

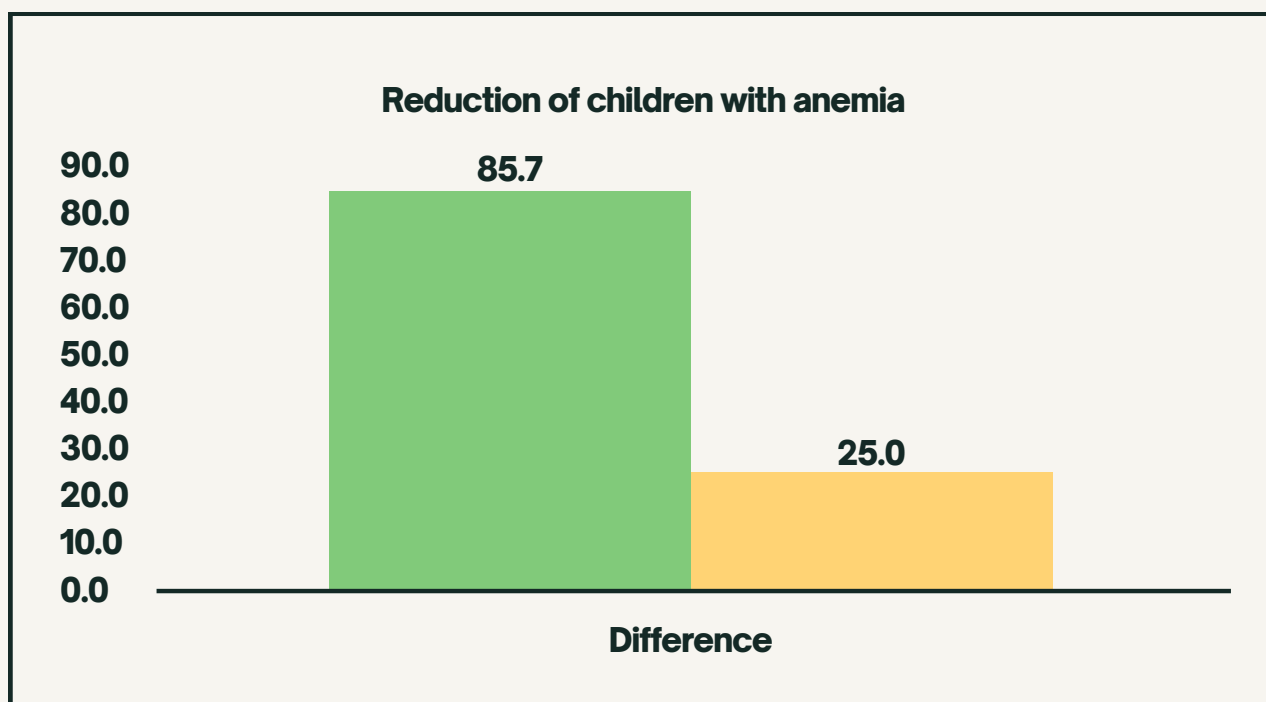
arba

2023

Reducing anemia with plant-based iron



During 2023 two Peruvian organizations joined forces to test the best way to deliver education about plant-based iron in elementary schools. Thanks to a grant from VegFund, the Animal Rescue and Welfare Association (ARBA) and the Peruvian Vegetarian Union (UVP), implemented a pilot where 29 families in vulnerable area received information for free about the benefits of plant-based iron, while other 33 received the same information with 8 complementary classes. To test the effect of the classes, we tested all the children's hemoglobin's levels before giving access to the information and the classes. After 4 months of sessions, we found that the group that only received information had a **reduction of 25%** of children with anemia, but those families that also had classes had a **reduction of 85%**. The classes appeared to motivate the parents to stay in the project as more families attended to final hemoglobin test. Our results are encouraging as they provide initial evidence that **plant-based iron can help reduce anemia** if the information is provided in regular bases by nutritionist. We hope to expand our project further and help reduce anemia **without the need to consume animal products**.



Materials and In Person classes	Entrance test		Exit test		Observed change
	Hemoglobin	Description	Hemoglobin	Description	
1A					
2	11,2		11,1		None
3	11,6		13,1		None
4	9,9	Mild anemia	11,3		Reduction
7	10,2	Mild anemia	11,1		Reduction
8	12,1		11,2		None
9	11,3		13,2		None
10	12,3		11,8		None
11	11,6		11,4		None
12	9,9	Mild anemia	13,8		Reduction
13	12,2		10,4	Mild anemia	Increase
14	12,1		13,1		None
15	11	Mild anemia	10,8	Mild anemia	None
16	10,3	Mild anemia	11,9		Reduction
17	9,8	Mild anemia	11,1		Reduction
18	10,5	Mild anemia	12,2		Reduction
19	14		11		None
20	13		11		None
24	11,5		11		None
25	12,4		12,4		None
27	14,2		11,2		None
28	12,3		12,1		None
29	11,5		11,8		None
30	12		9,7	Anemia	Increase
31	13,4		11,3		None
32	12,4		12,5		None
33	12,2		12,4		None

Only materials	Entrance test		Exit test		Observed change
	Hemoglobin	Description	Hemoglobin	Description	
1B					
3	12,7		13,6		None
4	11,9		12,1		None
6	12,6		12,2		None
9	9,7	Anemia	9,7	Anemia	None
11	13,2		11,8		None
13	11		11,5		None
15	11,9		12,9		None
18	11,6		10,9	Anemia	Increase
19	11,4		9,9	Anemia	Increase
20	12,1		12,4		None
21	11,6		12,6		None
22	11,5		11,4		None
24	8,7	Severe anemia	9,2	Anemia	Reduction
25	14,3		11		None
27	10,2	Mild anemia	10,9	Anemia	Reduction
28	10,8	Mild anemia	11,5		Reduction
29	12,6		11,6		None

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