



Trillium
HEALTH RESOURCES

GrowSmart

EPSDT Health Promotion

EPSDT Health Promotion: October 2025

Iron-Deficiency Anemia

Iron-deficiency anemia happens when your child doesn't have enough iron, which is needed to carry oxygen in the blood. It can make your child feel tired, pale, and weak, and may affect their growth.

What is Iron-Deficiency Anemia?

Iron-deficiency anemia happens when the body does not get enough iron or loses too much iron. When this happens, the body cannot make enough hemoglobin for red blood cells. It is then harder for red blood cells to carry oxygen through the body.

Symptoms may include:

- Feeling tired, pale skin, cold hands or feet
- Dizziness or lightheadedness
- Slowed physical growth and delays in development

Imagine oxygen running low in your child's body—iron-deficiency anemia interrupts that essential flow.

What Can I Do to Prevent Iron-Deficiency Anemia?

 Give my child iron supplements or iron-rich foods. Ask your doctor about liquid supplements for younger children.

Iron-rich foods include:

- Beans, Peas, Eggs
- Cereals with added iron
- Dark, green, leafy vegetables
- Lean meats without a lot of fat
- Citrus fruits have Vitamin C which helps the body absorb iron

 Attend well-child visits so my doctor can check iron levels. This can happen when babies are 9–18 months old.

TrilliumHealthResources.org



Why Well-Child Visits Matter

These visits are your first line of defense against conditions like anemia-deficiency.

Well-Child Visits are much more than general check-ups—they look for possible health conditions:

- Routine **growth tracking**, developmental monitoring, and vaccination updates
- **Customized screening** at scheduled times (9 to 12 months, once a year, etc.)
- Opportunity to **discuss what you are feeding your child**, if you need to add in any vitamins or supplements, and follow-up on lab results

We're Here for you:

The Trillium Tailored Plan supports proactive health care:

- We cover recommended health screenings and lab tests
- We send reminders for upcoming Well-Child Visits
- We offer educational resources on nutrition and vitamins

Key Takeaways

- Regular Well Child Visits can help prevent and treat anemia in children.
- Anemia can hurt a child's growth and development. It can make it harder for them to think, move, make friends, and handle their feelings.
- Your Tailored Care Manager from Trillium will contact you each month to share healthy reminders.

Well-Child Visit Timeline at a Glance

Age

Key Actions

- **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

Questions? Call your care manager for more details.

Member & Recipient Services:
[1-877-685-2415](tel:1-877-685-2415)

Sources:

[Bright Futures Guidelines](#)

[AAP Periodicity Schedule \(Well Child Visit schedule\)](#)

[AAP Iron Deficiency Anemia Point of Care Quick Reference](#)

