

The efficacy of different regimens of iron supplementation among female factory workers in West Java, Indonesia

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Abstrak

<i>Iron deficiency anemia is the most common nutritional disorder in developing countries and the most at risk population are women of reproductive age, pregnant women and children (DeMaeyer, 1989). UNICEF reported in 1998 that, nearly two billion people are estimated to be anemic, the majority of them were women.

The anemia prevalence in Indonesia is still high and considered as a public health problem. According to the data from the National Household Survey (SKRT) in 1995, the average prevalence of iron deficiency anemia among females aged 15-44 years and pregnant women were 48.9 % and 50.9%, respectively. Whereas based on data from the Directorate of Community Nutrition in 1997, 30%-40% among female factory workers as one segment of women at reproductive age suffered &om anemia (Kodyat, 1997)- The study carried out by I-Iusaini et. al (1981) in West Java, Scholz et. al (1997) in Jakarta and Untoro et. al (1998) in Kudus District, Central Java Province showed, that the anemia prevalence among female workers ranged hom 35.5%-50%.;Iron deficiency anemia is the most common nutritional disorder in developing countries and the most at risk population are women of reproductive age, pregnant women and children (DeMaeyer, 1989). UNICEF reported in 1998 that, nearly two billion people are estimated to be anemic, the majority of them were women.

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