Anaemia increases the risk of adverse maternal and 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.

Anaemia reduction can help drive progress against the other global nutrition targets:
- stunting
- breastfeeding
- wasting
- low birth weight
- childhood overweight

Anaemia affects half a billion women of reproductive age worldwide.

In 2011, 29% of non-pregnant women and 38% of pregnant women aged 15–49 years were anaemic.

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

**WHY IT MATTERS**

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

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

**RECOMMENDED ACTIONS**

**INTEGRATED PLANNING**

**MULTI-SECTORAL APPROACH**

**STRENGTHEN HEALTH SYSTEMS**

**COMMUNITY SUPPORT**

**SCOPE OF THE PROBLEM**

**GLOBAL TARGETS**

**World Health Organization**

**1000 DAYS**