

Prevalence of Anemia and determining a connection between anemia and BMI at the beginning of pregnancy in pregnant mothers which attend Mashhad University of medical science (MUMS) health centers (2017-2018)

Introduction: Anemia is one of the health problems which is lots of causes disease and death cases. In order to carry out proper intervention to control this disease, there is a need to have knowledge about distribution of anemia. The target of this study is to determine prevalence of anemia and related factors in pregnant women which attended health centers in 2017-2018.

Research methodology: this research was a descriptive-analytical study which was carried out on 82897 chosen pregnant mothers that attended (MUMS) health centers. The tool of data collection was a standard questionnaire based on mother-caring questionnaire. Data has been imported through "SPSS" application edition 22 and has been analyzed by chi-square test and was meaningful for $p < 0.05$.

Result: This study showed that 12% pregnant mothers have anemia ($Hb < 11$) and 8.5% of them have $BMI < 18.5$. There is a meaningful connection between pregnant mother's anemia with BMI at the beginning of pregnancy that in the case study mothers with anemia are thinner than others.

Conclusions: anemia in pregnancy period is relevant to mother's weight at early state of pregnancy and according to this to cure anemia there should be more attention to mother's weight gaining.

Key words: "Anemia", "Pregnant mother", "BMI", "health centers"