

2020 REPORT ON NUTRITION

SUNYANI WEST
MUNICIPAL

SUNYANI WEST MUNICIPAL ASSEMBLY

2020 ANNUAL REPORT – NUTRITION

INTRODUCTION

Adequate nutrition is critical to child development. Good nutrition is the cornerstone for survival, health and development of every child. Well-nourished children perform better in school, grow into healthy adults and in turn give their children a better start in life. The period from birth to two years of age is important for optimal growth, health, and development. Unfortunately, this period is often marked by growth faltering and micronutrient deficiencies. Undernourished children have lowered resistance to infection and are more likely to die from common childhood ailments like diarrhea diseases and respiratory infections. Frequent illness saps the nutritional status of those who survive, locking them into a vicious cycle of recurring sickness and faltering growth.

The Municipality therefore tackled a number of activities during the year to address the nutritional needs of the people within the District.

Among the various activities handled were;

- Community-Infant and Young Child Nutrition (C-IYCF)
- Growth Monitoring.
- Nutrition Assessment Counseling and Support (NACS) for PLHIV & TB
- School Age Nutrition
 - Girls Iron Folic Acid Supplementation Program
- Monitoring of diet related diseases.

- Micronutrient Deficiency Control
 - Vitamin A deficiency Control

- Food Demonstration.

- Koko Plus (training and food demonstrations).

COLLABORATING DEPARTMENTS

The Ghana health service in collaboration with some departments of the Sunyani West Municipal Assembly made all the activities possible in the municipality.

List supporting departments

- *Environmental health unit*
- *Social welfare and community department*
- *Ghana Education Service*
- *Information Service Department*
- *National commission for Civic Education*

1.0 COMMUNITY INFANT AND YOUNG CHILD NUTRITION (C-IYCF)

The Infant and Young Child Feeding program aims to contribute to improvement in the nutritional status of infants and children under-five years of age. The program covers both facility and community based interventions aimed at ensuring exclusive breastfeeding and appropriate complementary feeding practices. The IYCF program involves building capacity to improve the skills and competencies of service providers for effective service delivery as well as for advocacy and behaviour change communication (BCC) on infant and young child feeding. The programme focus on the first 1,000 days of live which includes counselling for pregnant women and caregivers with children 0-24 months on their feeding, conducting of IYCF support group, Action support group, Young Child Feeding (IYCF), and nutrition for vulnerable groups.

Performance

The district registered 258 children 0-24 months giving a total of 748. 511 were visited their various homes with 407 being discharged. A total of 3,167 children were still exclusively breastfed at age 3 months and 2,536 were given complementary feeding at age 6 months. 11,623 were still breastfeeding at one year. Mentoring support activities were also carried out in all Facilities by the District team to strengthen capacity and ensure adherence to the program.

Table 1: Infant and Young Child Nutrition

| INDICATOR | 2018 | 2019 | 2020 |
|--|-------|-------|------|
| Early initiation of breastfeeding rate | 100% | 100% | 99% |
| Exclusive breastfeeding rate at discharge | 100% | 100% | 99% |
| Proportion of babies exclusive breastfeeding at 3 months | 67.5% | 69.2% | |
| Initiation of complementary feeding at 6 months | 45.4% | 44% | |
| Continued breastfeeding at 1 year | 44.3% | 66.6% | |

2.0 Growth Monitoring and Promotion

Even though the district has made progress in the reduction of under nutrition in children under five, the prevalence of under nutrition still remains high.

In growth monitoring, children are categorized into three sections overweight, normal, and underweight. And as per the child health records book are described as above +3zscore line, between +2 to -2zscore line and below -2zscore line respectively. Due to its nearness to morbidity and mortality the underweight child is of prime focus hence, it has been featured in this report.

The Nutrition Unit took delivery of infantometers thus now monitor height for age of children. This is done to assess the rate of stunting in children in the district. Not all facilities have this measuring tool but the few that have reported for the year 2019. In 2019 stunting stood at 34 (1.7%).

Chart 1: Prevalence of SAM and MAM (Weight for Age)

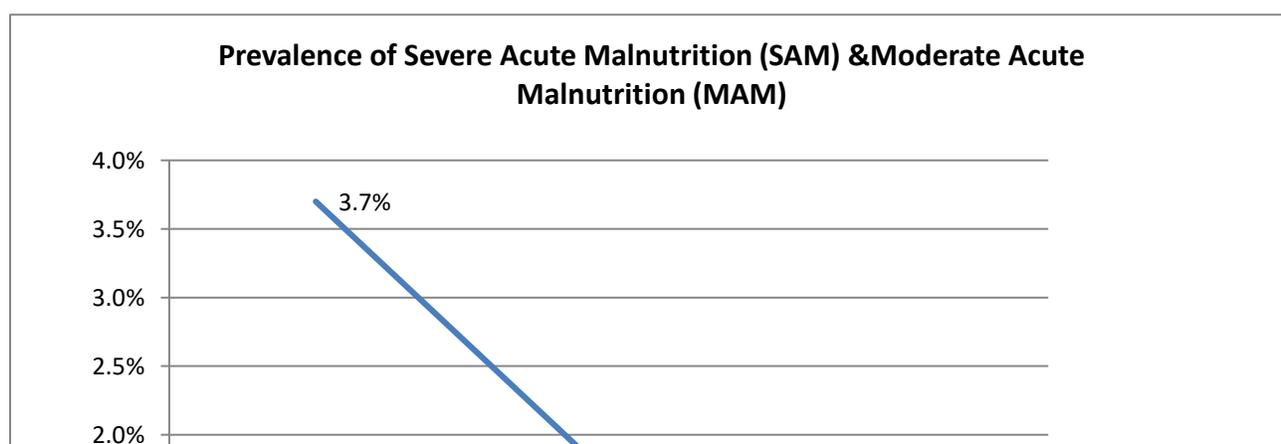
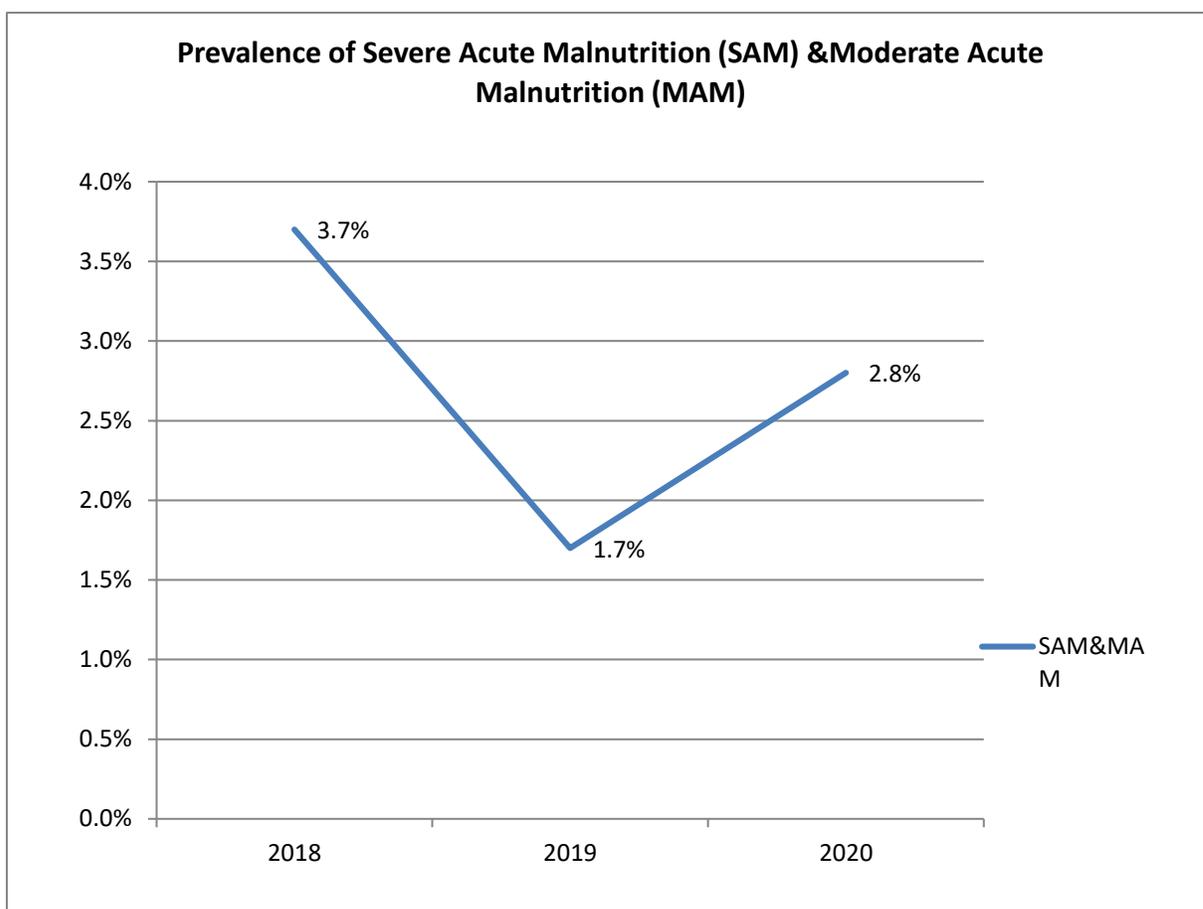


Chart 2: Prevalence of SAM and MAM (Length for Age)



3.0 Nutrition Assessment, Counselling and Support (NACS) for PLHIV

Diseases such as HIV and TB have a devastating impact not only on the nutritional status of those infected, but also their families and communities. The Nutrition Assessment, Counselling and Support (NACS) approach aims at improving the nutritional status of individuals and populations by integrating nutrition into policies, programs and the health delivery systems. These interventions specifically focus on addressing the multitude of issues contributing to malnutrition in these diseases (HIV and TB) and are increasingly being recognized as an important element in strengthening the quality of care. The NACS approach does not only improve the health of its population but also strengthen the delivery of health services.

Performance

All TB coordinators, field workers and District Nutrition Officers were given refresher training to enable them integrate quality nutritional assessment and counseling as a routine service in the care and treatment of people living with HIV and / or Tuberculosis.

For the 2020 fiscal year, 45 patients received support from the programme.

Table 2: Summary of TB Patients who benefited from the NACS Programme.

| | MALE | FEMALE | TOTAL |
|-------------------------|-------------|---------------|--------------|
| Client Assessed | 33 | 12 | 45 |
| Client Counseled | 33 | 12 | 45 |
| Number Default | 0 | 0 | 0 |
| Number Died | 0 | 0 | 0 |

4.0 SCHOOL AGE NUTRITION

This intervention aims at ensuring adequate nutrition for school age children and is being implemented in collaboration with the Ghana Education Service and the Ghana School Feeding Programme.

Performance

For the year 2020, a number of activities were planned out with the aim of strengthening the nutrition component of the school-feeding programme. During the year under review, most of these plans could not to achieve due to the lock down of schools in March 2020.

4.1 GIRLS IRON FOLIC ACID SUPPLEMENTATION PROGRAM

Anaemia is a result of iron deficiency which is the decrease in the amount of red blood cells, which lowers the ability of the blood to carry oxygen. The consequences of anaemia are related to maternal and neonatal deaths, poor intellectual development and low productivity. The anaemia control program aims at reducing iron deficiency among vulnerable groups such as Adolescent girls.

The district in 2017 was privileged to be part of the Girl Iron Folic Acid Supplementation Program which aims at reducing anemia in Adolescent girls 10-19 years both in school and out of school. After series of trainings with Ghana Health Service Field staff and Ghana Education Teachers the program kicked started in October, 2017. Adolescent girls were given Iron Folic Acid Tablets every Wednesday. The interventions focus on iron Folic acid supplementation, and BCC to promote the consumption of iron rich foods.

Performance

The Municipal could not embark on the in school supplementation. However, 86.5% adolescent girls out of school were reached.

Table 3: Out of School IFA Distribution

| SUB DISTRICT | No. of girls Screened | No. of girls newly Registered | No. of girls old Registered | No. given at least 4 IFA tablets | Effective coverage | No. of Health Education Planned | No. of Health Education Conducted |
|-----------------------|-----------------------|-------------------------------|-----------------------------|----------------------------------|--------------------|---------------------------------|-----------------------------------|
| DISTRICT TOTAL | 1,122 | 1,122 | 7,989 | 8,219 | 86.5 | 423 | 411 |

5.0 MICRONUTRIENT DEFICIENCY CONTROL

5.1 Vitamin A Supplementation (VAS) Program

Vitamin A deficiency (VAD) causes nyctalopia (night blindness) and it is also related to poor pregnancy outcomes and maternal mortality. It also reduces the body's ability to fight infectious diseases and present a high risk of morbidity among vulnerable groups such as children. The VAS program aims at reducing VAD among vulnerable groups through supplementation and BCC to promote the cultivation and consumption of Vitamin A rich foods.

Performance

Routine supplementation of vitamin A continued in all facilities. Mass supplementation was not carried out at preschools due to the lock down of schools in March.

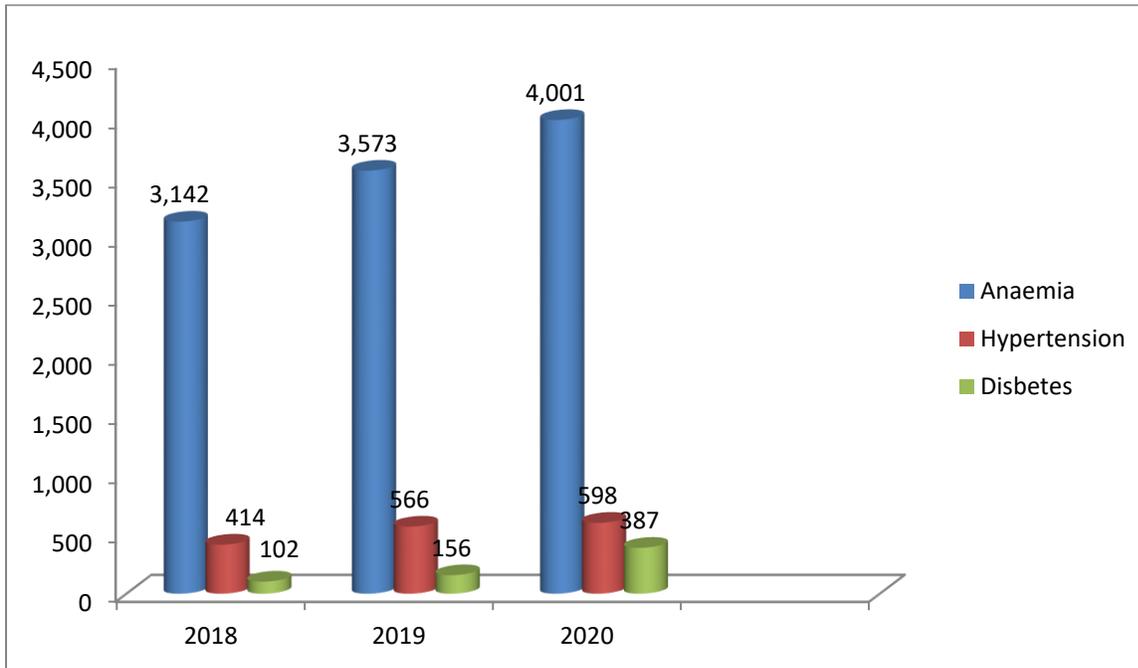
Table 5: VAS Semester Performance

| FIRST SEMESTER | | | |
|------------------------|---------------|---------------|------------------|
| | 2018 | 2019 | 2020 |
| | FIG./COV. | FIG./COV. | FIG./COV. |
| 6-11MTHS | 1,957 | 1,764 (90%) | 2,124 (98.2%) |
| 12-59MTHS | 13,029(78.8%) | 9,029 (53.2%) | 7,711 (44.6%) |
| SECOND SEMESTER | | | |
| | 2018 | 2019 | 2020 |
| | FIG./COV. | FIG./COV. | FIG./COV. |
| 6-11MTHS | 2,187 | 2,209 (109%) | 2,210 (102.2%) |
| 12-59MTHS | 13,530(81.9%) | 10,457(61.9%) | 6,169(35.7%) |

6.0 Monitoring of diet related diseases

The District take track of diet related diseases (Non communicable Diseases). There has been increase in these indicators thus the District to embark on a special clinic for some patients.

Chart 3: Trend of Non Communicable Disease.



7. Food Demonstration

The district embarks on a food demonstration at various sub districts during CWC sections to educate mother on the right diet to give to their children in terms of a “four star diet” taking into consideration their Age, Frequency, Amount, Texture, variety, responsiveness and Hygiene using the IYCF approach. This is a significant program to give a practical exhibition of how food is prepared in terms of type, quality and quantity need for child’s growth. The district organized food demonstration in all sub districts.



Mothers at a practical session



KOKOPLUS

Ghana Health Service in collaboration with ajanimoja foundation organized a one day training for eighty staff comprising, community health Nurses and Midwives on Kokoplus. After the training, the Municipality conducted twenty food demonstrations in various CWC centers in the municipal. A total of 1,446 mothers were reached.

FIELD ACTIVITIES

Supportive supervision, Monitoring and mentoring of field activities were included in the year's action plan. The unit visited various facilities for on the job

trainings and assistance. Among other purposes of it was to do nutrition assessment of children at child welfare clinics as a way of investigating and providing accurate information on the rising malnutrition levels in the District.

Challenges

- Increasing incidence and prevalence of Anaemia, diabetes and hypertension.
- Inadequate funds to implement planned activities.

Way Forward

1. Continue Nutrition Education on IDD and USI Programme, Hypertension, Diabetes and Anaemia.
2. Regular Monitoring and Supervision on GIFTS.
3. To intensify advocacy on nutrition and healthy lifestyles.