



Assessment of Prevalence of Anemia among Rural Population: An Observational Institutional-Based Study At A Tertiary Care Center

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Abstract:

Background: Anemia remains a major public health issue in developing countries, especially in rural areas where access to healthcare, nutrition, and awareness is limited.

Objective: To determine the prevalence of anaemia and its association with demographic and nutritional factors in a rural population attending a tertiary care institution.

Methods: This cross-sectional observational study was conducted over a period of one year in a tertiary care hospital. A total of 300 rural participants aged 10 years and above were included. Hemoglobin levels were measured, and anemia was classified according to WHO criteria. Data on dietary habits, socioeconomic status, gender, and educational background were collected via structured questionnaires. **Results:** Out of 300 participants, 168 (56%) were anemic. The prevalence was higher among females (66%) compared to males (42%). Mild anemia was most common (38%), followed by moderate (15%) and severe (3%). Anemia was significantly associated with low dietary iron intake, low socioeconomic status, and illiteracy ($p < 0.05$).

Conclusion: Anemia is highly prevalent among the rural population, particularly among women and those from lower socioeconomic backgrounds. Community-level interventions focusing on nutrition, iron supplementation, and health education are urgently needed to reduce anemia burden.

Keywords:

Anemia, rural health, hemoglobin, public health, nutritional deficiency, India.