

KPONE-KATAMANSO MUNICIPAL HEALTH DIRECTORATE
ANNUAL ACTIVITIES ON NUTRITION INTERVENTIONS CARRIED OUT BY THE
DIRECTORATE IN YEAR 2020 WITHIN THE MUNICIPALITY

Introduction

As part of fulfilling one of the major pillars of health, the Kpone Municipal Health Directorate carried out a number of health interventions towards the promotion and sustainability of public health among people living within the municipality. Nutrition intervention was one of the key areas which was carried out in the year 2020, first to improve the nutrition status of infants and Young Child feeding (IYCF) and to generally improve upon the overall health of the general populace especially during the period under which the world was hit by a global pandemic (COVID-19).

As such, the nutrition unit of the Municipal Health Directorate carried out a number of nutrition interventions during the period under review. The unit collaborated with the Kpone-Katamanso Municipal Assembly through to carry out the Infant and Young Child Feeding (IYCF) programme to give free formula to non-breastfed babies. Commencing from January to June, 2020, all Child Welfare Clinics across the Municipality were visited to understand the level of visits made to these facilities and to also provide free formula to all non-breast fed babies. All children under 5 years were targeted to be supplied with the formula. The Malnutrition Project was also implemented in collaboration with the Agriculture department of the Municipal Assembly of which a total number of four thousand, six hundred and seventy six individual persons were beneficiaries.

KEY INTERVENTIONS

The Iron Folic Acid Supplementation for in-school and out-of-school adolescent girls: The aim of this programme is to reduce the high anaemia rate among adolescents and women in fertility age. In order to achieve this aim, adolescent girls between the ages of 12 and 18 years were supplied with Iron Folic Acid Tablets on a weekly basis for free.



Growth Monitoring and Promotion

Under this programme, children under the age of five (5) are assessed on a monthly basis on their weight/height for age to determine their nutritional status. Children with low weight/height for age were referred for counselling and nutrition management. Again, all child welfare clinics were used across the municipality for this exercise, where 4676 children under 5 were assessed.



Infant and Young Child Feeding (IYCF) programme:

The purpose of this programme is to improve the feeding and nutrition of infants and young children under two (2) years. Much emphasis was laid on the importance of Exclusive Breastfeeding (EBF) with its subsequent benefits to the child as well as appropriate and timely complementary feeding. The programme also covers non-breastfed babies. As stated earlier in the introduction, this particular activity commenced in January and ended in June, 2020 where all child Welfare clinics were visited with a total of 4676 children under 2 and 5 years being the beneficiaries.



Community based Management of Acute Malnutrition (CMAM)

This programme provides treatment for severely malnourished children. A number of children have been treated, cured and discharged while some are still on treatment. Thirty one (31) severely malnourished children under 5 years were detected after the entire exercise and placed under treatment, even though a good number of these have been discharged.



Malnutrition Project

Food and Agricultural Organisation (FAO) in collaboration with the nutrition unit of Ghana Health Service (GHS) and the Agriculture Department of the Municipal Assembly implemented a project on malnutrition. This project focussed to improve food and nutrition security of vulnerable groups (women and children) in our communities. The month of February was dedicated for this activity. Okushibiri and Nanoman communities within the ONSBa zonal council of the municipality were selected based on the agricultural and food distribution pattern. In all, sixty (60) women were beneficiaries.



Nutrition Friendly School Initiative (NFSI)

This programme was initiated within the Municipality in September, 2020 and is currently on-going in three (3) selected schools namely Sebrepur Presbyterian A, B and Ebenezer Hills. This programme seeks to improve the nutrition of school going children and adolescents as well as making the school environment nutrition friendly. A total of 1,350 children of school going age have so far benefited from this project.



Challenges

- Inadequate logistics constraints like Infant meters, weighing scales, child health and nutrition register.

Recommendations

- The Assembly can support the unit by providing them with the needed logistics
- That the Municipal Assembly collaborate with the unit on nutrition specific and sensitive programmes undertaken at the Assembly.

Signed

Dr. Esther Priscilla Biamah Danquah
Municipal Health Director of Health Services