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The Burden of Disease and Risk Factors of Iron Deficiency Anemia in Preschool Children Attending the Well-Baby Clinic in the National Guard Primary Health Care Centers in the Western Region of Saudi Arabia

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Aims: To estimate the burden and risk factor of Iron Deficiency Anemia (IDA) in preschool children attending well-baby clinics in primary health care centers of the National Guard in Jeddah.

Place and Duration of Study: This study was carried out in the primary health care centers of the National Guard Hospital in Jeddah, Saudi Arabia, which are the specialized polyclinic namely Iskan clinic district and Bahra Clinic. The study was started on 26 September 2018 to January 2020.

Methodology: A cross-sectional study included all preschool children aged 2-5 years attending well-baby clinics. Data were collected by distributing a self-developed and validated questionnaire to parents or guardians in waiting areas outside the well-baby clinics.

Results: A total of 286 participants met the inclusion criteria. Anemia was found in 9.8% of children. The prevalence of IDA among the participants was only 6.3%, but it was the most common compared to other types of anemia. The only findings that were found statistically significant with anemia were family history ($P = 0.001$) and the use of supplements ($P = 0.000$).

Conclusion: IDA is still the most prevalent type of anemia; however, it was found in only 6.3% of participants. The only statistically significant factors associated with anemia were positive family history and supplement intake.

Keywords: IDA; iron deficiency anemia; preschool children; risk factors; well-baby clinic; Saudi Arabia.

Biography:

Razaz Wali is a consultant family physician specializing in women and child care, specializing in breastfeeding medicine. Dr. Wali is an assistant professor at King Saud University, involved in undergraduate and post-graduate training with many research activities. She is currently the maternity unit coordinator at the specialized polyclinic.