

SOUTHERN NEW HAMPSHIRE SERVICES, INC - CHILD DEVELOPMENT PROGRAM
Hemoglobin Screening Results

Dear Parent/Guardian:

Below is information for you regarding nutrition screening on your child. If interested please set-up an appointment with the Health & Nutrition Services Specialist to take advantage of the many nutrition services available or to create an individual plan for your child.

Child's Name: _____ DOB: _____

Family Worker: _____ Center/Classroom: _____

| Your Child's Anemia Screening Results: | Hemoglobin (HGB) | | |
|--|------------------|---------|-------------------------|
| | Date: | Result: | High Risk Low Risk |
| | | | |

****Hgb** stands for Hemoglobin which is the protein in red blood cells that carries oxygen through your body. The test for Hemoglobin can be an *indicator of iron status and other nutritional deficiencies*.

Considerations:

- The typical range for Hemoglobin (Hgb) varies by age:

| <u>Hemoglobin</u> | |
|-------------------------|------------|
| Age | Value |
| Newborns | 17-22 g/dl |
| 1 week of age | 15-20 g/dl |
| 1 month of age | 11-15 g/dl |
| Children (up to 14 yrs) | 11-13 g/dl |

- Low Hgb are referred to as being anemic. There are different causes of anemia. Some of the more common reasons are nutritional deficiencies (iron, vitamin B12, or folate). *It is important to talk to your child's health care provider to find out why your child has a low value.*
- The major cause of low Hgb in childhood is a low iron level. This can be due to a rapid growth spurt, causing the body to be unable to keep up the iron level it needs. Or it can be due to an insufficient iron intake through the diet.

Recommendations:

- Have your child eat age appropriate food rich in iron, such as iron-fortified cereals, meat, beans, legumes, and spinach.
- Vitamin C helps with iron absorption in the body. Provide age appropriate Vitamin C rich foods with iron rich foods, such as orange juice, tomatoes, broccoli, and strawberries.
- If your child's iron levels are *very low* your child's health care provider may want to prescribe an iron supplement. In this situation food sources of iron may not be enough to return the Hgb levels to the typical range. Make sure to involve your child's health care provider *before* deciding to use supplements.
- Lead can interfere with the absorption of iron in the body. If your child has not had their blood lead level checked recently, discuss the possibility of getting it checked with your child's health care provider.

Make a copy of handout for the child's file.