

AHAFO ANO SOUTH WEST DISTRICT HEALTH DIRECTORATE

NUTRITION HEALTH INTERVENTIONS IN THE DISTRICT

Health is a complete state of physical, mental and emotional well-being and not merely the absence of diseases. Nutrition plays a major role in health and the district is capitalizing on that to make people in the district healthy. Below are the interventions the district has put in place.

1. QUARTERLY NON COMMUNICABLE DISEASE SURVEILLANCE

In Ahafo Ano South West district, hypertension and diabetes are recorded among the ten top causes of OPD. The incidence of hypertension (Proxy OPD case) has increased by 49.1% between 2018 and 2020. However, data (DHIMS2) has shown that the incidence rate of diabetes and hypertension was as low as 0.7% and 2.3% respectively. This was a clear evidence of low performance which may largely be due to low awareness of the status of the individuals in the population and the availability of services of early detection and management. Thus the need to conduct a community screening exercise to address this gap cannot be overemphasized.

The purpose of the screening is to identify people at risk of the non-communicable diseases; to educate those who are at risk of the disease and refer those with high blood pressure and/or fasting Blood Sugar for further investigations and management at the health facility.



2. GROWTH MONITORING AND PROMOTION

Frequent monitoring of the growth of children, less than five years is routinely carried out in all facilities through outreaches and static child welfare clinics to assess the growth of children from birth up to five years old. It is the ideal intervention for assessing the nutritional status of children by measuring weight and height, promoting optimal growth and appropriate age-specific feeding practices, timely identification of poor growth and taking remedial actions as well as providing immunization, education, and counselling services.



3. COMMUNITY MANAGEMENT OF ACUTE MALNUTRITION

A community-based approach to treating severe acute malnutrition (SAM) is an intervention that children with SAM without complications are treated at their homes in the community (outpatient) supervised by health facilities. Ready-To-Use Therapeutic Food (Plumpy Nuts) are used in the treatment together with appropriate nutrition counselling. Children with SAM and medical complications are referred to the hospitals for management. CMAM ensures maximum coverage and access, timeliness, appropriate medical and nutritional care are given for as long as needed.



4. GIRL'S IRON FOLATE TABLET SUPPLEMENTATION

As part of interventions to prevent and reduce anemia among, adolescent girls and children in the country, Ghana Health Service with support from UNICEF implemented a weekly Iron - Folate Tablet Supplementation and nutrition education for adolescent girls. The program targets all adolescent girls 10 – 19 years old both in-school and out of school to improve anemia among adolescents.



5. NUTRITION FRIENDLY SCHOOLS INITIATIVE

The Nutrition-Friendly Schools Initiative (NSFI) is a school-based health and nutrition program to address the double burden of malnutrition. Childhood and adolescence are known to be critical periods for health and development as the physiological needs for nutrients increases and the consumption of a diet of high nutritional quality is particularly important. The intervention is targeted at creating awareness and the enabling environment to improve nutrition of school age children (5 to 14years) in the Ahafo Ano South West district.



6. VITAMIN A SUPPLEMENTATION

Children from 6 months to 5 years are dosed vitamin A for various functions including good vision, maintenance of normal skin health, and normal immune function amongst others. 100,000IU is administered to a child from 6 months to 11 months while 200,000IU is administered to a child from 12 months to 5 years. Doses are administered at a 6month Interval at child welfare clinics. Rates of vitamin A supplementation is on semester basis.

7. MANAGEMENT AND PREVENTION OF ANAEMIA

Nutrition Education and Counselling services were provided for pregnant women at the ANC on Wednesdays as part of measures to help reduce the prevalence of Anaemia among pregnant in the district.

Mothers of children who are anaemic are also counselled at the pediatric ward on the dietary management and prevention of anaemia in children.

8.FOOD DEMONSTRATION

The district has instituted an annual food demonstration programme to educate the public on the need to consume varieties of food to stay healthy and to consume locally available foods to boost the local economy.



Compiled by

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