

**AN INVESTIGATION OF IRON DEFICIENCY OR SPORTS ANEMIA IN
COMPETITIVE ATHLETES ON THE UNIVERSITY OF THE WEST INDIES (U.W.I)
ST. AUGUSTINE CAMPUS.**

Omari Joseph

Project Supervisor: Dr. Marquitta Webb

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Background – Iron is a very important supplement used within the body that assists in the performance and health of all athletes. Unfortunately many athletes in Trinidad and Tobago do not know their iron status and hence do not know how if this changed how it can help in their overall performance.

Objective – The purpose of this study was to attain the various hemoglobin levels of competitive athletes in U.W.I St. Augustine campus Trinidad and Tobago and discover the impact it has on them.

Design – A questionnaire composed with 11 questions was used along with the use of biochemical data of hemoglobin .The data were analyzed using SPSS 21.0. Frequency statistics and Regression analysis was used

Results –The athletes fell into the range of 27.8 %(n=25) having low levels of hemoglobin low, 67.8 %(n=61) was normal while 2.2 %(n=2) had high levels of hemoglobin in the blood

Conclusion – Most competitive athletes in U.W.I St. Augustine Campus were found to have normal hemoglobin statuses i.e. (12-16 g/dL) in females and (14-18g/dL) in males.