



## Anaemia Mukht Bharat

**For Prelims:** Anaemia Mukht Bharat , 6X6X6 strategy, National Family Health Survey 2019-20, Pradhan Mantri Surakshit Matritva Abhiyan.

**For Mains:** Women and child welfare, Health initiatives.

### Why in the News?

Recently, the Union Minister of State for Health and Family Welfare provided **information on Anaemia Mukht Bharat (AMB) strategy**.

- **In 2018**, the Government of India **launched the AMB strategy** with the target to reduce anaemia in the vulnerable age groups such as women, children and adolescents.
- AMB is based on a life cycle approach, providing preventive and curative mechanisms through a **6X6X6 strategy including six target beneficiaries, six interventions and six institutional mechanisms** for all stakeholders to implement the strategy.

### What is Anaemia?

- It is a condition in which the **number of red blood cells or their oxygen-carrying capacity is insufficient** to meet physiologic needs, which vary by age, sex, altitude, smoking, and pregnancy status.
- Iron deficiency is the most common cause of anaemia, although other conditions, such as **folate, vitamin B12 and vitamin A deficiencies, chronic inflammation, parasitic infections**, and inherited disorders can all cause anaemia.
- In its severe form, it is **associated with fatigue, weakness, dizziness and drowsiness**. Pregnant women and children are particularly vulnerable.
- According to the [National Family Health Survey 2019-20](#), Indian women and children are overwhelmingly anaemic.
  - Under phase I, 22 states and UTs were surveyed and in a majority of these states and UTs, more than half the children and women were found to be anaemic.
- According to the [World Health Organization \(WHO\)](#), women in the reproductive age group and having haemoglobin levels lower than **12 grams per decilitre (g / dL)**, as well as children under five with haemoglobin levels lower than **11.0 g / dL are considered anaemic**.

### What are the Highlights of AMB Strategy?

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# ANEMIA MUKT BHARAT 6x6x6 STRATEGY



Children, 6–59 months of age



Adolescent girls and boys (10–19 years of age)



Pregnant women



Children, 5–9 years of age



Women of reproductive age (20–24 years of age)



Lactating mothers (of 0–6 months child)

## 6 Beneficiaries



## 6 Interventions

Prophylactic Iron Folic Acid Supplementation



Deworming



Intensified year-round Behaviour Change Communication Campaign (Solid Body, Smart Mind) including ensuring delayed cord clamping



Texting of Anemia using digital methods and point of care treatment



Mandatory Provision of Iron Folic Acid fortified foods in public health programmes



Addressing non-nutritional causes of anemia in endemic pockets, with special focus on malaria, haemoglobinopathies and fluorosis



## 6 Institutional Mechanisms



National Anemia Mukta Bharat Unit



Intra Ministerial Coordination



Strengthening Supply Chain and Logistics



Convergence with Other Ministries



National Centre of Excellence and Advanced Research on Anemia Control



Anemia Mukta Bharat Dashboard and Digital Portal – One Stop Shop for Anemia

## What are Other Government Initiatives for Controlling Anaemia?

- Health is a **State subject** and the primary responsibility for strengthening health care services including implementation of national programs lies with the respective State/UT government.

- The Ministry of Health and Family Welfare provides financial and technical support to States/UTs under the **National Health Mission**.
- **Weekly Iron and Folic Acid Supplementation (WIFS):** This Programme is being implemented to meet the challenge of high prevalence and incidence of anaemia amongst adolescent girls and boys.
  - The intervention under WIFS includes supervised weekly ingestion of Iron Folic Acid (IFA) tablets.
  - To control worm infestation, biannual **deworming** with Albendazole is provided.
- **Health Management Information System & Mother Child Tracking System:** It is being implemented for reporting and tracking the cases of anaemic and severely anaemic pregnant women.
- **Universal Screening of Pregnant Women for Anaemia:** It is a part of Ante-Natal Care (ANC) and all pregnant women are provided iron and folic acid tablets during their ante-natal visits through the existing network of sub-centres and primary health centres and other health facilities as well as through outreach activities at Village Health & Nutrition Days (VHNDs).
- **Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA):** It has been launched to focus on conducting special ANC check up on 9<sup>th</sup> of every month with the help of Medical officers to detect and treat cases of anaemia.
- **Operationalization of Blood Bank** in District Hospitals and Blood Storage Unit in sub district facilities such as Sub-Divisional Hospital/ Community Health Centers is being taken to tackle complications due to severe anaemia.

**Source: PIB**

PDF Reference URL: <https://www.drishtias.com/printpdf/anaemia-mukt-bharat>

