

OUTREACH ACTIVITY
ON
**ESTIMATION OF HAEMOGLOBIN LEVEL TO IDENTIFY THE
PREVALENCE AND SEVERITY OF ANAEMIA AMONG THE
ADOLESCENT SCHOOL CHILDREN OF DIBRUGARH UNIVERSITY
MODEL SCHOOL, DIBRUGARH**

The Department of Anthropology, Dibrugarh University conducted an outreach activity on ‘Estimation of Haemoglobin Level to Identify the Prevalence and Severity of Anaemia among the Adolescent School Children of Dibrugarh University Model School, Dibrugarh’, on 26th May, 2023. A total of 32 adolescent boys and girls studying in 8th and 9th standards participated in the activity voluntarily. The activity was conducted with the help of research scholar volunteers, laboratory assistant, teachers of the Department and support from the staff of Dibrugarh University Health Centre with prior approval from the Ethical Committee for Biomedical and Health Research involving Human Participants, Dibrugarh University, Assam (ECBHR). The programme was initiated with a demonstration and awareness talk on the significance of haemoglobin level in the body, its estimation and assessments of nutritional status by the team members and the consequences of severity of anaemia during adolescence stage. The findings reported that of the 17 girl participants, 29.41 percent were found to be mild anaemic, one was reported to be moderately anaemic and the rest 64.71 percent were reported to be normal with respect to haemoglobin level. Most of these female participants were found to be of normal weight (76.47%), one girl was found to be under-weight with BMI range falling in undernutrition category and she was reported to be severely anaemic. The weight of this severely anaemic girl was found to be below 3rd percentile. Three girls (17.65%) were overweight and one of these girls was also moderate anaemic. Of the 15 number of boy participants, four were observed to be mild anaemic with no instances of moderate and severe anaemic boy participants, rest 73.33 percent were reported to be normal with respect to haemoglobin level. However, it is pertinent to note 5 boys (33.33%) were reported to be undernourished (underweight) and one of them is also reported to be mild anaemic and rest 66.67 percent were reported to be normal weight and under normal BMI range. More number of overweight girls was evident compared to boy participants. Overall, the nutritional

status was found to be satisfactory though instances of mild anaemic participants were observed in the group.

The participants interacted and shared their feelings with the Head, Department of Anthropology, Prof. Nitul Kumar Gogoi and also with the team. The team briefed the participants to add iron-rich foods and citrus fruits in their daily diets that are easily available and to increase physical activity for proper absorption of food ingested. As the adolescents are at increased iron requirements because of, erratic eating habits, dislike for foods which are rich in iron and regular menstrual loss (in case of females), therefore, the participants were advised to take the nutritious home-made foods and to avoid ready to eat and packaged foods which are extremely harmful but readily available now-a-days for tiffin purposes.









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26/05/23 11:03 AM GMT +05:30