



Healthy Nutrition is the Basis for the Prevention of Iron Deficiency Anemia in Children

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ABSTRACT

Alimentary iron deficiency plays an important role in the development of anemia in preschool children. Milk and muffins often predominate in the diet of children, meat products, vegetables and fruits are limited. An increase in the number of anemia in children is associated with acceleration, higher rates of growth and body weight at birth, as well as with an early doubling of body weight, which is associated with an increase in the need for iron, and hence with the rapid use of endogenous reserves of it.

When analyzing the causes of severe iron deficiency anemia, a common one was revealed - drinking about 1-1.5 liters of milk or kefir per day and practically no other food for a month or more. It is clear that this contributes to the development of iron deficiency in the body of children. Thus, it is important to understand that it is necessary to organize a balanced nutrition of the child for all ingredients, including iron.

Keywords:

Healthy lifestyle, iron deficiency anemia, nutrition, prevention, preschool children

Introduction. The formation of a healthy lifestyle should begin with preschool age. All the vital activity of a child in a preschool institution should be aimed at preserving and strengthening health.

Properly organized, full-fledged and nutritionally balanced nutrition ensures the normal growth and development of children, has a significant impact on the resistance of the child's body to various diseases, increases mental and physical performance, promotes optimal neuropsychic development.

Nutrition is a fundamental factor determining human health from the early years of life. Special attention needs to be paid to the organization of nutrition for children, schoolchildren, adolescents, because it is the state of children's health that determines the prospects for the formation of the able-bodied, reproductive, intellectual and vital potential of the country. The child's diet should be balanced in terms of the content of basic nutrients, provide the physiological needs of the growing

organism in energy, macro- and microelements, minor and biologically active substances.

Modern rhythm, socio-economic factors have a significant impact on the lifestyle and nutrition of an adult:

- Women going to work shortly after giving birth to support the family budget reduces the time previously given to the child.
- The lack of a culture of "family dinners" leads to scattered meals, non-compliance with the diet.
- More and more importance is attached to convenience, so fast food, snacks, semi-finished products are consumed in greater quantities.
- Young children often eat out, so parents pay more attention to the convenience of food packaging than to the content.

As a result of the influences of modern lifestyle, the nature of nutrition of younger age group children and preschoolers has changed significantly.

In recent years, it has been shown that the diet of younger children is far from ideal:

- 72% of children eat glazed cheeses or sweet yoghurts for breakfast;
- every tenth child does not eat fruits and vegetables;
- some children drink about 1100 ml/day of cow's milk;
- most children don't eat meat at all;
- only 32% of children eat fish.

Given the nature of the nutrition of young children today and the lack of balance of its elements, children are susceptible to the development of deficient conditions or an excess of any nutrients, which may become a problem for their health in the future.

Anemia remains a serious public health problem, affecting about 50% of preschool-age children worldwide. Of all the anemias, iron deficiency (IDA) is the most common. In childhood, it accounts for about 90% of all anemia. It is with the alimentary factor that the development of iron deficiency conditions in preschool children is associated.

Iron is a chemical element in the composition of hemoglobin that provides oxygen transportation to the tissues of the body. Without iron, respiration at the cellular level would be impossible. In addition, iron is an integral part of enzymes and proteins that are necessary for the destruction and elimination of toxins, the conversion of calories into energy, it helps the immune system to fight infection.

Lack of iron often causes irreparable harm to the health of children, reduces the quality of life. Iron deficiency has a systemic effect on the vital functions of the body, especially during critical periods of growth and mental development. In young children, prolonged iron deficiency is manifested by a delay in psychomotor development, speech skills. In most cases, after treatment with iron preparations, impaired functions are quickly restored, but in some cases, the effects of iron deficiency can persist throughout life. It is not by chance that WHO attaches global importance to this problem and requires universal attention and actions aimed at

combating iron deficiency and anemia caused by it.

Most children with moderate IDA have no clinical manifestations. However, in some cases, manifestations of sideropenic and anemic syndromes can be observed.

Sideropenic syndrome is characterized by:

- dry skin;
- changes in the mucous membranes: "congestion" in the corner of the mouth, glossitis, atrophic gastritis and esophagitis;
- dyspeptic phenomena from the gastrointestinal tract;
- fragility and hair loss;
- nail changes - transverse striation of the nails of the thumbs (in severe cases and feet), brittleness, delamination into plates;
- change in the sense of smell - the patient's addiction to the pungent odors of varnish, paint, acetone, car exhaust gases, concentrated perfumes;
- changes in taste - the patient's addiction to clay, chalk, raw meat, dough, etc.;
- increased susceptibility to infection (frequent colds)
- pain in the calf muscles
- restless legs syndrome.

The purpose of the study. Determining the level of knowledge of parents about the prevention of iron deficiency anemia in preschool children and the influence of lifestyle on the occurrence of deficient conditions

Materials and methods of research. A survey was conducted among parents of preschool institutions (Jambai district of the Samarkand region). Parents (102 people) were offered a questionnaire of 10 questions about the prevention of iron deficiency anemia in preschool children.

The results of the study. The analysis of the results of the study allows us to draw the following conclusions:

- the majority of parents 58% received recommendations for the prevention of iron deficiency anemia, of which only 45% fulfilled them. The source of information on the

prevention of iron deficiency anemia for 50% of parents were medical workers;

- 47% of parents are aware of the existence of foods containing iron, 20% of parents use vitamin and mineral complexes in the child's diet as prescribed by a doctor;
- 68% of respondents agree with the statement that a healthy lifestyle of a mother affects the occurrence of iron deficiency anemia in a child;
- the vast majority of parents (63%) are aware of the need to eat foods containing vitamins and minerals, including iron, to maintain children's health and prevent iron deficiency anemia;

Conclusion. The level of awareness of parents and the main source of information on the prevention of iron deficiency anemia, identified as a result of the study, prove the leading role of medical professionals in the prevention of iron deficiency anemia and the need for constant educational work among parents about a healthy lifestyle as the basis for the prevention of deficiency conditions, including iron deficiency anemia in young children.

Practical recommendations:

To prevent iron deficiency anemia in young children, the following measures should be carried out:

1. observe the correct daily routine, eat rationally.
2. compliance with the hygienic living conditions of the child, the use of natural factors (air, sun, water);
3. systematic physical education, starting from an early age;
4. observe the hygienic living conditions of the child, carry out hardening.
5. feed the baby with breast milk, introduce complementary foods in a timely manner.
6. if the child is on artificial feeding – use adapted mixtures.
7. use iron preparations only as prescribed by a doctor.

It is generally recognized that preventive measures can prevent the development of iron deficiency conditions. It is necessary to provide the child's diet with the main sources of iron (red meat, offal, fish, eggs), it is important to

take into account the bioavailability of iron in the diet — to control the volume of consumption of products with low iron content and products that inhibit iron absorption.

In addition, educational work with parents is necessary — for example, there are frequent misconceptions that chicken breast and apple juice are the main suppliers of iron. In fact, these products in consumed quantities cannot provide even half of the daily iron requirement. It should be noted the danger of early introduction of ordinary cow's milk and its consumption in large quantities in combination with a low-iron diet.

Studies conducted in several countries show a direct link between the development of iron deficiency conditions and the consumption of large amounts of cow's milk [13]. According to modern nutrition recommendations for children over one year old, milk in its natural form should be present in the diet in the form of fermented milk products (kefir, fermented baked milk, yoghurts), and also used for cooking various dishes — milk porridges, casseroles, tea with milk, etc.

Most mothers are more aware of the beneficial properties of cow's milk than of the disadvantages of its excessive consumption, offering milk to the child in larger volumes than recommended. The limiting factors of the use of cow's milk include a small amount of iron, vitamin D, essential fatty acids, a low percentage of iron digestibility (about 10%).

Numerous studies have shown the effectiveness of consumption of iron-enriched milk drink in the prevention of deficiency conditions in young children.

Thus, the results of the work show the role of the influence of the lifestyle of parents on the formation of

The data obtained during the survey of parents indicate the need for active information and educational work with children and parents on issues of rational nutrition and prevention of diseases.

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