

Effect of weekly iron supplementation and deworming on the hemoglobin level of preschool children in Bekasi District, West Java Province

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Abstrak

The effect of weekly iron supplementation and deworming on the hemoglobin level was studied among 289 children aged 2 to 5 years in a randomized double-masked placebo controlled community trial. Subjects were allocated into 3 groups which respectively received iron supplements and deworming, iron supplements only and placebos.

Iron supplementation for 8 weeks using 30 mg elemental iron as ferrous sulphate syrup once per week, led to a significant reduction in the prevalence of anemia from 37.2% to 16.2%. Using unsupervised distribution by mothers, hemoglobin concentration increased significantly in both groups which received iron ($p < 0.001$) and also in the placebo group ($p < 0.05$), but the changes in both treatment groups were significantly higher than the placebo group ($p < 0.001$).

No significant difference in hemoglobin changes was found between those who received additional deworming and those who received iron supplement only. Positive iron in stool were confirmed in 68.2% of the children who were reported received iron supplements ($n=66$). It is concluded that weekly iron supplementation is effective to reduce the prevalence of anemia among preschoolers.