



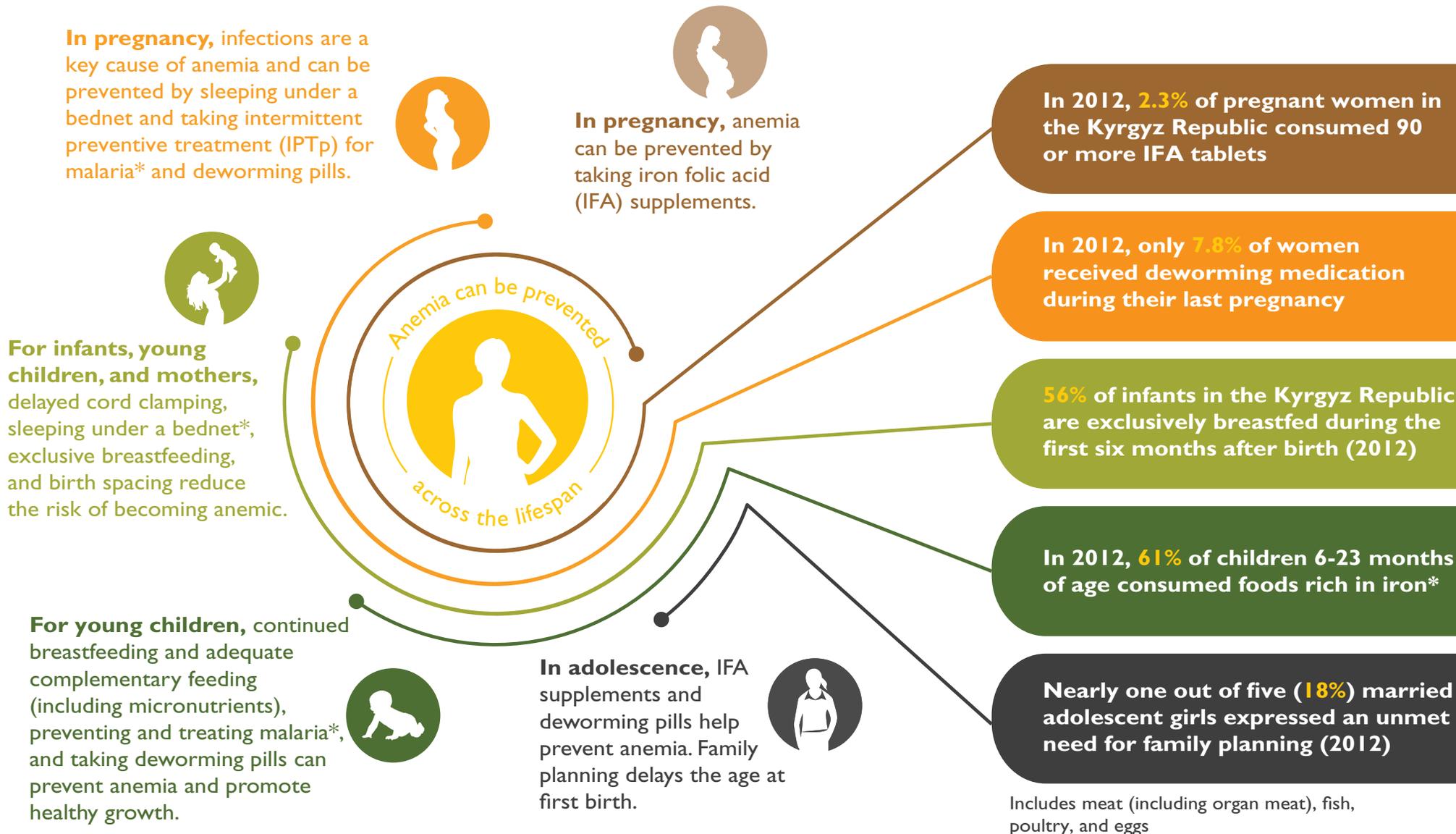
# KYRGYZ REPUBLIC

## National Anemia Profile



**USAID**  
FROM THE AMERICAN PEOPLE

**SPRING**  
Strengthening Partnerships, Results,  
and Innovations in Nutrition Globally



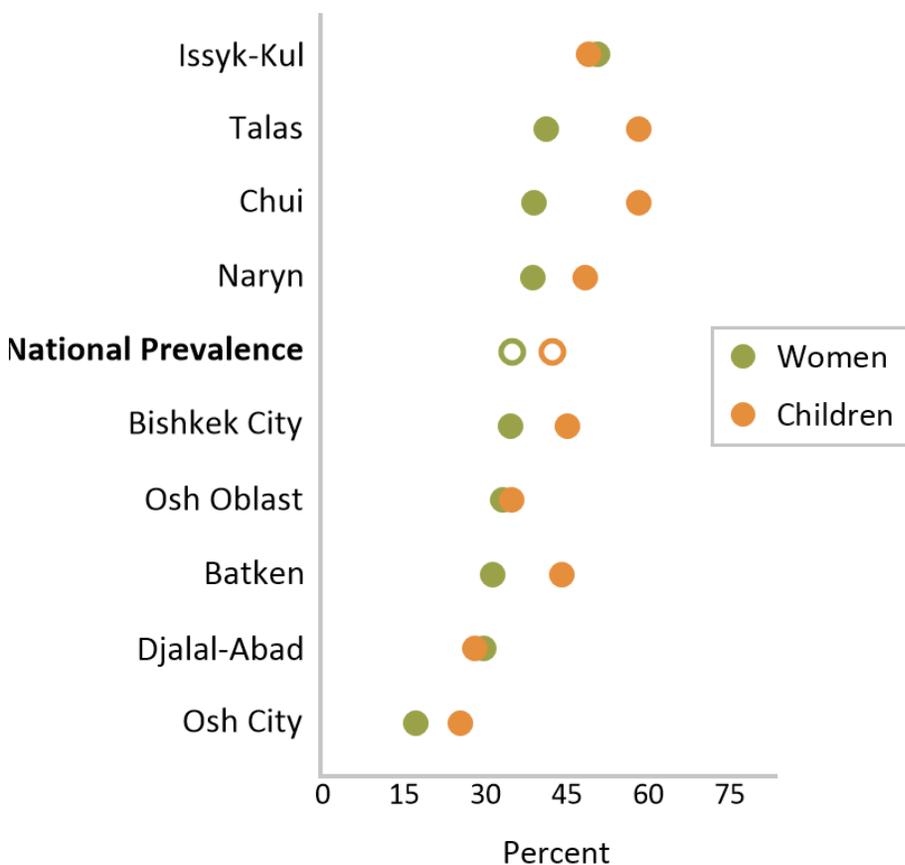
\*Kyrgyzstan has been in the malaria elimination phase since 2008.

**A multisectoral approach to prevent anemia will save lives and improve the well-being 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.<sup>1</sup> 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.<sup>2</sup>

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

Source: Kyrgyz Republic DHS, 2012



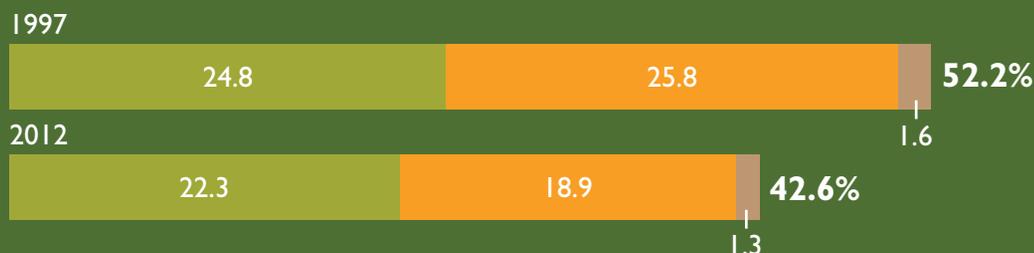
1. Walker, S. P., T. D. Wachs, J. M. Gardner, B. Lozoff, G. A. Wasserman, E. Pollitt, and J. A. Carter. 2007. "Child development: risk factors for adverse outcomes in developing countries." *Lancet*, 369(9556): 145-157.

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 the Kyrgyz Republic

#### 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 checked="" type="checkbox"/> IFA for adolescent girls                         | <input checked="" type="checkbox"/> National policy on sanitation                            |
| <input checked="" type="checkbox"/> Iron and/or folic acid fortification legislation | <input checked="" type="checkbox"/> IPTp for pregnant women                                  |
| <input checked="" type="checkbox"/> Delayed cord clamping                            | <input checked="" type="checkbox"/> Malaria diagnosis and treatment                          |
| <input checked="" type="checkbox"/> Dietary diversity for complementary feeding      | <input type="checkbox"/> Deworming for children  |
| <input checked="" type="checkbox"/> Micronutrient powders for children               | <input 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 |

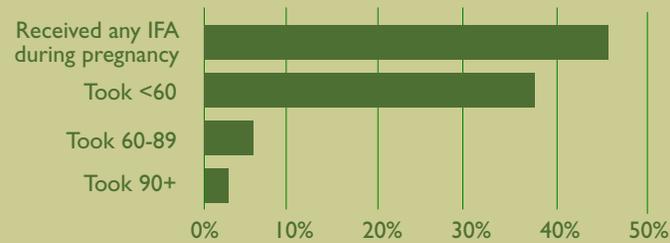
\* Information from the Global database on the Implementation of Nutrition Action (GINA) (<https://extranet.who.int/nutrition/gina/en>) or country documentation. The status of policies and strategies have been identified to the best of our knowledge. Revisions and updates are welcome.

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

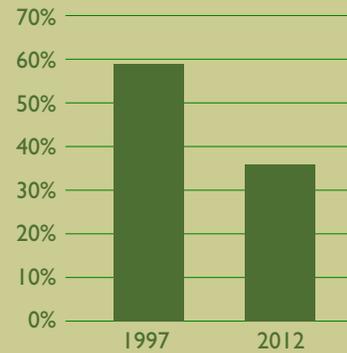
# Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

## Increase iron uptake and stores

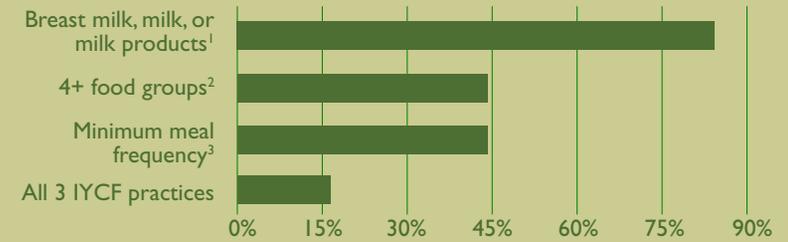
Few women took 90 or more IFA supplements during pregnancy in 2012



Contraception use declined among married women from 1997 to 2012



Few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding (IYCF) practices in 2012



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



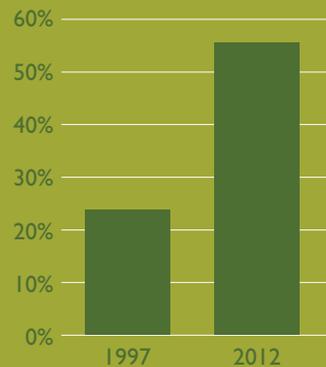
## Reduce iron losses and infection

Not enough children and women received deworming medication in 2012\*

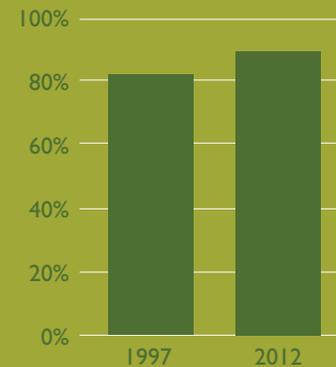


\*Deworming medication given in past 6 months for children and during last pregnancy for women

Exclusive breastfeeding of children <6 months doubled between 1997 and 2012

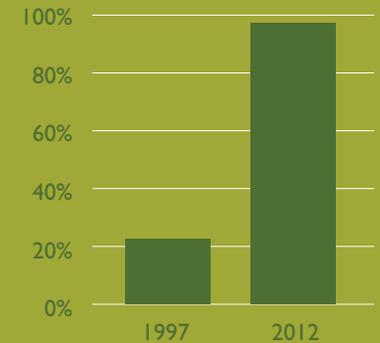


The percentage of households with access to an improved source of drinking water increased from 1997 to 2012\*



\*Definition of 'improved drinking water source' has changed slightly across years. See Demographic and Health Surveys

The percentage of households with an improved latrine/toilet increased dramatically from 1997 to 2012, to nearly universal coverage\*



\*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 complementary 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:

National Statistical Committee of the Kyrgyz Republic (NSC), Ministry of Health [Kyrgyz Republic], and ICF International. 2013. Kyrgyz Republic Demographic and Health Survey 2012. Bishkek, Kyrgyz Republic, and Calverton, Maryland, USA: NSC, MOH, and ICF International.

Research Institute of Obstetrics and Pediatrics [Kyrgyz Republic] and Macro International Inc. 1998. Kyrgyz Republic Demographic and Health Survey, 1997. Calverton, Maryland: Research Institute of Obstetrics and Pediatrics, Ministry of Health of the Kyrgyz Republic and Macro International Inc.

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