

PREVALENCE OF ANAEMIA AMONG THE ADOLESCENT OF PRATAPGARH DISTRICT

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ABSTRACT

Anemia is the major public health dilemma among adolescent in developing countries. The aim objective of the study to assess the prevalence of anemia among the adolescents in Pratapgarh district. A total of 380 respondents aged from 10-19 years were selected for the study. An equal number (190) of boys and girls were selected randomly from Saket Degree College and Krishna Prasad Hindu college. A pretested questionnaire was used to collect the data. Hemoglobin of the respondents was measured by the Cyanmethaemoglobin method. The results show that 41 percent of adolescents were anemic out of which 30 percent and 22.6 percent were mild anemic whereas only 18.4 percent and 11.6 percent were moderately anemic. Thus, nutrition education should be given to parents and adolescent.

KEYWORDS: *Anemia, Health Dilemma, Haemoglobin*