ANEMIA

Definition

Anemia occurs when the number and size of red blood cells or the concentration of hemoglobin is below the recommended values (1). This condition impairs the transportation of oxygen in the bloodstream to the tissues. The diagnosis of anemia in women of childbearing age over 15 years is made when the hemoglobin concentration is below 12 g/dL (2).

Importance

Anemia serves as a marker of malnutrition and compromised health. Maternal anemia correlates with heightened morbidity for both mother and child. This condition adversely impacts the development and learning of successive generations, resulting in communities and nations grappling with this public health issue experiencing diminished productivity and economic growth. To mitigate anemia, it is crucial to identify, quantify, and comprehend this indicator (1).

Data sources

The National Health and Nutrition Surveys (ENSANUT) was used.

In 1986, Mexico established the National Health Survey System with the aim of generating evidence to support planning and evaluation in the health sector through these surveys.

ENSANUT collects information on the frequency, distribution and trends in relevant health and nutrition indicators, as well as their social determinants.
To estimate the anemia, we used ENSANUT 2006, ENSANUT 2012 and ENSANUT 2018. These surveys have probabilistic sample and by clusters with representativeness national, regional, state and by strata urban and rural.

Indicator estimation

The prevalence of anemia among women was assessed at the national, regional, urban, and rural levels.

Results

Prevalence of anemia in 2006, 2012 and 2018.

	2006	2012	2016
Nacional	16.6%	11.8%	19.9%
North	16.8%	10.5%	28.1%
Center and Mexico City	15.9%		12.0%
South	17.6%	13.7%	24.9%

Referencias

1. World Health Organization. (2014). Global nutrition targets 2025: anaemia policy brief.
World Health Organization. https://apps.who.int/iris/handle/10665/148556.
2. World Health Organization. (2011). Haemoglobin concentrations for the diagnosis of
anaemia and assessment of severity. World Health Organization. https://apps.who.int/iris/handle/10665/85839.