



# HAITI

## National Anemia Profile



**USAID**  
FROM THE AMERICAN PEOPLE

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

**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 2012, **30%** of pregnant women in Haiti consumed 90 or more IFA tablets

Only **14%** of women received deworming medication during their last pregnancy (2012)

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



Anemia can be prevented  
across the lifespan

**40%** of infants in Haiti are exclusively breastfed during the first six months after birth (2012)

In 2012, **34%** 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.



More than half (**57%**) of married adolescent girls expressed an unmet need for family planning (2012)

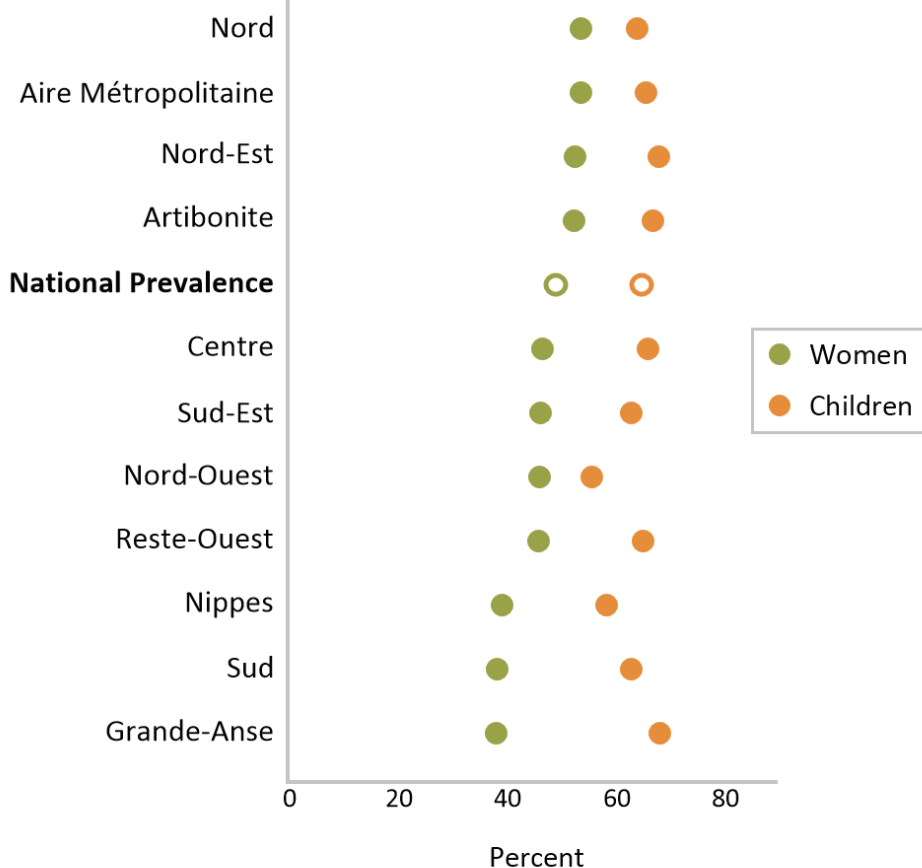
\*Includes meat (including organ meat), fish, poultry, and eggs

**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.<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 department

Source: Haiti 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 Haiti

#### Children 6-59 months of age

■ mild ■ moderate ■ severe

2005-2006



2012



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

2005-2006



2012



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 type="checkbox"/> Iron and/or folic acid fortification legislation       | N/A IPTp for pregnant women <sup>1</sup>   |
| <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 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.

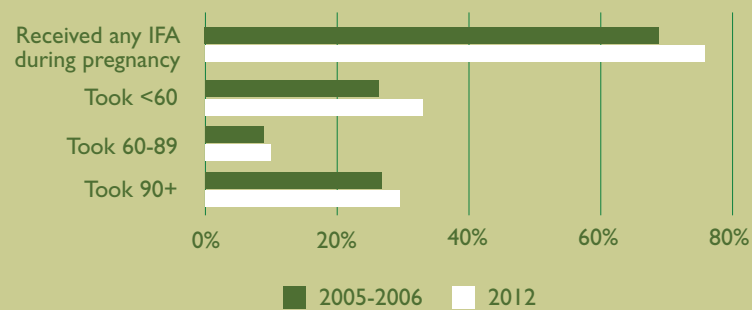
<sup>1</sup>Not part of national malaria strategy due to low prevalence of malaria during pregnancy.

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

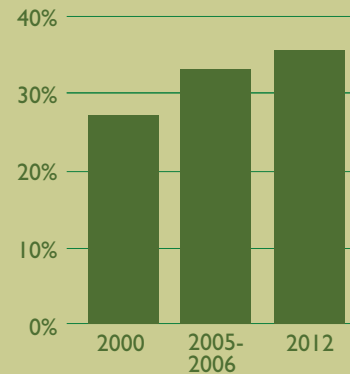
# Anemia is a Preventable Condition—Simple Interventions Can Have a Huge Impact

## Increase iron uptake and stores

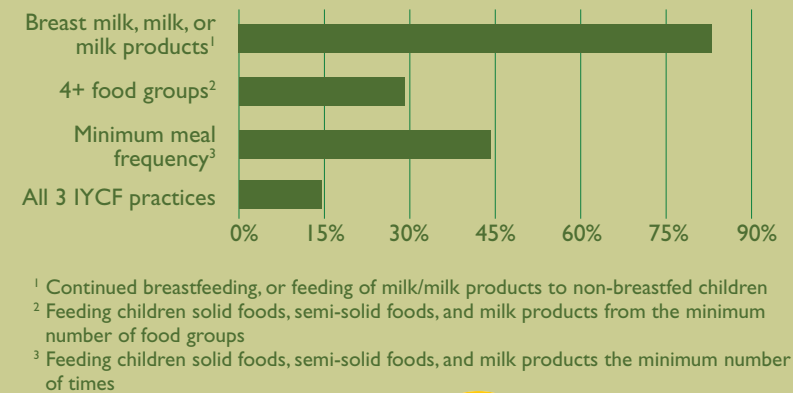
IFA supplementation among pregnant women increased from 2005-2006 to 2012



Contraception use modestly increased among married women from 2000 to 2012

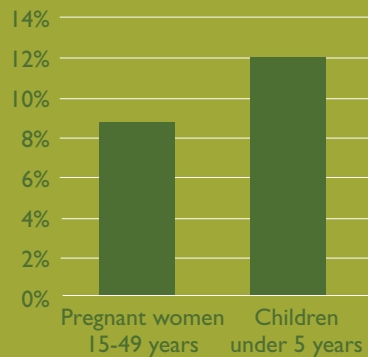


Few children 6-23 months old were fed according to 3 key Infant and Young Child Feeding (IYCF) practices in 2012

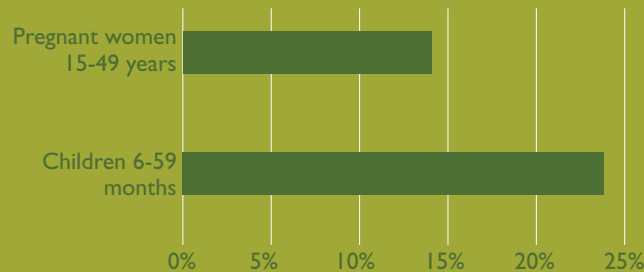


## Reduce iron losses and infection

Insecticide-treated mosquito net (ITN) use in 2012\*

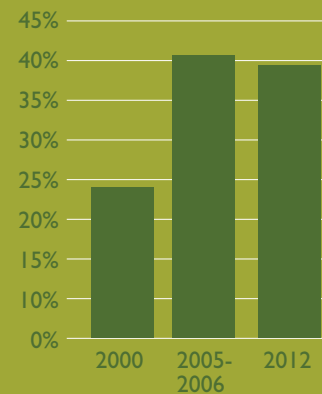


Not enough children and women received deworming medication in 2012\*

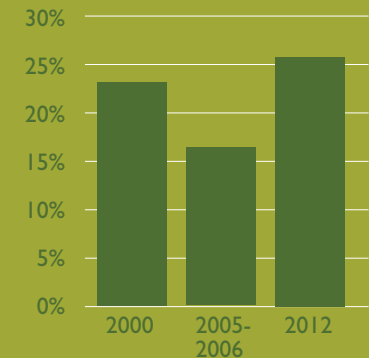


\*Deworming medication given in past 6 months for children and during last pregnancy for women

Exclusive breastfeeding of children <6 months has plateaued at 2005-2006 levels



Few households have an improved latrine/toilet\*



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

\*Percentage who slept under an ITN the night before the survey

# 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:

Cayemittes, Michel, Michelle Fatuma Busangu, Jean de Dieu Bizimana, Bernard Barrère, Blaise Sévère, Viviane Cayemittes et Emmanuel Charles. 2013. Enquête Mortalité, Morbidité et Utilisation des Services, Haïti, 2012. Calverton, Maryland, USA: MSPR, IHE et ICF International.

Cayemittes, Michel, Marie Florence Placide, Soumaïla Mariko, Bernard Barrère, Blaise Sévère, Canex Alexandre. 2007. Enquête Mortalité, Morbidité et Utilisation des Services, Haïti, 2005-2006. Calverton, Maryland, USA: Ministère de la Santé Publique et de la Population, Institut Haïtien de l'Enfance et Macro International Inc.

Cayemittes, Michel, Marie Florence Placide, Bernard Barrère, Soumaïla Mariko, Blaise Sévère. 2001. Enquête Mortalité, Morbidité et Utilisation des Services, Haïti 2000. Calverton, Maryland, USA: Ministère de la Santé Publique et de la Population, Institut Haïtien de l'Enfance et ORC Macro.

Profile prepared September 2015.

This profile is made possible by the generous support of the American people through the United States Agency for International Development (USAID) under the terms of the Cooperative Agreement AID-OAA-A-11-00031 (SPRING), managed by JSI Research & Training Institute, Inc. (JSI) with partners Helen Keller International, the Manoff Group, Save the Children, and the International Food Policy Research Institute. The contents are the responsibility of JSI, and do not necessarily reflect the views of USAID or the United States Government.