

# Anaemia Mukht Bharat (AMB) strategy

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**In news-** The Union Minister of State for Health and Family Welfare, mentioned about Anaemia Mukht Bharat (AMB) strategy in the Lok Sabha recently.

## Anaemia Mukht Bharat (AMB) strategy-

- **It was launched in 2018** with the **target to reduce anaemia in the vulnerable age groups** such as women, children and adolescents in a life cycle approach providing preventive and curative mechanisms through a 6X6X6 strategy.
- **The 6X6X6 strategy includes six target beneficiaries, six interventions and six institutional mechanisms** to achieve the envisaged target of anaemia reduction under the POSHAN Abhiyaan.
- The strategy **focuses on ensuring supply chain, demand generation and strong monitoring using the dashboard for addressing anaemia**, both due to nutritional and non-nutritional causes.



## About Anaemia-

- It results from a lack of red blood cells or dysfunctional red blood cells in the body.
- This leads to reduced oxygen flow to the body's organs.
- Symptoms may include fatigue, skin pallor, and shortness of breath, light-headedness, dizziness or a fast heartbeat.
- The prevalence of anaemia among six groups as per the National Family Health Survey 5 (2019-21), is 25.0 percent in men (15-49 years) and 57.0 percent in women (15-49 years), 31.1 percent in adolescent boys (15-19 yrs), 59.1 percent in adolescent girls, 52.2 percent in pregnant women (15-49 years) and 67.1 percent in children (6-59 months)