



ABSTRACT

Anemia has become a major risk in underdeveloped countries like Pakistan and it is specifically affecting the women of reproductive age. Socioeconomic factors are major contributing factors in prevalence of pregnancy. The aim of this study was to assess the prevalence of anemia in pregnant women of Tehsil Mian Channu and to determine the association between socioeconomic factors and anemia. Blood samples of 250 pregnant and 150 non-pregnant women were taken along with the survey questionnaire in which they were asked about their age, family income, pregnancy history and diet. Hematological parameters were studied to evaluate anemia. 11.2% of pregnant women were severely anemic as compared to 4% of non-pregnant women. Frequency of moderate anemia was 40% and 16% in pregnant and non-pregnant females respectively. Percentage of mild anemia in pregnant and non-pregnant females were 48.8% and 79.4% respectively. The prevalence of anemia was significantly associated with diet, age, increase in number of pregnancies and socioeconomic background. Change in the percentage of differential leucocyte count was interrelated with the presence of inflammation and infection which augmented the risk of anemia.