Ironing out Anemia in Nepal
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Abstract
Iron deficiency anemia is a severe health problem in Nepal. It is especially harmful to pregnant women and children. To combat this deficiency, this project will fortify rice with iron and distribute to preschool age children in Nepal.

Goal/Objective
To reduce iron deficiency anemia in preschool age children (ages 3 to 6) in the Nepalese capital of Kathmandu.

Expected Results & Conclusion
- Lowered percentage of children affected by anemia (~25%)
- Effects of anemia will be reduced in at least two years
- Increased focus and achievement in school
- Increased productivity/efficiency in workforce meaning a better economy
- Successful model program for rural areas of Nepal and other countries

Introduction
- Two billion people worldwide afflicted
- Caused by insufficient amount of iron in diet
- Anemia: when hemoglobin has no fuel to carry oxygen from the lungs to muscles and organs in the body

- Delayed physical and cognitive development in children
- Reduced physical performance in adults
- Consequences impact physical health but also the quality of life and a country’s economic capabilities

Prevalence of Anemia in Nepal by Population Group

Methods & Materials
- Program conducted at small English primary school, Nirvana Academy
- Pilot program using fortified rice mixed in with traditional lunch
- Produced in U.S. by Bon Dente International: Ultra-rice
- Existing distribution channel to India will be expanded to Nepal

References