Iron Deficiency Anemia and Pregnancy

Iron deficiency anemia (IDA) during pregnancy is associated with long term health issues for the baby

IDA is a global issue affecting about 2 billion individuals





38% of women IDA during pregnancy

Iron is **crucial** during pregnancy

Iron is needed Red blood cells (RBCs) for RBCs to carry carry Oxygen through oxygen properly the body Low iron reduces oxygen to the body and the baby IDA increases risk of adverse low pregnancy outcomes: birth weight increased premature infant birth <37 weeks (6) of gestation mortality

Further research is being done to understand IDA and pregnancy, and to find strategies to keep babies healthy for life.



IDA affects the baby's organs on a cellular level:

mitochondrial dysfunction has been observed in hearts and kidneys nephrons, the functional units of the kidneys, are greatly reduced

Research shows IDA affects the baby for life:



long term **S** neurocognitive effects

increased risk for developing high blood pressure and cardiovascular disease