

# Prevalence of anemia among children in India and updated serum ferritin levels

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Table 1 Recommended cut-off values to define iron deficiency and risk of iron overload in apparently healthy and non-healthy individuals by age group

	Serum Ferritin (µg/L) <sup>a,b</sup>			
	IRON DEFICIENCY		RISK OF IRON OVERLOAD	
	Apparently healthy individuals <sup>c</sup>	Individuals with infection or inflammation	Apparently healthy individuals	Non-healthy individuals
Infants (0-23 months)	<12	<30	—	—
Preschool children (24-59 months)	<12	<30	—	—
School age children (5-12 years)	<15	<70	>150 females >200 males	>500
Adolescents (13-19 years)	<15	<70	>150 females >200 males	>500

Source: WHO Guidelines  
<https://www.who.int/publications/i/item/9789240000124>

<sup>a</sup> From previous WHO recommendations and new evidence.

<sup>b</sup> Markers of inflammation should be assessed along with the ferritin concentration, and ferritin adjusted as necessary.

<sup>c</sup> For the purposes of this guideline, an apparently healthy individual is defined as an individual with physical well-being for their age and physiological status, without detectable diseases or infirmities.