Abstract

Iron deficiency anemia is among the greatest nutritional problems in the world. Although its etiology is understood and intervention at low cost is available, the problem persists. The present review begins with a general estimate of the dimensions of the problem. It suggests the necessary elements for the design, implementation, and measurement of the impact of iron supplementing and fortification as the most effective forms to intervene and diminish iron deficiency anemia. Several preliminary steps are proposed previous to the preparation of a project and several recommendations are made to be included in a project for fortification and iron supplementing. A list of complementary activities offered by PAHO/WHO as part of the package of technical cooperation is included.

Keywords

micronutrients; iron deficiency; Mexico.