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4<sup>th</sup> OCTOBER, 2021

## **NUTRITION INTERVENTION IMPLEMENTED IN OKERE DISTRICT**

### **1. GIRLS IRON FOLATE TABLET SUPPLEMENTATION**

Girls iron folate tablet supplementation (GIFTS) is a public health (NUTRITION) intervention designed to provide adolescent girls with weekly iron and folic tablets free of charge to prevent Anaemia.

Anaemia has been a public health problem in the district and Ghana as a whole for several years it's common among adolescent girls (in school and out of school) and women of child bearing age.

The GIFTS programme aims to provide once weekly Iron and Folic Acid in combined tablets to in-school and out-of-school adolescent girls on a fixed day.

The programme is currently been run in all basic and second cycle intuitions in the district.







## 2. NUTRITION FRIENDLY SCHOOL INITIATIVE

The NFSI initiative seeks to reduce or prevent child under nutrition (stunting, wasting , micronutrient deficiencies).

Its objective is to reduce or prevent childhood overweight or obesity ,foster health diet and lifestyle , educate children , improve knowledge about healthy diet and lifestyle habit in school children.

The packages under the NSFI are:

- Fruit and vegetable day
- Health inspection day
- School cleaning
- Physical activity day
- Girls iron and folic acid tablets supplementation day
- Nutrition education day.

Six schools in Abiriw, Awukugua and Dawu have been selected for this programme.



*Fruit Day (United JHS, Awukugua) - Okere District*



*Fruit Day (Dawu presby JHS, Dawu) - Okere District*



### **3. VITAMIN A SUPPLEMENTATION**

Vitamin A supplementation is recommended in infants and children 6-59 months of age as a public health intervention to reduce child morbidity and mortality. Children at 6 months are dosed with 100,000 IU and children from 12 months up to 59 months are dosed with 200,000 IU every six months. Inadequate vitamin A intake at this age could lead to vitamin A Deficiency, which, when severe, may cause visual impairment (night blindness) or increase the risk of illness and mortality from childhood infection such as measles those causing diarrhoea.





#### 4. MICRONUTRIENTS POWDER SUPPLEMENTATION

Micronutrient Powder is a vitamin and mineral powder that can be added directly to cooked semi solid foods prepared in the home for young children. Micronutrient Powder comes in single-serving sachets which families can use to fortify a young child's complementary food at an appropriate and safe level with the needed vitamins and minerals, known as 'micronutrients'. Infants and young children have high vitamin and mineral needs to support rapid growth and adequate development, and this makes them most vulnerable to micronutrient malnutrition. The use of Micronutrient Powder in complementary foods for infants and young children is important to address the following sub-optimal complementary feeding practices:

- insufficient intake of iron-rich animal-source foods
- predominantly plant-based diets which provide insufficient amounts of key micronutrients to meet the recommended nutrient intake
- infrequent feeding and poor dietary diversity

The use of MNP improves the nutritional quality of complementary foods by adding micronutrients (vitamins and minerals) that are commonly insufficient in a young child's diet. This helps prevent deficiencies of key micronutrients—particularly iron, zinc, iodine and vitamin A, and helps improve child's appetite. Micronutrient Powder also improves child's immune system by increasing resistance to disease and infections





## 5. COMMUNITY-BASED MANAGEMENT OF ACUTE MALNUTRITION (CMAM)

The community-based management of Acute Malnutrition (CMAM) enables nurses to identify and initiate treatment for children with acute malnutrition before they become seriously ill.





## **6 .MATERNAL, INFANT AND YOUNG CHILD NUTRITION**

MIYCN seeks to explore challenges mothers encounter during infant and young child feeding in children under -5 years and to make recommendations to overcome this challenges.

Through this programme pregnant women and mothers are also educated on the benefits of exclusive breastfeeding, importance of complementary feeding using Four star diet.







## 7. IRON AND FOLIC ACID SUPPLEMENTATION FOR PREGNANT WOMEN

Iron and folic supplementation for pregnant women are the main strategy to prevent anemia among pregnant mother and newborn.

Pregnant women are given this tablets monthly when they visit the health facility



## 8. CHILD WELFARE CLINIC



Child welfare clinic is a free service that allows parents to have their babies below 5 years of age get weighed, assess their weight against a growth standard and get immunized with Ghana Health service approved vaccines.





## 9. SCHOOL HEALTH SERVICES

School health services are comprehensive services rendered to pupils, teachers and other personnel in the school to promote, protect their health and prevent diseases







