Anaemia affects over half a billion women of reproductive age worldwide.

In 2016, 32% of non-pregnant women and 40% of pregnant women aged 15 to 49 years were anaemic.

Anaemia among women of reproductive age has not improved since 2012; no country is on course to meet the global target.

By 2025, achieve a 50% reduction in the rate of anaemia in women of reproductive age.

**Why it matters**

- Anaemia increases the risk of adverse maternal & neonatal outcomes.
- Causes fatigue and lethargy, and impairs physical capacity and work performance.
- Impairs the health and quality of life for millions of women, and the development and learning of their children.

**Recommended actions**

**Integrated planning**

- **What?** Address nutritional and non-nutritional causes of anaemia and their determinants.
- **How?** Include interventions with an effect on anaemia in national health, education, agriculture and development plans.

**Multi-sectoral approach**

- **What?** Use a multi-sectoral approach to anaemia prevention and control.
- **How?** Ensure that development policies and programmes beyond the health sector include nutrition and other major causes of anaemia relevant to the country context.

**Strengthen health systems**

- **What?** Provide hospital and health facilities-based capacity for anaemia prevention and treatment.
- **How?** Support antenatal iron and folate acid supplementation (daily or intermittent) as part of routine antenatal care.

**Community support**

- **What?** Raise awareness of the value of iron supplementation in women of reproductive age.
- **How?** Support community mobilization and social marketing strategies.

**Anaemia reduction can help drive progress against the other global nutrition targets**

- Stunting
- Breastfeeding
- Wasting
- Low birth weight
- Childhood overweight

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