



ETHIOPIA

National Anemia Profile



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In pregnancy, infections are a key cause of anemia and can be prevented by sleeping under a bednet and taking intermittent preventive treatment (IPTp) for malaria and deworming pills.



In pregnancy, anemia can be prevented by taking iron folic acid (IFA) supplements.

In 2011, **less than 1%** of pregnant women in Ethiopia consumed 90 or more IFA tablets

Only **5.5%** of women received deworming medication during their last pregnancy (2011)

For infants, young children, and mothers, delayed cord clamping, sleeping under a bednet, exclusive breastfeeding, and birth spacing reduce the risk of becoming anemic.



53% of infants in Ethiopia are exclusively breastfed during the first six months after birth (2011)

In 2011, **13%** of children 6-23 months of age consumed foods rich in iron*

For young children, continued breastfeeding and adequate complementary feeding (including micronutrients), preventing and treating malaria, and taking deworming pills can prevent anemia and promote healthy growth.



In adolescence, IFA supplements and deworming pills help prevent anemia. Family planning delays the age at first birth.



One-third of married adolescent girls expressed an unmet need for family planning (2011)

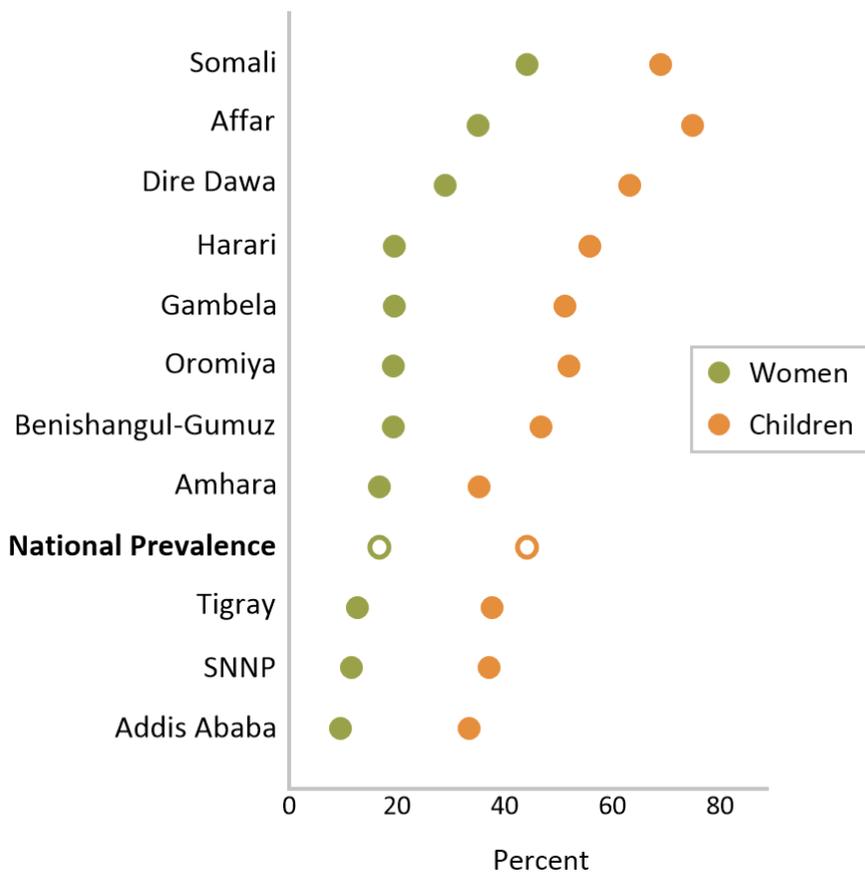
*Includes meat (including organ meat), fish, and eggs

A multisectoral approach to prevent anemia will save lives and improve the wellbeing of mothers, infants, and children

Anemia has substantial negative effects on the health and economic wellbeing of nations and communities. Children with anemia experience irrevocable cognitive and developmental delays and exhibit decreased worker productivity as adults.¹ Globally, maternal anemia increases the risk of pre-term delivery and low birth weight, and iron-deficiency anemia underlies 115,000 maternal deaths and 591,000 perinatal deaths each year.²

Prevalence of anemia among children 6-59 months and women 15-49 years, by region

Source: Ethiopia DHS, 2011

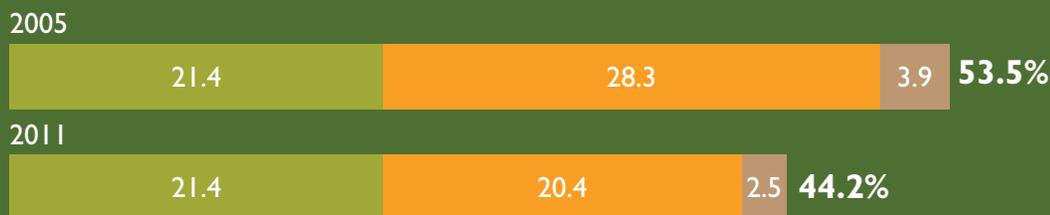


1. Walker, S. P., T. D. Wachs, J. M. Gardner, B. Lozoff, G. A. Wasserman, E. Pollitt, and J. A. Carter. 2007. "Child development: risk factors for adverse outcomes in developing countries." *Lancet*, 369(9556): 145-157.
 2. Stoltzfus, R. J., L. Mullany, and R. E. Black. 2004. "Iron Deficiency Anemia." In *Comparative Quantification of Health Risks: Global and Regional Burden of Disease Attributable to Selected Major Risk Factors*. M. Ezzati, A. D. Lopez, A. Rodgers, and C. J. L. Murray, eds. Geneva: World Health Organization.

Trends in the prevalence of anemia in Ethiopia

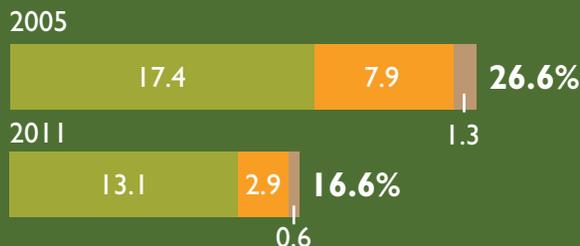
Children 6-59 months of age

■ mild ■ moderate ■ severe



The DHS hemoglobin levels used to diagnose anemia in children 6-59 months in grams/dL are: Mild 10.0-10.9; Moderate 7.0-9.9; Severe <7.0; Any <11.0.

Women 15-49 years of age



The DHS hemoglobin levels used to diagnose anemia in non-pregnant women 15-49 years of age in grams/dL are: Mild 10.0-11.9; Moderate 7.0-9.9; Severe <7.0; Any <12.0.

Status of Policies or Strategies to Support Reductions in Anemia*

- | | |
|---|--|
| <input checked="" type="checkbox"/> IFA for pregnant women | <input checked="" type="checkbox"/> Long-lasting insecticidal nets (LLINs) for household use |
| <input checked="" type="checkbox"/> IFA for women of reproductive age | <input checked="" type="checkbox"/> Indoor residual spraying |
| <input type="checkbox"/> IFA for adolescent girls | <input checked="" type="checkbox"/> National policy on sanitation |
| <input type="checkbox"/> Iron and/or folic acid fortification legislation | N/A IPTp for pregnant women ¹ |
| <input type="checkbox"/> Delayed cord clamping | <input checked="" type="checkbox"/> Malaria diagnosis and treatment |
| <input checked="" type="checkbox"/> Dietary diversity for complementary feeding | <input checked="" type="checkbox"/> Deworming for children |
| <input checked="" type="checkbox"/> Micronutrient powders for children | <input checked="" type="checkbox"/> Deworming for pregnant women |
| | <input checked="" type="checkbox"/> Breastfeeding |

- | | |
|---|--|
| <input checked="" type="checkbox"/> no policy | <input type="checkbox"/> policy pending |
| <input checked="" type="checkbox"/> policy in place | <input type="checkbox"/> missing documentation |

*Information from the Global database on the Implementation of Nutrition Action (GINA) (<https://extranet.who.int/nutrition/gina/en>) or country documentation. The status of policies and strategies have been identified to the best of our knowledge. Revisions and updates are welcome.

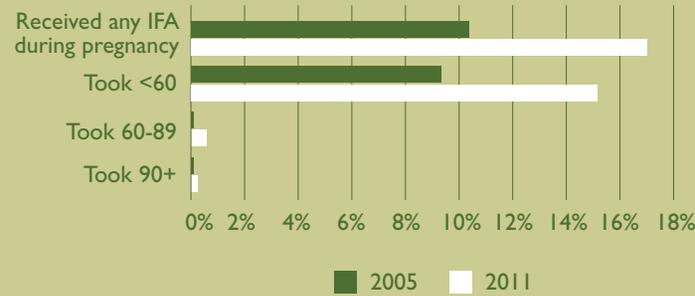
¹Not part of national malaria strategy due to low prevalence of malaria during pregnancy.

Evidence-informed WHO guidance can be found here: <http://www.who.int/elena/en/>

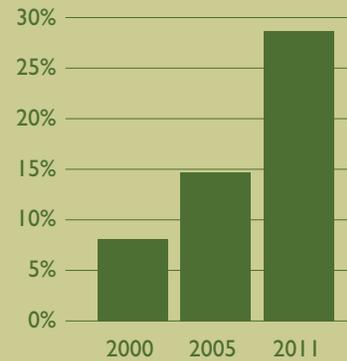
Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

Increase iron uptake and stores

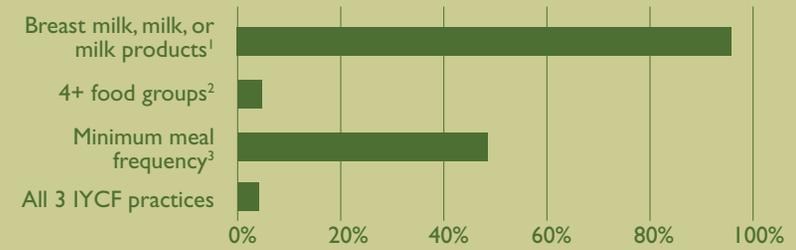
IFA supplementation among pregnant women increased from 2005 to 2011, but remained low



Contraception use increased steadily among married women from 2000 to 2011



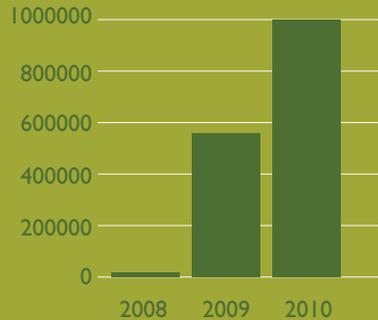
Few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding Practices (IYCF) in 2011



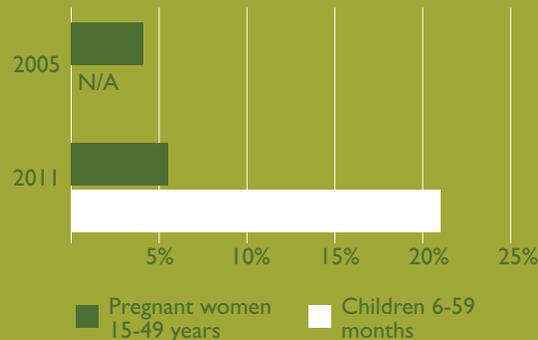
- ¹ Continued breastfeeding, or feeding of milk/milk products to non-breastfed children
- ² Feeding children solid foods, semi-solid foods, and milk products from the minimum number of food groups
- ³ Feeding children solid foods, semi-solid foods, and milk products the minimum number of times

Reduce iron losses and infection

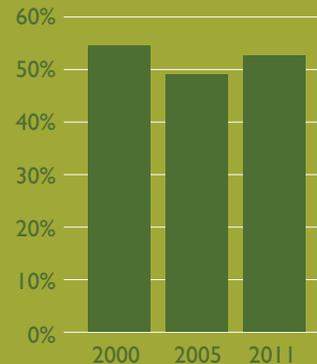
Insecticide-treated mosquito nets (ITNs) increased sharply in areas of Ethiopia where malaria is a problem



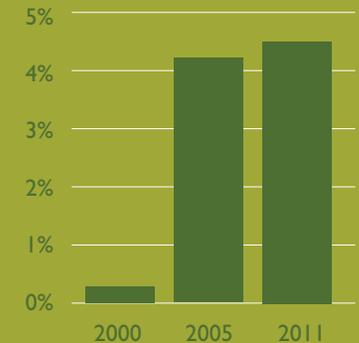
Not enough children and women received deworming medication in 2011*



Exclusive breastfeeding of children <6 months has not changed since 2000



Very few households had an improved latrine/toilet*



Source: President's Malaria Initiative (PMI)

*Deworming medication given in past 6 months for children and during last pregnancy for women

*Definition of 'improved latrine/toilet' has changed slightly across years. See Demographic and Health Surveys.

Multiple Sectors Play a Role in Anemia Prevention and Treatment

Stunting and anemia share similar risk factors and are responsive to many of the same interventions

Agriculture

- Increase income and reduce poverty
- Production of biofortified and iron-rich crops
 - Small livestock/poultry
 - Dietary diversity

Health

- Iron supplementation
 - Deworming
- Breastfeeding and complimentary feeding
- Family planning
- Malaria prevention and treatment
- Delayed cord clamping

Water and Sanitation

- Improved latrines
 - Handwashing
- Access to clean water
- Livestock management
 - Infectious disease prevention

Education

- Female literacy
- Health education
- Hygiene education
- Family planning education
- Nutrition education

Data Sources:

Central Statistical Agency [Ethiopia] and ICF International. 2012. Ethiopia Demographic and Health Survey 2011. Addis Ababa, Ethiopia and Calverton, Maryland, USA: Central Statistical Agency and ICF International.

Central Statistical Agency [Ethiopia] and ORC Macro. 2006. Ethiopia Demographic and Health Survey 2005. Addis Ababa, Ethiopia and Calverton, Maryland, USA: Central Statistical Agency and ORC Macro.

Central Statistical Authority [Ethiopia] and ORC Macro. 2001. Ethiopia Demographic and Health Survey 2000. Addis Ababa, Ethiopia and Calverton, Maryland, USA: Central Statistical Authority and ORC Macro.

President's Malaria Initiative (PMI). "Ethiopia." PMI Saving Lives in Africa President's Malaria Initiative. 2014. <http://www.pmi.gov/countries/profiles/ethiopia.html> (accessed March 25, 2014).

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