

# 学位論文の要旨

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## 主論文の題名

Prevalence of Anemia and Its Associate Factors among Women of Reproductive Age in Lao PDR: Evidence from a Nationally Representative Survey

## 主論文の要旨

**Introduction:** Anemia continues to be a major public health problem significant among women of reproductive age (WRA) in developing countries, including Lao People's Democratic Republic (Lao PDR), where the prevalence of anemia among women remains high. This study aimed to assess the prevalence of anemia and its associated factors among WRA 15-49 years in Lao PDR.

**Methods:** We conducted a cross-sectional study, using the Lao Social Indicator Survey II, 2017 dataset. 12,519 WRA tested for anemia were included in this study, through multistage sampling approaches. Binary logistic regression estimated the adjusted odds ratio (aOR) with 95% confidence interval (CI) for the associated factors of anemia.

**Results:** Of 12,519 women, 4,907 (39.2%) were anemic. Multivariate logistic regression revealed that living in central provinces (aOR: 2.16, 95% CI: 1.96-2.38), rural area (aOR: 1.1, 95% CI: 1.00-1.20), large family size with more than 6 persons (aOR: 1.14, 95% CI: 1.01-1.29), pregnancy (aOR: 1.46, 95% CI: 1.22-1.74), having any adverse pregnancy outcomes (aOR: 1.14, 95% CI: 1.03-1.25), poor drinking water (aOR: 1.24, 95% CI: 1.10-1.39), and poor sanitation facility (aOR: 1.15, 95% CI: 1.03-1.28) were significantly associated with an increased risk of anemia. Conversely, four factors were associated with anemia preventively, including being aged 25-34 years (aOR: 0.81, 95% CI: 0.74-0.90), post-secondary education (aOR: 0.76, 95% CI: 0.60-0.97), Hmong-Mien ethnicity (aOR: 0.48, 95% CI: 0.39-0.59), and watching television almost daily (aOR: 0.84, 95% CI: 0.75-0.95).

**Conclusion:** Anemia continues to be a major public health challenge in Lao PDR. Interventions should be considered on geographic variations, improving safe water and sanitation facility, promoting of iron supplements during pregnancy, and health education through mass media for women in rural areas.