

## Appendix E. Prevalence of Micronutrient Deficiencies Worldwide

**Table 1. Estimated Number of Preschool Children (in Millions) Affected by the Three Main Forms of Micronutrient Malnutrition**

Region	Anemia	Subclinical VAD	Clinical VAD	IDD
South Asia	93.8	59.5	1.58	42.5
Sub-Saharan Africa	34.1	36.0	0.98	30.1
Middle East / North Africa	17.7	4.2	0.12	11.1
East Asia / Pacific	20.0	20.0	0.4	31.1
Latin America / Caribbean	13.0	10.2	0.12	8.8
<b>Total</b>	<b>178.6</b>	<b>129.9</b>	<b>3.2</b>	<b>123.6</b>

Source: Mason, J.B.; K. Sethuraman, A., Gilman, K. Mason, K. Gillenwater, N. Mock, and M. Lotfi, *Progress in Controlling Micronutrient Deficiencies*. Ottawa: The Micronutrient Initiative (in progress).

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**Table 2. Estimated Numbers of People (in Millions) At Risk of the Three Main Forms of Micronutrient Malnutrition**

Region	Iron Deficiency or Anemia	Vitamin A Deficiency (Preschool Children Only)	Iodine Deficiency Disorders (IDD)
Africa	206	52	181
Americas	94	16	168
Southeast Asia	616	125	486
Europe	27	-	141
Eastern Mediterranean	149	16	173
Western Pacific	1058	42	423
<b>Total</b>	<b>2150</b>	<b>251</b>	<b>1572</b>

Source: FAO, ILSI, *Preventing Micronutrient Malnutrition: A Guide to Food-based Approaches. A manual for policy makers and program planners*. Washington: ILSI (1997).