

ANAEMIA IN RELATION TO BODY MASS INDEX



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INTRODUCTION

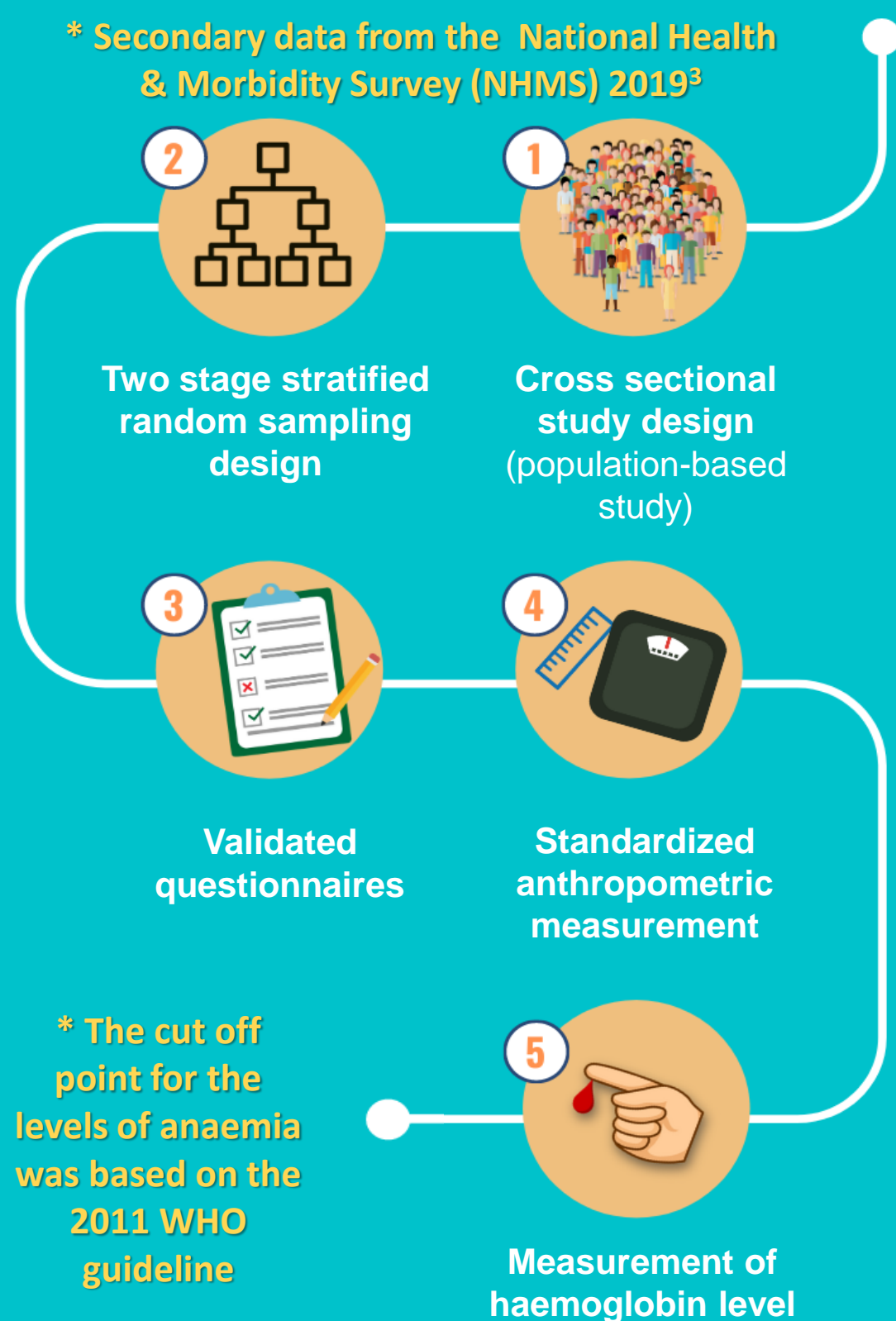
Anaemia is a global public health problem and a study in China showed that overweight / obesity were less likely to be anaemic¹. While another study showed no definite relationship between anaemia in adult with body mass index (BMI)².

OBJECTIVE

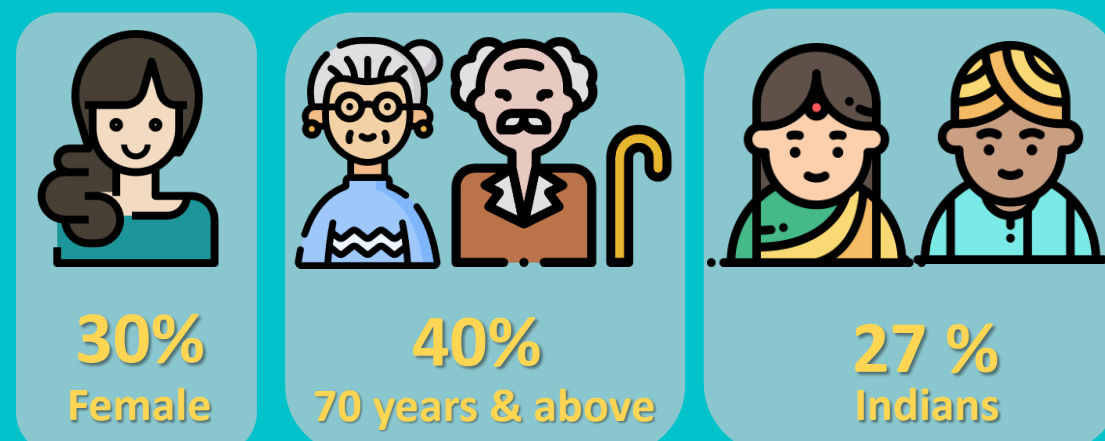
This study aimed to investigate the relationship of anaemia and BMI among adults in Malaysia.

METHODOLOGY

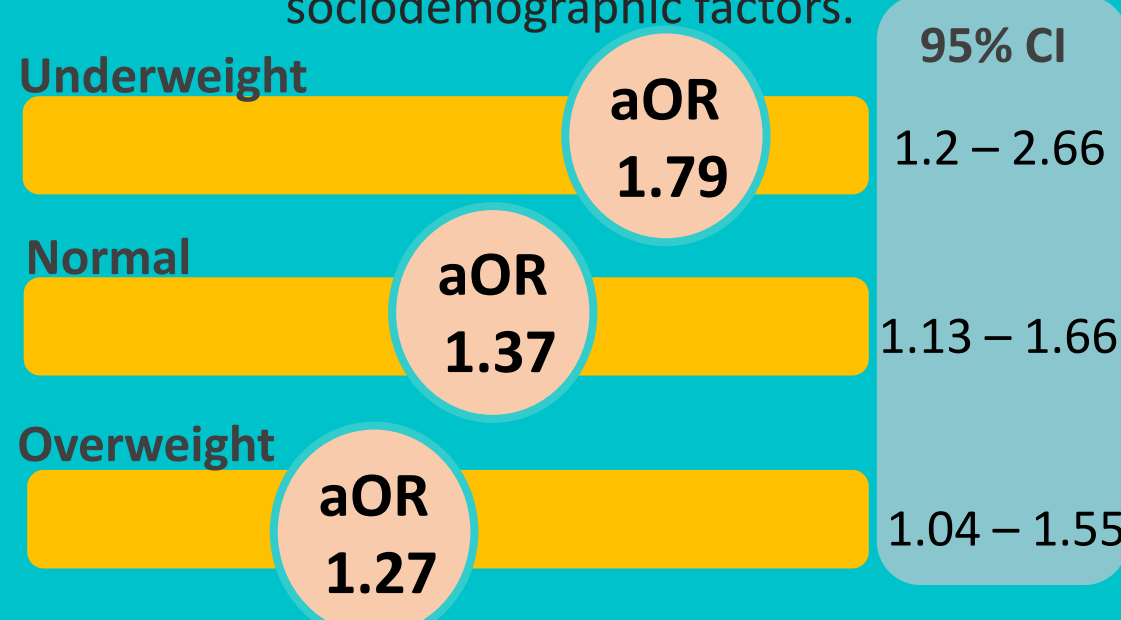
* Secondary data from the National Health & Morbidity Survey (NHMS) 2019³



Who were the most anaemic?



Multiple logistic regression analysis was done using obese as reference after controlling other sociodemographic factors.



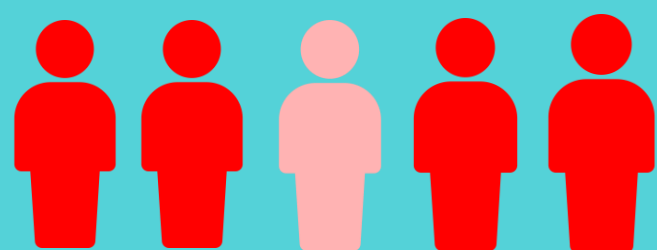
DISCUSSION/CONCLUSION

- Result shows that Malaysia had a lower prevalence of anaemia compared to globally and South East Asia regions⁴.
- The finding was similar to a study in India that indicate adults with low BMI would have a higher risk of anaemia⁵.
- Anaemia in adults was also associated with increasing age, being female and Indian ethnicity⁶.
- Further studies can be done to evaluate more on nutritional deficiencies that cause anaemia in Malaysian adults such as iron and folate intake.

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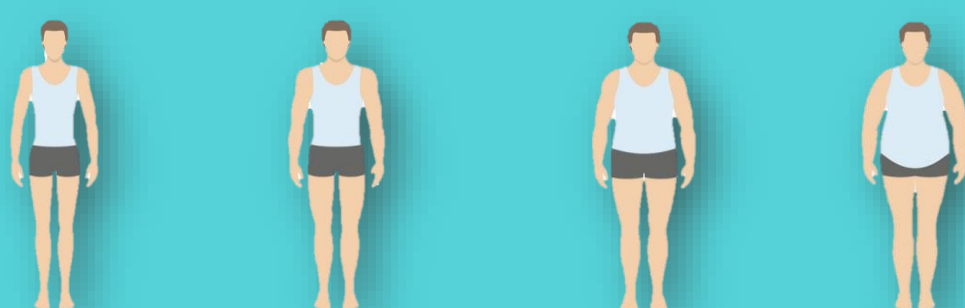
RESULT



The overall prevalence of anaemia in adults was 21.1% with estimated population of 4,255,016 adults in Malaysia.

1 in 5
Malaysian adults were **anaemic**

Prevalence of Anaemia according to BMI



22.4% Underweight **20.3%** Normal **21.1%** Overweight **19.4%** Obese