

The study reveals sharp contrast between countries. Singapore, for example, could achieve a 25 per cent reduction among women of reproductive age—slightly above the global average but still only half of the SDG target. With an anaemia prevalence of 18.4 per cent among women of reproductive age, Singapore's strong health system, high antenatal care coverage and ability to implement fortification programmes put it in a strong position to make meaningful gains.

By contrast, Indonesia is projected to achieve only a 9 per cent reduction due to constrained healthcare spending, while Malaysia could reach 28 per cent reduction. These variations underscore the need for country-specific goals rather than uniform global targets, ensuring public health resources are directed where they can make the most difference.

"The researchers are now sharing their findings with the World Health Organisation, with the hope that future health and nutrition targets will adopt a similar country-specific, evidence-based approach. With stronger data, better funding strategies and smarter policies, countries can make meaningful progress in reducing anaemia and improving public health.