ABSTRACT

Introduction: The prevalence of anaemia during pregnancy is widely recognized health problem throughout the World, particularly in the developing countries and the prevalence of anaemia among postpartum mother is not yet well studied around the World. Globally 20% of maternal mortality is due to anaemia. In 2011, WHO estimated that over 200 million women of reproductive age in the SEAR were anaemic.

Objective: To assess the prevalence of anaemia among postpartum mothers in Chennai and to identify the factors associated with postpartum anaemia in this community.

Methods and Material: A community based cross sectional study was conducted at Zone 11, Valasaravakkam, Greater Chennai Corporation during the month of April to June 2017. Sample size was calculated from prevalence of previous study. By simple random method 350 postpartum mothers selected from PICME register. Permission and consent obtained from health authority and postpartum mothers respectively. A semi-structure pre-tested proforma was used for data collection and haemoglobin estimation done with Haemo-Cue 301, which was used by NFHS-4 survey. Data entered in excel sheet and analyzed using SPSS version 21.0.

Results: The prevalence of anaemia among postpartum mothers in Chennai was 31.71%. The majority of mothers, i.e.77% were from lower middle and lower class. More than 95% of women studied beyond primary education. The frequent consumption of green leafy vegetables was lacking in 8% of mothers. 33% of the mothers do not aware about iron rich food to be taken frequently. Out of 47 women who were not received IFA supplementation, 35 women were presented with anaemia i.e.74%. As trimester increases the prevalence of anaemia also increases and it was associated with postpartum anaemia. Only 11% of postpartum mothers were taking IFA during postpartum period. Lower education of mothers (OR: 2.53, Adjusted odds ratio: 2.02, 95% CI;1.2-3.3 ), Infrequent consumption of green leafy vegetable (OR: 4.42, Adjusted OR: 2.3, 95% CI; 1.05-5.08), lesser no. of IFA
supplementation during antenatal period (OR: 8.36, Adjusted OR: 4.98, 95% CI: 2.1-11.3) are statistically significant and strongly associated with postpartum anaemia.

**Conclusion:** Creating awareness about anaemia and its complications to pregnant and lactating women, health education should be imparted to this women about the need of regular consumption of green leafy vegetable to prevent anaemia and avoid bare foot walking. RMNCH+A guideline should be followed to prevent anaemia among pregnant and lactating women. They should be ensured that IFA supplementation taken during antenatal and postpartum period.

**Key words:** Postpartum, Anaemia, Iron folic acid, Risk factors.