



Assessment of Anemia among 0-6 Years of Children in ICDS and Non ICDS areas in Siddipet District

Anand Ranjan¹, Pradeep Shinde², Vishal Pol³

¹Associate Professor, Department of Community Medicine, Surabhi Institute of Medical Sciences, Siddipet, Telangana, India; ²Professor & HOD, Department of Community Medicine, Surabhi Institute of Medical Sciences, Siddipet, Telangana, India; ³Assistant Professor cum Statistician, Department of Community Medicine, Surabhi Institute of Medical Sciences, Siddipet, Telangana, India.

ABSTRACT

Introduction: The development of the nation lies in the hands of the children who are the future citizens. Childhood malnutrition among urban poor is similar to or higher than rural poor. Here a comparative study of health profile of children 0-6yrs of age residing in the urban slums covered by ICDS and not covered by ICDS in Siddipet telangana was undertaken. Mothers and children under 6 year's age constitute a high priority group because children are connected with their development and survival. The development of the nation lies in the hands of the children who are the future citizens. The two major deficiency syndromes affecting the preschool children in developing countries are protein energy malnutrition and nutritional anemia. Both these conditions have considerable impact on child's physical and mental development.

Objective: The objective of the study is to study and compare the prevalence of anemia among children in ICDS and non ICDS areas.

Methods: A cross – sectional study with comparison group was carried out in urban slums of Siddipet city in the ICDS and Non-ICDS areas. In all 560 children were examined from each area and the prevalence of anemia was estimated in both the areas separately.

Results: Prevalence of anemia among 0-6 years children in ICDS and Non- ICDS areas was 47.9 % (44.1% in male and 51% in female) and 56.1 % (47.8% in male and 63.7% in female) respectively. Majority of the anemia male children were having moderate grade of anemia in both the groups i.e. 24.4% in ICDS and 29.9% in Non-ICDS area. Cases of severe grade of anemia were seen in 1-3 years children in ICDS whereas in Non- ICDS group they were from 1-4 years age group. Majority of the anemia female children were having moderate anemia in both the groups (30.7% and 45.2%).

Conclusion: Prevalence of anemia was found as in ICDS area was 47.9% compared to 56.1% in then on ICDS area. Statistically this difference was not significant. Infants showed least prevalence of anemia in both the groups.

Key Words: Health Education, Lactating Mothers, Anemia, Children, ICDS. Conflict, Ethics, Paramedical

INTRODUCTION

Mothers and children under 6 year's age constitute a high priority group because children are connected with their development and survival. The development of the nation lies in the hands of the children who are the future citizens. So the Government of India has launched the ICDS project in 1975, with an aim of providing immunization, health care, supplementary nutrition, growth monitoring, pre-school they constitute more than 40% of the population.¹

Notwithstanding contention regarding the assessment methods of various Global surveys, it is true that India's High prevalence of stunting, wasting, and anemia continues to

pose public health risks for children and women. India must strengthen its existing social sector schemes, such as the Integrated Child Development Services (ICDS), to tackle this. The ICDS targets children aged 0-6 years, pregnant women, and lactating mothers; addresses non-formal pre-school education; and breaks the cycle of malnutrition, morbidity, and mortality.²

The ICDS programme was launched in 1975-76 in 33 experimental blocks. Encouraged by the results Government of India expanded ICDS programme and presently it covers over 5320 ICDS blocks nationwide.³

The objectives of the ICDS are^{3,4,5,6}

Corresponding Author:

Dr. Pradeep Shinde, Professor & HOD, Department of Community Medicine, Surabhi Institute of Medical Sciences, Siddipet, Telangana, India; E-mail: pradeep98227@gmail.com

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To improve the nutritional and health status of children in the age group of 0-6 years.

1. To lay the foundations for proper psychological, physical and social development of the child.
2. To reduce the incidence of mortality, morbidity, malnutrition and school drop outs.
3. To achieve effective co-ordination of policy and implementation amongst the various departments to promote child development.
4. To enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education.

In order to achieve above said objectives, ICDS is providing package of services which include³⁻⁶ Supplementary nutrition

1. Immunization
2. Health check-up
3. Referral services
4. Nutrition and Health education
5. Non formal education

The beneficiaries of ICDS programme are preschool children (0-6years), pregnant and lactating mothers and women in the age group of 15 to 44 years.⁶ These services are provided through a well-built organization at various levels of administration, governed by ministry of Woman and child Development.

The two major deficiency syndromes affecting the preschool children in developing countries are protein energy malnutrition and nutritional anemia. Both these conditions have considerable impact on child's physical and mental development.⁷

ICDS Scheme is being implemented in Siddipet and project – II, Ponnal. These projects run the network of Anganwadi centers which are working in urban slum areas. There are total 288 Anganwadi centers in the city. Out of these two Anganwadi centers Rajagopalpet, and Cherial Anganwadi centers were chosen for the study.

MATERIALS AND METHODS

Study design

Cross-sectional study with comparison group.

Study areas

The study was carried out in urban slums of Siddipet city. The ICDS and Non-ICDS areas were defined as follows;

ICDS areas

These are the areas where ICDS services are provided. These services are provided under two under ICDS projects viz. Project I, Mittapalle and Project II, Ponnal. There are total

288 Anganwadi centers working under has four zones which include 40-45 Anganwadi centers.

Non-ICDS areas

These are the areas where no ICDS services are provided.

Pilot study was conducted in Cherial as a ICDS area and Marpadga as Non-ICDS counterpart which is a slum area where ICDS services are not provided.

In all 115 children were examined from each area and the prevalence of anemia was estimate in both the areas separately.

Results of the pilot study were included in the final study.

Another Anganwadi center, Rajagopalpeth was selected randomly. There were total 330 children enrolled in this Anganwadi Center, So to have complete coverage, all 330 children were included in the study.

Equal number of 0-6 years subjects included from another Non-ICDS area, Kondapak.

Study areas

ICDS areas: Two Anganwadi centers from urban ICDS project II, Ponnal were selected by stratified random sampling.

Rajagopalpeth and Cherial were the two Anganwadi centers. The total population of these areas was 6500 and 1637 respectively. The numbers of children enrolled were 330 in Anganwadi center Rajagopalpeth and 115 in Anganwadi center Cherial.

Non-ICDS areas were selected Kondapak and Marpadga both in the close vicinity of the ICDS areas. The population of Kondapak was 2215 and that of Marpadga was 1335.

All the four areas (two ICDS and two Non-ICDS urban slums) are situated on the bank of Nag River. Both ICDS and Non-ICDS areas are at 5-7 km. distance from Government Medical College, Siddipeth.

Both, these ICDS and Non-ICDS areas, being the slum areas, the houses are mostly Kachha type. People are having access to both Corporation and public wells. There are few latrines but not in use. Majority of people belong to low socioeconomic group engaged in hard labor work.

In ICDS areas, health services are provided through ICDS services, Matru Sewa Sangh, Nagpur Homeopathy College, Siddipet Municipal Corporation Mobile Heath Clinics and Private practitioners, whereas in Non-ICDS areas except ICDS services, people have access to all the other health providers as that of ICDS areas.

The prominent local leaders were contacted before commencement of survey and the purpose of the study was explained to obtain the co-operation of local people.

For hemoglobin estimation 0.02ml blood was taken in the hemoglobin meter pipette and transferred to pre numbered dark glass bottle containing 5 ml Drabkin's solution, after thorough mixing the bottle was stored in cool, dark place.

Samples for hemoglobin were then brought to the Medical College, Siddipet for analysis.

Hemoglobin was estimated by cyanmethemoglobin method using Klett- Summer son photoelectric calorimeter with green filter of 500-570 waves length (details in Annexure II). Initial blood samples were analyzed with help of the laboratory technician. When the author became well conversant with the procedure, further samples were analyzed by him in the department of Preventive and Social Medicine.

The samples for hemoglobin were analyzed on the same day of collection.

Next day the results of the Hemoglobin estimation were conveyed to the parents. If the child was found anemic, the causes of anemia in the child were explained to the parents with advice regarding proper diet and nutrition. The child was then given appropriate treatment.

Anemia was interpreted as mild, moderate and sever depending on the estimated hemoglobin values.

Selection of cut off value

WHO has given the standard cut off value as 11 gm % for the children aged 6 months to 6 years.⁶ As this does not include 0-6 months children, Wintrobe's standard cut off values⁷ were used for defining anemia in 0-6 months of children and for children aged 6 months to 6 years. WHO standard cut off value was used. So the different cuts off values used were;

Age Group	Cut off value
Days 1-13	14.5 gm/dl
Days 14-6	10.7 gm/dl
3months-6 months	9.9 gm/dl
6 months-6 years	11 gm/dl

The grading of anemia as mild, moderate and severe was done as per the WHO guideline which classified them as more than 80%, 8 to 60% and less than 60% of cut off values respectively.⁷

Comparison between ICDS and Non-ICDS groups was done. Results are presented tabular form and percentages were calculated so as to make comparison easy.

RESULTS

Table 1 shows the prevalence of anemia according to age and sex composition of study subjects in ICDS and Non-ICDS areas.

Table reveals that prevalence of anemia among 0-6 years children in ICDS and Non-ICDS areas was 47.9 % (44.1% in male and 51% in female) and 56.1% (47.8% in male and 63.7% in female) respectively.

The difference in the proportion of anemia in ICDS and Non-ICDS areas was statistically non- significant ($p>0.05$). Female were found more susceptible to anaemia in both the groups.

Least prevalence of anemia was found in infancy (0-12months) in both the groups i.e. 26.2% in ICDS and 32.4% in Non-ICDS group. Prevalence of anemia increased as the age increased, maximum being in the 5-6 years of age.

Table 1: Prevalence of anaemia according to age and sex

Age group (month)	ICDS						Non-ICDS					
	Male		Female		Both sexes		Male		Female		Both sexes	
	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)
0-6	32	6(18.7)	26	6(23.1)	58	12 (20.7)	42	6 (14.3)	34	10 (29.4)	76	16 (21.1)
7-12	30	4(13.3)	42	18 (42.8)	72	22 (30.6)	26	6 (23.1)	34	22 (64.7)	78	28 (46.7)
13-24	50	28 (56.0)	46	22 (47.8)	96	50 (52.1)	38	14 (36.8)	44	30 (68.2)	82	44 (53.7)
25-36	56	26 (46.4)	66	38 (57.6)	122	64 (52.5)	70	42 (60.0)	60	34 (56.7)	130	76 (58.5)
37-48	50	24 (48.0)	70	36 (51.4)	120	60 (50.0)	50	28 (56.0)	58	44 (75.9)	108	72 (66.7)
49-60	24	16 (66.7)	36	20 (55.6)	60	36 (60.0)	28	22 (78.6)	28	20 (71.4)	56	42 (75.0)

Table 1: (Continued)

Age group (month)	ICDS						Non-ICDS					
	Male		Female		Both sexes		Male		Female		Both sexes	
	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)	Total	Anaemia No.(%)
61-72	12	8 (66.7)	20	16 (80.0)	32	24 (75.0)	14	10 (71.4)	34	26 (76.5)	48	36 (75.0)
Total	254	112 (44.1)	306	156 (51.0)	560	268 (47.9)	268	128 (47.8)	292	186 (63.7)	560	314 (56.1)

Z test = 1.953, P>0.05(NS)

Table 2 shows that distribution of male subjects as normal mild anaemia, moderate anaemia, and severe anaemia of ICDS was 55.9%, 18.1%, 24.4% and of Non-ICDS was 52.2%, 14.2%, 29.9% and 3.7% respectively. This difference was statistically not significant($X^2=2.05$, $df=2$, $P>0.05$) Majority of the anaemia male children were having moderate grade of anaemia in both the groups i.e. 24.4% in ICDS and 29.9% in Non-ICDS area.

In ICDS group no case of moderate of severe anaemia was found in 0-1 year age group while only one case of moderate anaemia was seen in Non- ICDS group in the same age group.

Cases of severe grade of anaemia were seen in 1-3 years children in ICDS where as in Non-ICDS group they were from 1-4 years age group.

Table 2: Severity of anemia according to Age-male

Age group (month)	ICDS					Non-ICDS				
	Total	Normal No.(%)	Mild No.(%)	Moderate No. (%)	Severe No.(%)	Total	Normal No.(%)	Mild No.(%)	Moderate No. (%)	Severe No.(%)
0-6	32	26 (81.3)	06 (18.7)	-	-	42	36 (85.7)	04 (09.5)	02 (04.8)	-
7-12	30	26 (86.7)	04 (13.3)	-	-	26	22 (76.9)	06 (23.1)	-	-
13-24	50	22 (44.0)	10 (20.0)	16 (32.0)	02 (04.0)	38	24 (63.2)	04 (10.5)	06 (15.8)	04 (10.50)
25-36	56	30 (53.6)	08 (14.3)	16 (28.6)	02 (03.5)	70	28 (40.0)	12 (17.1)	28 (40.0)	02 (02.90)
37-48	50	26 (52.0)	10 (20.0)	14 (28.0)	-	50	22 (44.0)	06 (12.0)	18 (36.0)	04 (08.00)
49-60	24	08 (33.3)	06 (25.0)	10 (41.7)	-	28	06 (21.4)	04 (14.3)	18 (64.3)	-
61-72	12	04 (33.3)	02 (16.7)	06 (50.0)	-	14	04 (28.6)	02 (14.03)	08 (57.1)	-
Total	254	142 (55.9)	56 (18.1)	62 (24.4)	04 (01.6)	268	140 (52.2)	38 (14.2)	20 (29.9)	10 (03.70)

$X^2=2.05$, $df=2$, $P>0.05$

Table 3 shows the distribution of female subjects as normal mild anemia, moderate anemia and severe anemia of ICDS was 49%, 19.7%, 30.7% and 0.6% and of Non-ICDS was 36.3%, 15.8%, 45.2% and 2.7% respectively. This difference was statistically significant. ($X^2=8.6521$, $df=5$, $P<0.05$).

Majority of the anaemia female children were having moderate anaemia in both the groups (30.7% and 45.2%)

There was only one case of severe anemia among females in ICDS group which was in 2-3 years age

Table 3: Severity of anemia according to Age-female

Age group (month)	ICDS					Non-ICDS				
	Total	Normal No.(%)	Mild No. (%)	Moderate No. (%)	Severe No. (%)	Total	Normal No.(%)	Mild No.(%)	Moderate No. (%)	Severe No.(%)
0-6	26	20 (77.00)	06 (23.00)	-	-	34	24 (70.6)	08 (23.5)	02 (05.9)	-
7-12	42	24 (57.10)	10 (23.80)	08 (19.10)	-	34	12 (35.30)	06 (17.6)	16 (47.1)	-
13-24	56	24 (52.20)	06 (13.00)	16 (34.80)	-	44	14 (31.80)	08 (18.2)	18 (40.9)	04 (09.10)
25-36	66	28 (42.40)	12 (18.20)	24 (36.40)	02 (03.00)	60	26 (43.30)	10 (16.7)	22 (36.7)	02 (03.30)
37-48	70	34 (48.60)	14 (20.00)	22 (31.40)	-	58	14 (24.10)	06 (10.3)	36 (62.1)	02 (03.50)
49-60	36	16 (44.50)	08 (22.20)	12 (33.30)	-	28	08 (28.60)	04 (14.3)	16 (57.1)	-
61-72	20	04 (20.00)	04 (20.00)	12 (60.00)	-	34	08 (23.50)	04 (11.8)	22 (64.7)	-
Total	306	150 (49.00)	60 (19.70)	94 (30.70)	02 (00.60)	292	106 (36.30)	46 (15.8)	132 (45.2)	08 (02.70)

$\chi^2 = 8.6521, df=5, P < 0.05$

DISCUSSION

Prevalence of anemia was found as in ICDS was 47.9% compared to 56.1% in the non ICDS area. Statistically this difference was not significant. Infants showed least prevalence of anemia in both the groups where as higher prevalence was observed as the age advanced. The anemia was more prevalent in female study subjects.

Majority of the children were found in moderate grade of anemia. Different workers reported different prevalence of anemia. It may be as high as 77.8% as reported by Bansal R et al.¹⁰, or 76% as by Gomber et al.¹¹

Motghare DD⁷ observed prevalence of anemia as 69.23% in preschool children. Viswewara Rao K¹² observed prevalence of anemia to be 52.2% in children of 1-5 years of age group. World Health Organization⁸ reported prevalence of anemia among children in developing countries as 51%. Sindhu S¹³ Observed prevalence of anemia as 55% in children of 0-6 years age group. The distribution of children as normal, mild, moderate and severe was 45%, 25.7%, 19.3%, and 10% respectively.

George KA¹⁴ found the prevalence of anemia as 11.4%. The prevalence in male and female study subjects was 10.25% and 12.55% respectively. Thus, he reported that female children were more susceptible to anemia. Similar observations were noted in the present study.

Anemia and protein energy malnutrition go hand in hand. The important causes of anemia in preschool age are mainly nutritional like iron deficiency anemia and megaloblastic anemia mainly due to folate deficiency.⁷

CONCLUSION

Prevalence of anemia was found as in ICDS was 47.9% compared to 56.1% in the non ICDS area. Statistically this difference was not significant. Infants showed least prevalence of anemia in both the groups.

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Ethical approval:- The study was approved by the institutional ethical committee.

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