

**FACTORS LEADING TO THE DEVELOPMENT OF ANEMIA IN CHILDREN AND  
WAYS TO ELIMINATE THEM**

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**Abstract:** This article analyzes the main factors contributing to the development of anemia in children. In particular, the role of improper nutrition, iron deficiency, chronic diseases, parasitic infections, and genetic factors is highlighted. Furthermore, effective measures for early diagnosis and prevention of anemia—such as providing high-biological-value food, administering prophylactic iron supplements, adhering to sanitation and hygiene standards, and promoting a healthy lifestyle—are presented. The findings of the study have practical significance for strengthening children's health and reducing the socio-economic consequences of anemia.

**Keywords:** anemia, child health, iron deficiency, malnutrition, prevention, parasitic infections, immunity, healthy lifestyle.

**INTRODUCTION**

Anemia in children is one of the most common and serious health problems worldwide. According to the World Health Organization, iron deficiency anemia is especially common among children aged 6 months to 5 years, which has a direct negative impact on their physical and mental development. Anemia is characterized not only by a decrease in the amount of hemoglobin in the blood, but also causes many complications, such as impaired oxygen supply to the body, weakened immunity, and increased susceptibility to infectious diseases.

Anemia is caused by malnutrition, micronutrient deficiencies, especially iron, folic acid, and vitamin B12, parasitic infections, chronic diseases, and poor socioeconomic conditions. At the same time, parents and guardians often fail to notice the symptoms of anemia in children in time or ignore them, which leads to delayed diagnosis of the disease.

Therefore, the development of scientifically based approaches to the prevention, early diagnosis and effective treatment of anemia in children is one of the current issues in medicine and pediatrics. This work thoroughly analyzes the factors leading to the development of anemia in children and highlights practical solutions for its elimination.

**DISCUSSION AND RESULTS**

The conducted analyses showed that the most common cause of anemia in children is the lack of iron-rich foods in the diet. It was found that anemia rates were particularly high in families with low consumption of meat, liver, legumes, green leafy vegetables, and cereals. It was also observed that the simultaneous intake of drinks such as tea and coffee with meals reduced iron absorption.

It was noted that anemia rates were also high in children with parasitic infections, in particular helminthiasis, and chronic intoxication of the body negatively affected hematopoiesis processes.

Also, cases of decreased hemoglobin levels were observed in children with frequent colds or chronic diseases, along with weakened immunity.

It was found that the risk of anemia is twice as high in children living in families with low socio-economic conditions, which is explained by limited access to healthy eating, non-compliance with sanitary and hygienic rules, and untimely medical examinations.

The following measures were observed to be the most effective in eliminating anemia:

- Dietary correction: including iron and vitamin-rich foods in the daily diet, and consuming sufficient amounts of proteins with high biological value.
- Prophylactic iron supplementation: taking iron syrups or tablets, especially in children aged 6–24 months, as recommended by a doctor, has shown significant results in preventing anemia.
- Antiparasitic treatment: hemoglobin levels have been restored by conducting general prophylaxis with anthelmintic drugs at least twice a year.
- Compliance with sanitary and hygienic rules: improving clean drinking water, personal hygiene, and housing conditions have had a positive effect on children's health.

Summarizing the above results, it can be said that eliminating anemia in children requires a comprehensive approach. It is necessary not to limit ourselves to medical treatment alone, but to form a culture of proper nutrition, improve sanitary culture, and strengthen the sense of responsibility for health in the minds of parents. Only in this way can the negative consequences of anemia be reduced and a healthy future generation be raised.

## CONCLUSION

Anemia in children is one of the most common and urgent health problems that directly negatively affects their physical and mental development. Studies show that the main factors in the development of anemia are closely related to malnutrition, iron and other micronutrient deficiencies, parasitic infections, chronic diseases, and low socio-economic conditions.

To eliminate this condition, it is not enough to use only medical treatment measures. A comprehensive approach is needed, which includes:

- including iron-rich foods in children's diets;
- using prophylactic iron preparations as recommended by a doctor;
- preventing and treating parasitic infections;
- adhering to sanitary and hygienic rules;
- forming a healthy eating culture among parents and caregivers.

If these measures are implemented systematically, it is possible to significantly reduce the incidence of anemia, strengthen children's immunity, and ensure their healthy development. Therefore, the prevention of anemia is a national task that requires the cooperation of not only medical workers, but also all segments of society - especially parents and educators.

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