

CHAPTER 10: Policy and Programme Implication of the Findings

- ✓ In Delhi only 1 tablet of calcium and vitamin D /day could be fitted into the habitual three-meal pattern because 2 tablets of IFA were being provided to anaemic pregnant women.
- ✓ Subsequent bio-chemical study from NFI showed that improvement in vitamin D levels with 1 tablet of calcium and vitamin D supplementation was suboptimal.
- ✓ The Anaemia Mukht Bharat Initiative has now recommended that 2 tablets of IFA to be given following breakfast; therefore, even in families with habitual three-meal patterns, 2 tablets of calcium and vitamin D can be provided to pregnant women daily.
- ✓ The impact of providing 2 tablets of calcium and vitamin D on maternal vitamin D status and on course & outcome of pregnancy has to be assessed and appropriate mid-course corrections have to be made in the ongoing calcium and vitamin D supplementation programme for pregnant women.