



GrowSmart EPSDT Health Promotion

Iron-Deficiency Anemia

October is Anemia Awareness Month. It's a good time for families and providers to talk about anemia, healthy eating and regular well-child visits.

What is Iron-Deficiency Anemia?

Iron-deficiency anemia is the most common type of anemia in children. It's when your blood doesn't have enough healthy red blood cells. It can affect a child's energy, growth, and development. Screening can help find anemia early so children can get the care they need to grow, learn, play, and stay healthy.

Why Anemia Awareness Matters

Awareness helps families spot the signs of anemia early. Finding and treating anemia sooner can support a child's learning, behavior, daily activities, and overall health. It also helps families understand how much iron children need and makes sure they get the right nutrition.

Well-Child Visit: What to Expect

Your child's healthcare provider may:

- Test your child's blood, starting at 9-12 months and later, if at high risk.
- Order more lab tests (ferritin or C-reactive protein) when needed.
- Talk about daily diet, including feeding routines, drinking milk, eating foods high in iron, and taking supplements when needed.
- Answer questions about nutrition and iron.
- Check development, behavior, and emotional health.
- Connect families with services or follow-up care.

Families Can Help By:

- Watching for signs of anemia, such as tiredness or pale skin.
- Taking children to well-child visits at the recommended ages and talking with their provider about nutrition.
- Giving children foods high in iron such as fortified cereals, lean meats, beans, and leafy greens. Serving foods high in vitamin C also helps their bodies absorb iron.
- Giving iron supplements, if recommended by the child's doctor.
- Keeping copies of care plans for childcare or early learning.

Care Timeline

9–12 months:

Hemoglobin/hematocrit screening

15–18 months: Hemoglobin test for high-risk children

2–5 years: Annual screening if risk factors are present

Need Help or Resources?

Trillium Health Resources supports families by paying for EPSDT physical exams and screenings. This helps children get the medically necessary services they need. Trillium also helps coordinate referrals and supports children's developmental and behavioral needs. Youth under 21 can receive all EPSDT-covered services when they are medically necessary.

Call Member & Recipient Services or connect with your Care Manager at 1-877-685-2415