The influence of new iron preparation eith intesive nutrition education on reducing untritional anemia among pregnant women in Kecamatan Curug, Kabupaten Tanggrang, 1992

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Abstrak

An intervention program on the impact of iron preparation with intensive nutrition education among pregnant women was undertaken in Kecamatan Curug, Kabupaten Tanggerang.

Twwo kinds of iron tablets, both containing 200 mg ferrous sulphate and 0,25 mg folic acid were distributed in four villages, namely village A: Kadu Jaya, village B: Kadu, village C: Curug Wetan and village D: Cukang Galih. The new iron tablet was prepared in a coated membrane form, with red coloring and was distributed in sachets containing 14 or 28 tablets. The existing (currently used) tablet was prepared in coated film form, with grey coloring and was loosely packaged. Intensive nutrition educaation was delivered to twwo villages, which were given the different iron tablet forms as described above.

A number of 162 pregnant women as subjects in four villages were divided into four different intervention groups, 41 of them in village A received new iron with intensive nutition education, 41 in village B received new iron, 40 in village C received existing iron with intensive nutrition education and 40 in village D received exixting iron alone was as the control group, for 12 weeks of intervention period, however only 127 of them could be monitored and evaluated.

Analysisi of nutrition knowledge, attitude and behavior of the subjects, recording of iron tablet consumption, dietary habits, nutrient intake and nutritional status was conducted in the four villages, for each of the four groups before and after intervention. In addition serum ferritin and hemoglobin concentration were determined to evaluate the change in the prevalence of anemia.

Distribution of new iron or existing iron tablets without intensive nutrition knowledge, attitude, behavior of the subjects towards anemia problem. he results show that subjects which received new iron could improve their dietary habits, calories and protein intakes, but not in iron and vitamin C intakes. Although, a significantly higher ($p<0.0500$) consumption of iron was observed in the group which received new iron, neither in the subsequent improvement in hemoglobin and serum ferritin values.

Intensive nutrition education was positively associated with the improvement of nutritional knowledge, attitude and behavior of the pregnant women as well as significant increase in iron tablet consumption ($p<0.0500$). Dietary habits were improved, as seen in the increase in calorie and protein intake and the resulting improvement in the nutritional status of the mothers.

The results indicated that the new iron supplementation with intensive nutrition education had a greater effect on invreasing the iron tablet consumption of pregnant women compared to those who only received

existing iron supplementation without intensive nutrition education. Since the iron intake was not different in the two villages, their effect on hrmoglobin and serum ferritin concetration was not different.

Witihin the time period of observation, there was no different reduction in the prevalence of anemia between each village of the population studied.