1. **What is Anemia?**

Anemia is a disease caused by below-normal levels of hemoglobin, meaning red blood cells carry insufficient oxygen to the muscles, brain, and other organs.

![Rice and cabbage...a low iron meal.](image)

2. **What causes anemia?**

- Not eating enough iron
- Not eating a varied diet that contains Vitamin A, Vitamin B12, folic acid, and Vitamin C

3. **How does anemia impact education?**

*Anemic children have...*

1. lower scores on intelligence tests
2. lower grades, attendance, and attainment in school
3. Poor attention span and reduced learning capacity
4. lower productivity as an adult

4. **How common is anemia?**

Iron-deficiency is the most common nutritional deficiency in the world.

*4 out of every 10 of 4th grade children in Shaanxi Province’s rural elementary schools are anemic!*

5. **How to detect anemia?**

Anemia is very difficult to detect because the symptoms are general. For example, two symptoms are feeling tired and being pale BUT often non-anemic kids can be tired or pale. A simple blood test can be done with a small, portable machine called a Hemocue.

**Step 1:** Prick finger to obtain a blood sample. This is not painful!

**Step 2:** Wait 60 seconds

**Step 3:** The Hemocue tells you if the hemoglobin level is too low, indicating anemia.