

*A Study to Check Knowledge and Compliance of
Weekly Iron and Folic Acid Supplementation among
Adolescents in Government Schools of Haryana*

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Background

❑ Adolescence

- ❑ 10–19 years of age (United Nations)
- ❑ Transitional phase from childhood to adulthood
- ❑ >253 million adolescents in India (~21% of the total pop'n)
- ❑ 88% of world's adolescents live in developing countries
- ❑ Nutritional challenges, esp. adolescent girls are more vulnerable to anaemia than boys

- ❑ **Anaemia** is a condition in which the number of red blood cells or the haemoglobin concentration within them is lower than normal.
- ❑ Globally, anaemia affects 1.62 billion (24.8% of world population)

Weekly Iron and Folic Acid Supplementation Program (WIFS)

- ❑ Launched in 2013 by MoHFW under RMNCH+A approach
- ❑ Objective: To reduce the prevalence and severity of anaemia in the adolescent population (10–19 years)
- ❑ Target groups
 - ❑ School-going adolescent girls and boys in 6th to 12th class enrolled in government/government aided/municipal schools
 - ❑ Out-of-school adolescent girls
- ❑ Current status
 - ❑ Rolled out in all States/UTs
 - ❑ Covers 11.2 crore beneficiaries (incl. 8.4 cr in-school; 2.8 cr out-of-school beneficiaries)

Study Objectives

❑ **Aim:** To check compliance of weekly IFA supplementation in government-school adolescents in the Rewari district of Haryana

❑ **Specific Objectives**

- To check the knowledge about the weekly IFA supplementation in adolescents (10–19 years)
- To check the compliance rate of weekly IFA supplementation in adolescents (10–19 years)
- To check non-compliance of weekly IFA supplementation in adolescents (10–19 years)

METHODOLOGY

❑ Study area

- Two government schools of Rewari district, Haryana.

❑ Study design

- Cross sectional

❑ Study population

- Adolescent age group (10–19 years of age; classes 6th–12th) both males and females

❑ Study sampling

- Convenience sampling

❑ Sample size

- 214 students (100 males; 114 females)

❑ Study tool

- Self-administered questionnaire.
- Includes basic questions about anaemia and WIFS program.

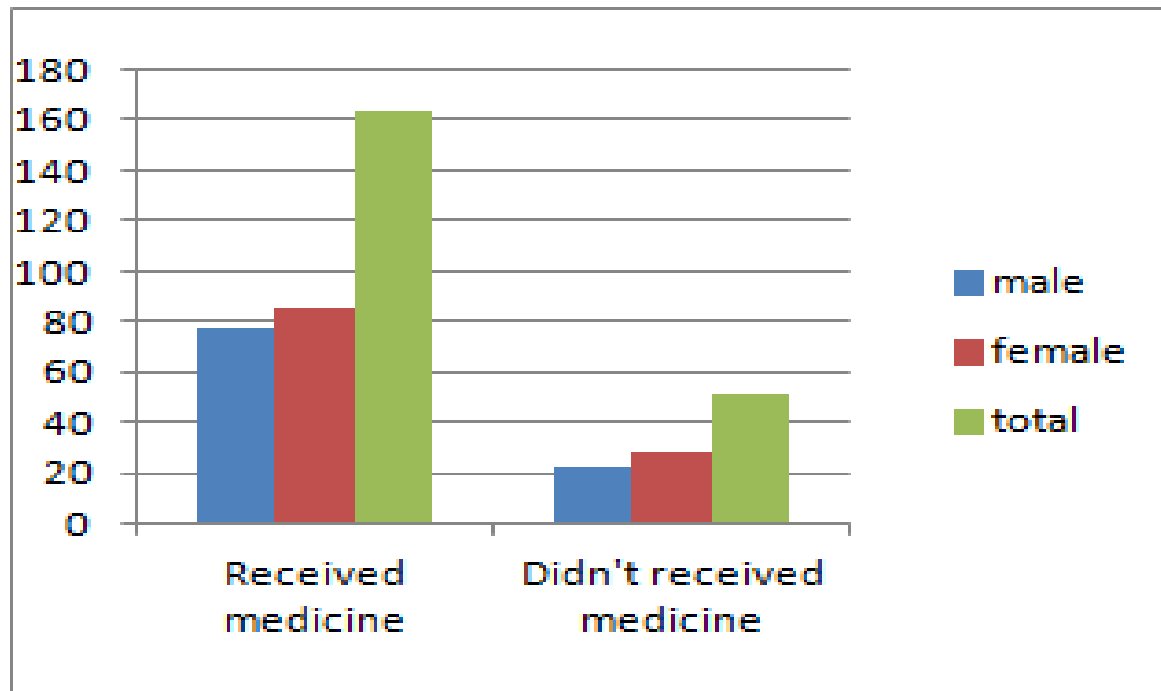
RESULTS

- **Demographic variables of the study**

Variables	Respondents	Frequency	Per cent
Gender	Male	100	47%
	Female	114	53%
Age(in years)	10–12	65	30%
	13–15	89	42%
	16–18	56	26%
	>18	4	2%
Govt School	A	140	65%
	B	74	35%

☐ Responses on receiving any medicine.

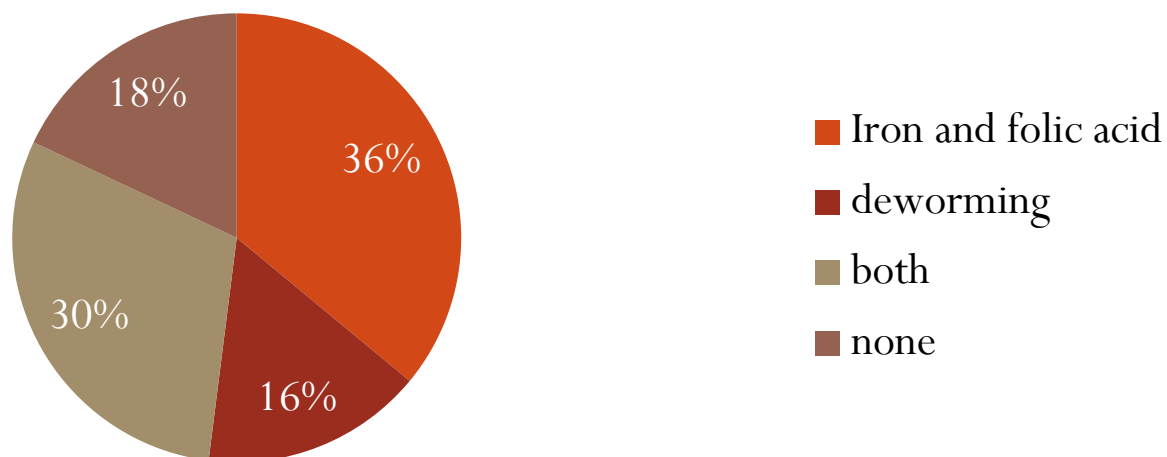
Responses	Yes	No	Total
Male	77	23	100
Female	86	28	114
Total	163	51	214



❑ Knowledge of students about medicine they receive?

Respondent	IFA	Deworming tablet	Both	None	Total
Male	36	16	30	30	100
Female	41	27	25	25	114
Total	77	43	55	55	214

Knowledge of students about medicine received



☐ Frequency and person providing tablets .

Parameters		Male	%	female	%	Total	%
Frequency	Once a week	68	68%	77	68%	145	68%
	Once a month	32	32%	37	32%	69	32%
Provider	Class teacher	84	84%	82	72%	166	78%
	others	16	16%	32	28%	48	22%

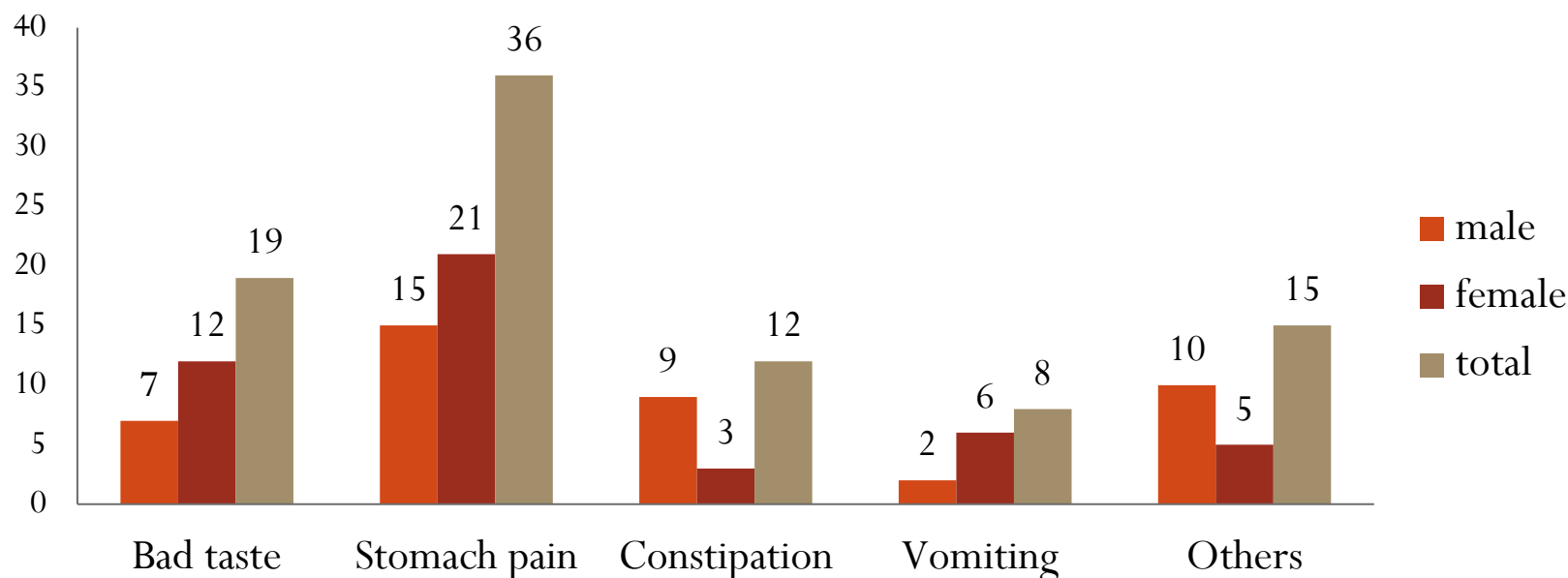
❑ Awareness about definition, symptoms of anaemia.

Parameters		Male	%	Female	%	Total	%
Reasons for giving IFA tablet	For anaemia	55	55%	79	69%	134	63%
	For strength	34	34%	27	24%	61	29%
	Don't know	11	11%	8	7%	19	8%
Anaemia is?	Low HB	67	67%	89	78%	156	72%
	Don't know	33	33%	25	22%	58	28%
Symptoms	Feeling tired	58	58%	72	63%	130	61%
	Loss of appetite and concentrati on	30	30%	33	29%	63	29%
	Don't know	12	12%	9	8%	21	10%
Benefits of IFA tablets	know	59	59%	78	68%	137	64%
	Don't know	41	41%	36	32%	77	36%

❑ What students do with provided IFA tablets and side effects?

Parameters	Male	%	Female	%	Total	%
Ingest	48	48%	68	60%	116	54%
Throw away	52	52%	46	40%	98	46%
Felt any side effects?						
Yes	43	43%	47	41%	90	42%
No	57	57%	67	59%	124	58%

Major side effects felt by students

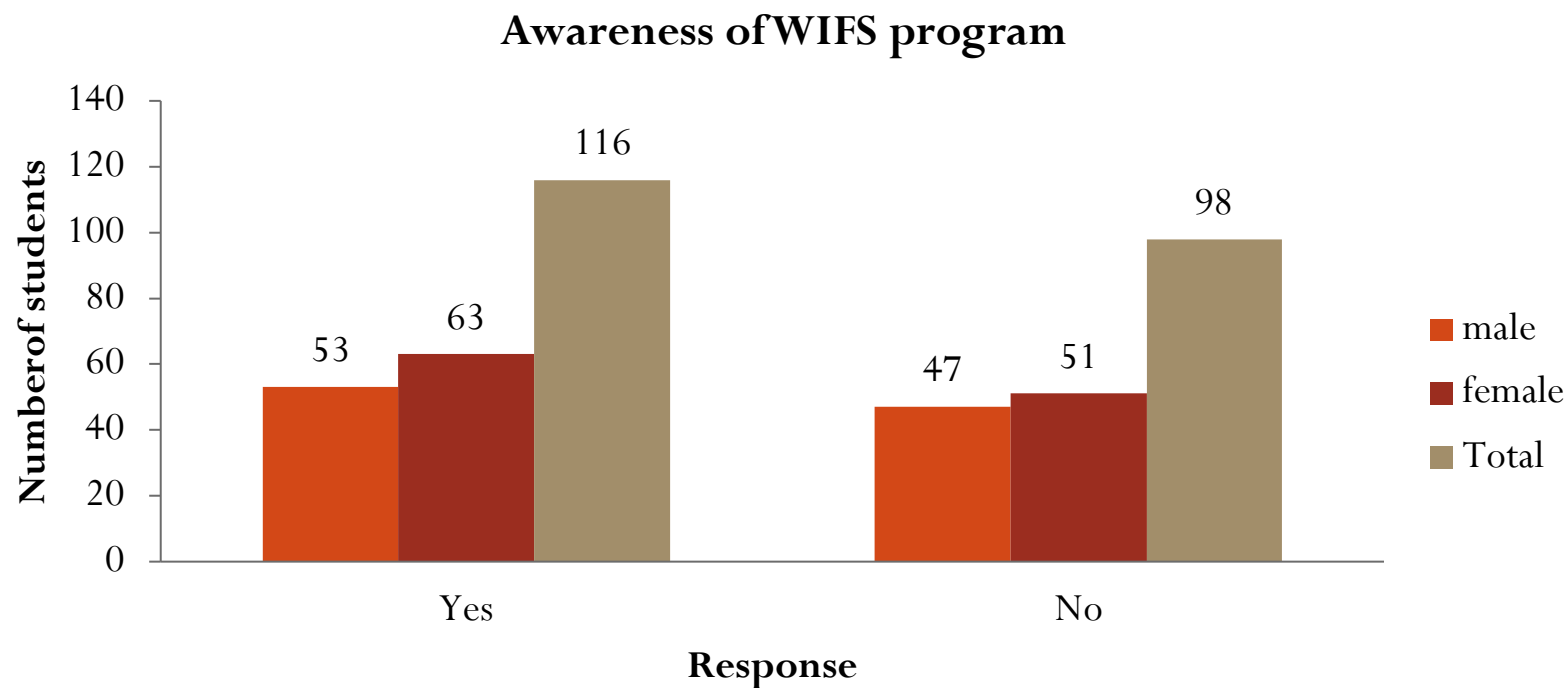


❑ Non-compliance and the reason for non-compliance to IFA tablets?

Parameters		Male	%	Female	%	Total	%
Stopped taking tablet	Yes	70	70%	50	44%	120	56%
	No	30	30%	64	56%	94	44%
Reason for non-compliance	Doubt in quality	11	16%	7	14%	18	15%
	Not necessary I am healthy	21	30%	18	36%	39	33%
	Previous experience of side effects	9	13%	8	16%	17	14%
	Asked to avoid by parents	29	41%	17	34%	46	38%

□ Awareness of WIFS program among students

Parameters		Male	%	Female	%	Total	%
Aware	Yes	53	53%	63	55%	116	54%
	No	47	47%	51	45%	98	46%



❑ Conclusions

❑ Key findings

- IDA is major concern among adolescents.
- Approx 75% students agreed of receiving tablets.
- About 72% students had basic knowledge about anaemia.
- Female students had better compliance and knowledge of IFA tablets.
- More male students stops taking medicines and were less aware of anaemia than females.
- Non-compliance rate due to side effect or other factor was $> 50\%$
- Definition, symptoms and benefit knowledge of IFA was approximately 65%.
- Awareness about WIFS program was not enough for program success only 54%.

❑ What Needs to be done?

- Assured monitoring and supervision of IFA tablets ingestion, will help increase the compliance rate.
- School-based and gender-based interventions among adolescents to create awareness and reducing anaemia prevalence.
- Nutrition education to parents and students about food items and other sources for overall development.
- More attention and focus to female adolescents due to pubertal changes.
- Training for teachers and health workers to increase awareness about WIFS and anaemia.

❑ **Strengths:**

- Help to know ground situation of school going adolescents knowledge and behavior toward WIFS program.
- Help schools and program officials in implementing and targeting maximum students to reduce prevalence of anaemia.

❑ **Limitations:**

- No record real-time survey responses.
- No in-person visits in schools to conduct in-depth interviews for better assessment of knowledge and awareness.

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Thank you

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