemia cases. Taking into consideration of the above results, this study recognize the high prevalence rate and highlight that anaemia remains a common health problem among pregnant women.