**FACTORS AFFECTING ANEMIA**

# Highlights:

* The research was designed with a literature study to find out what factors influence anemia
* Anemia is a condition in which the oxygen-carrying capacity of the blood is insufficient.
* Several factors that can cause anemia include vitamin A, vitamin B12, deficiency of folic acid and iron, chronic inflammation, parasitic infections, and hereditary diseases.
* This study found a longitudinal relationship between total anemia iron intake/day and ADB in adolescents.