

Publication

Are overweight and obesity in children risk factors for anemia in early childhood? Results from a national nutrition survey in Tajikistan

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To assess the association between overweight/obesity and anemia in early childhood in Tajikistan.; Using a two-stage-cluster sampling, a representative sample of 1342 children (48.7% girls) aged 25-60 months was included in a nationwide survey in Tajikistan in 2009. Weight status was defined by age- and gender-specific body mass index, anemia by hemoglobin < 11 g/dl, according to WHO cut-off values for children, adjusted for altitude. Gender-stratified association of anemia and overweight/obesity was estimated by mixed models, controlling for age, parental education, and location type and region.; In the study population, the prevalence of anemia was 20.0%, overweight 13.0%, and obesity 9.5%. In multivariable analyses, obesity and overweight were not associated with anemia. Lower age and living in the remote region of Gorno-Badakhshan Autonomous Oblast were associated with a higher prevalence of anemia.; In Tajikistan, anemia is at a moderate level, affecting every fifth child aged 25-60 months. Around every fifth child is overweight or obese. Interventions should focus on preventing anemia and overweight/obesity.

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