

## LIST OF FIGURES

Table No	Title	Page No
1.1	Etiology of iron deficiency anemia	6
2.1	Prevalence of anemia in India among adolescent girls by state	20
2.2	Effect of iron deficiency on biological and socio-economic aspects of work	27
3.1	Experimental design of the study	63
4.1.1	Severity of anemia in the present study group girls	73
4.1.2	Frequency distribution curve of hemoglobin levels of girls	73
4.1.3	Height, weight and BMI profile of the girls compared to HIG girls and other reference standards	75
4.1.4	Percentage girls undernourished among anemic and non-anemic girls	77
4.1.5	Percentage girls anemic among undernourished and wellnourished girls	77
4.1.6	Mean food intake (% RDA) in younger, older and all girls	80
4.1.7	Percent girls who met various level of % RDA	84
4.1.8	Median cognitive function test scores of girls	94
4.1.9	Association of nutritional status with Digit Span scores of the anemic and non-anemic girls	96
4.1.10	Frequency distribution curve of steps climbed and recovery time after MHST	99
4.1.11	Effect of nutritional status on recovery time of the anemic and non-anemic girls	100
4.2.1	Good and poor compliance with iron folic acid tablets in the three intervention groups	104
4.3.1	Mean increment in hemoglobin levels among younger and older girls after the intervention	115
4.3.2	Mean change in hemoglobin levels among initially anemic and all girls after the intervention	118
4.3.3	Percentage girls showing more than 1 g/dl hemoglobin increment: initially anemic and all girls	120
4.3.4	Mean change in hemoglobin levels among those who had good compliance with IFA tablets	120
4.3.5	Change in prevalence of anemia among younger and older girls after the intervention	122
4.3.6	Prevalence of anemia with good compliance and poor compliance of iron folic acid tablets after the intervention	122
4.3.7	Shift in severity of anemia in girls after the intervention	124
4.3.8	Mean increment in BMI ( $\text{kg/m}^2$ ) among the school girls after the intervention	132
4.3.9	Mean change in BMI (% Std) among younger and older girls after the intervention	134
4.3.10	Mean change in BMI among girls with good and poor compliance with iron folic acid tablets after the intervention	136
4.3.11	Mean change in BMI (% Must et al Std) with good and poor compliance	136
4.3.12	Mean change in BMI (% Must et al) in initially anemic and non-anemic girls	139
4.3.13	Mean change in height (% CDC) in the school girls after the intervention: Hb increment $\geq 1$ g/dl vs. $<1$ g/dl	140

Table No	Title	Page No
4.3.14	Mean change in BMI (% Must et al) in the school girls after the intervention: Hb increment $\geq 1$ g/dl vs. $< 1$ g/dl	140
4.3.15	Mean change in Height (% CDC) in initially anemic girls who remained anemic or became non-anemic after the intervention	141
4.3.16	Mean change in BMI (% Must et al) in initially anemic girls who remained anemic or became non-anemic after the intervention	141
4.3.17	Median food intake (% RDA) before and after the intervention	149
4.3.18	Shift in intake of various food groups as percentage of RDA	151
4.3.19	Median iron, vitamin C and $\beta$ carotene intake as % RDA of the girls before and after intervention	157
4.3.20	Shift in calorie intake at various levels of RDA after the intervention	160
4.3.21	Shift in iron intake at various levels of RDA after the intervention	160
4.3.22	Shift in vitamin C intake at various levels of RDA after the intervention	161
4.3.23	Shift in $\beta$ carotene intake at various levels of RDA after the intervention	161
4.3.24	Mean change in cognitive function test scores of the girls after the intervention	166
4.3.25	Mean change in cognition test scores among girls with good compliance and poor compliance with iron folic acid tablets	168
4.3.26	Mean change in cognition test scores in the school girls who gained $\geq 1$ g/dl vs. $< 1$ g/dl hemoglobin after the intervention	170
4.3.27	Mean change in cognitive function test scores in initially anemic girls	172
4.3.28	Mean Digit Span test scores before and after the intervention: comparison between HIG and LIG girls	173
4.3.29	Mean Visual Memory test scores before and after the intervention: comparison between HIG and LIG girls	173
4.3.30	Mean Maze test scores before and after the intervention: comparison between HIG and LIG girls	174
4.3.31	Mean Clerical Task test scores before and after the intervention: comparison between HIG and LIG girls	174
4.3.32	Mean change in steps climbed and reaction time (in min) after MHST with good and poor compliance	184
4.3.33	Mean change in steps climbed among girls who gained $\geq 1$ g/dl vs. $< 1$ g/dl of hemoglobin after the intervention	186
4.3.34	Mean change in steps climbed among girls who gained $\geq 1$ g/dl vs. $< 1$ g/dl of hemoglobin after the intervention: good compliance group	186
4.3.35	Mean change in recovery time in the school girls who gained $\geq 1$ g/dl vs. $< 1$ g/dl of hemoglobin after the intervention	187
4.3.36	Mean change in number of steps climbed and recovery time in girls who gained $\geq 1$ g/dl vs. $< 1$ g/dl of Hb levels among good compliance group	187
4.3.37	Mean change in number of steps climbed and recovery time in initially anemic girls after the intervention	189
4.3.38	Mean change in number of steps climbed and recovery time in initially anemic girls after the intervention in good compliance group	189
5.1	Mean increment in BMI (% Must et al Std) among the school girls after the intervention	205
5.2	Percentage girls with normal BMI before and after the interventions	206