

2025 Talking Points for Anemia in Pregnant and Postpartum Women

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The [Anemia in Pregnant and Postpartum Women Minnesota WIC Fact Sheet, 2025 \(PDF\)](https://www.health.state.mn.us/docs/people/wic/localagency/reports/anemia/2025women.pdf) (<https://www.health.state.mn.us/docs/people/wic/localagency/reports/anemia/2025women.pdf>) is available and highlights the benefits of WIC participation. This face sheet is a useful tool to share with internal and external partners and stakeholders.

Talking points when sharing

- In 2018, Minnesota WIC initiated a greater focus on anemia in response to rising rates. Nutrition education, promoting the use of non-gummy prenatal vitamins containing iron and enhanced follow-up protocols were implemented statewide.
- Anemia in pregnant women participating in MN WIC during 2024 decreased to 13.2 % from a high of 18.9 % in 2018. Anemia in postpartum women participating in MN WIC during 2024 decreased to 30.5% from a high of 36.2 % in 2018. There is a gap in data because hemoglobin was not routinely measured during the pandemic.
- In 2024, pregnancy and postpartum anemia decreased or remained stable for all race/ethnicities. African American and American Indian pregnant and postpartum women had higher rates of anemia. Asian postpartum women had the highest rate of 50.2% in 2018 but decreased to 36.8% by 2024.
- Postpartum anemia rates vary by cultural identity with African American, Liberian, Hmong, KaREN-Karenni and Bhutanese-Nepali having higher rates. All groups had lower rates of postpartum anemia in 2024 compared to 2019.
- In 2024, 84% of postpartum people in MN WIC reported taking a daily multivitamin during pregnancy compared to 81% during 2019.
- Rates of postpartum anemia vary by county with 10 Minnesota counties having rates greater than 40%.