



SEKYERE EAST DISTRICT ASSEMBLY



NUTRITION ANNUAL REPORT AND ORIENTATION OF FOOD VENDORS AND SCHOOL FEEDING CONTRACTORS

A blue ribbon banner with a white border, containing the year "2021" in black text.

2021

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EXECUTIVE SUMMARY

Sekyere East is one of the 43 Districts in the Ashanti Region of Ghana. Effiduasi being the District Capital. It lies in the North Eastern part of the Region. SekyereAfram Plains and SekyereKumawu Districts have been carved out of the Sekyere East District; leaving the latter with an estimated area of about 730.5sqkm and has thirty-eight (38) settlements of various sizes.

Nutrition is fundamental to human health and as a District, our health problem continue to increase as a result of unhealthy lifestyle and eating habits. Whiles most health problems and deaths will be attributed to any other diseases, the root cause is more related to our modern diet. The report covers activities carried out in the year 2021 by the nutrition unit of Sekyere East District Health Directorate. It also presents trends of indicators over the last three years.

Some of the indicators saw a marginal increment such as early initiation of breastfeeding which increased from 98% in 2020 to 98.5% in 2021. Second semester Vitamin A supplementation increased from 29.1% in 2020 to 47.2% in 2021. On the other hand, first semester Vitamin A supplementation decreased from 63.0% in 2020 to 49.1% in 2021.

DISTRICT PROFILE

Sekyere East is one of the 43 Districts in the Ashanti Region of Ghana. It has Effiduase as the District Capital. It lies in the North Eastern part of the Region. SekyereAfram Plains and SekyereKumawu Districts have been carved out of the Sekyere East District; leaving the latter with an estimated area of about 730.5sqkm and has thirty-eight (38) settlements of various sizes. The District shares boundaries with the following districts: - to North East is SekyereAframKumawu, to South East is Asante Akim North, South West is Juabeng Municipal and to the West is Sekyere South. Sekyere East lies between longitude 1.21' and 1.6' East, and latitude 6.49' North. The total population for the district is 73,864 with four sub-districts. They are Effiduase, Asokore, Mponua and Nyanfa. There are 10 health facilities in the district of which three (3) are hospitals, four (4) health centres, two (2) clinics, and one (1) CHPS compound.

Figure 1; location of Sekyere East in the Ashanti Regional map

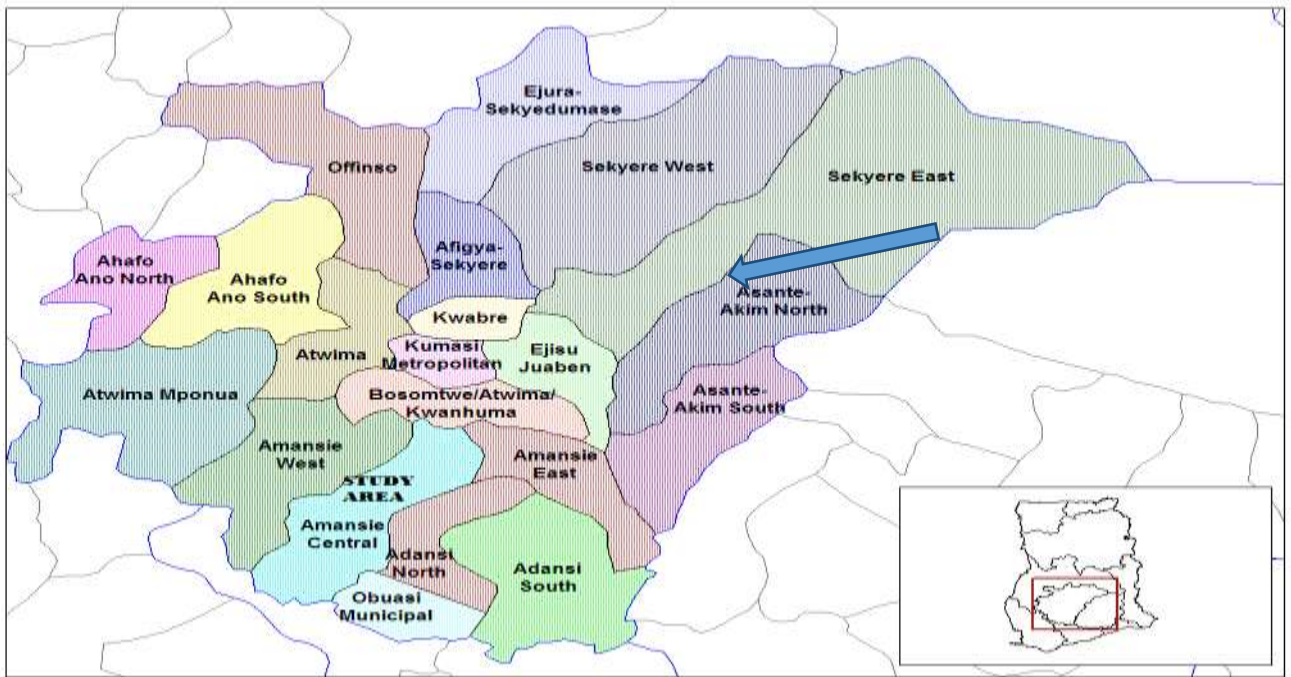
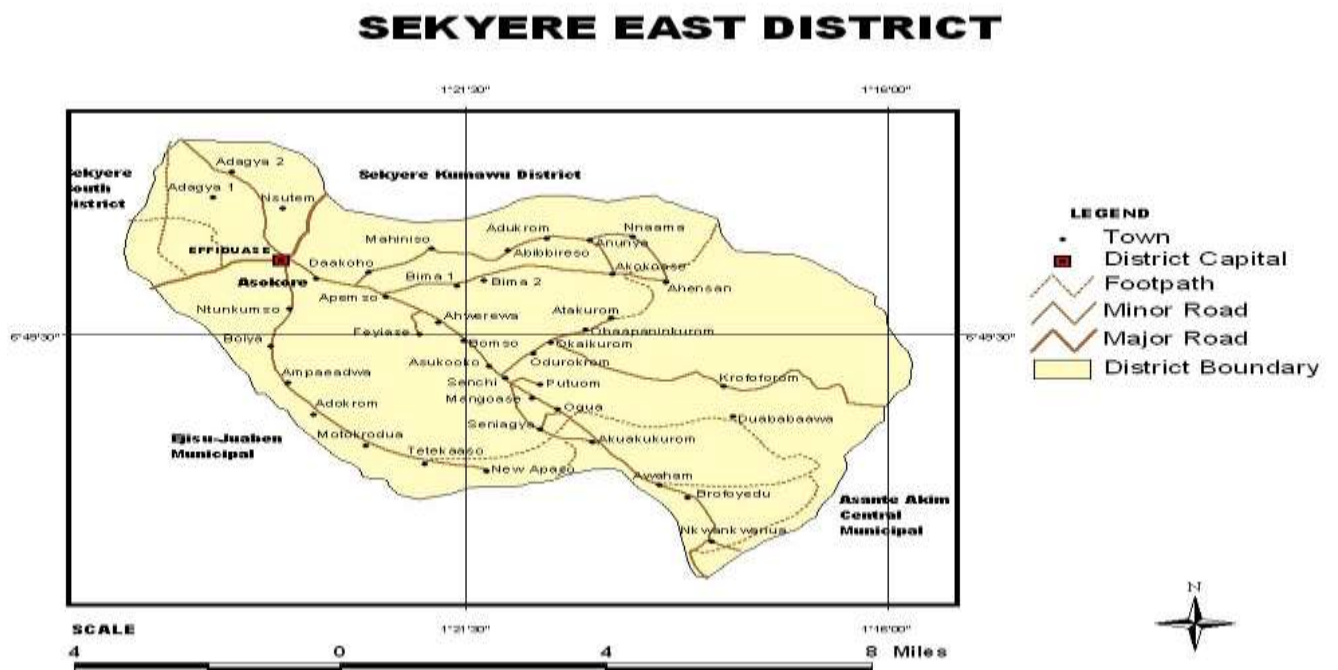


Figure 2; map of Sekyere East District



INTRODUCTION

The nutrition unit is one of the unit under the district health directorate with the core responsibility to see to it that the Nutritional status of mothers and children is well improved. Among the activities carried out by the unit includes, growth monitoring and promotion, Vitamin A supplementation, Nutritioncounselling, Anaemia control in pregnancy, Girl Iron foliate supplementation just to mention but a few.

OBJECTIVES

1. Improve upon nutrition services in the District
2. Ensure proper reporting on Vitamin A supplementation
3. Ensure proper filling of Child Health Record Books
4. To ensure that nutritional status of children under five is improved.
5. To reduce the prevalence of anemia in pregnancy.

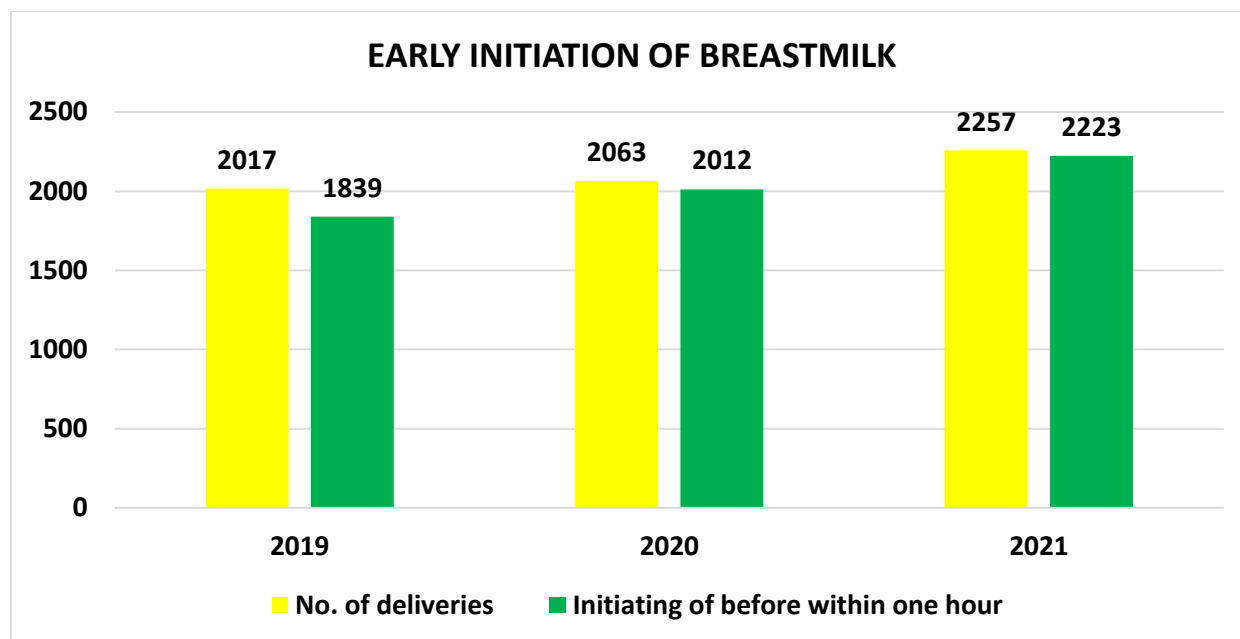
Baby Friendly Hospital Initiative

The baby friendly hospital initiative was introduced to provide maternity support to breastfeeding. About 2223 of mothers (98%) put their babies to the breast within the first 30 minutes after delivery. In the year under review mothers initiating breastfeeding during the first 30 minutes after delivery increased from 91% in 2019 to 98% in 2020 and 98.5% in 2021 put their babies to the breast. The increase may be attributed to the fact that all maternity facilities are conducting deliveries.

Efforts will be made to train the remaining facilities depending on the availability of funds.

Number of mothers who initiate breastfeeding with 30 minutes after delivery from 2019-2021

Years	No. of deliveries	Initiating of before within one hour	% coverage
2019	2017	1839	91%
2020	2063	2012	98%
2021	2257	2223	98.5%



GROWTH MONITORING

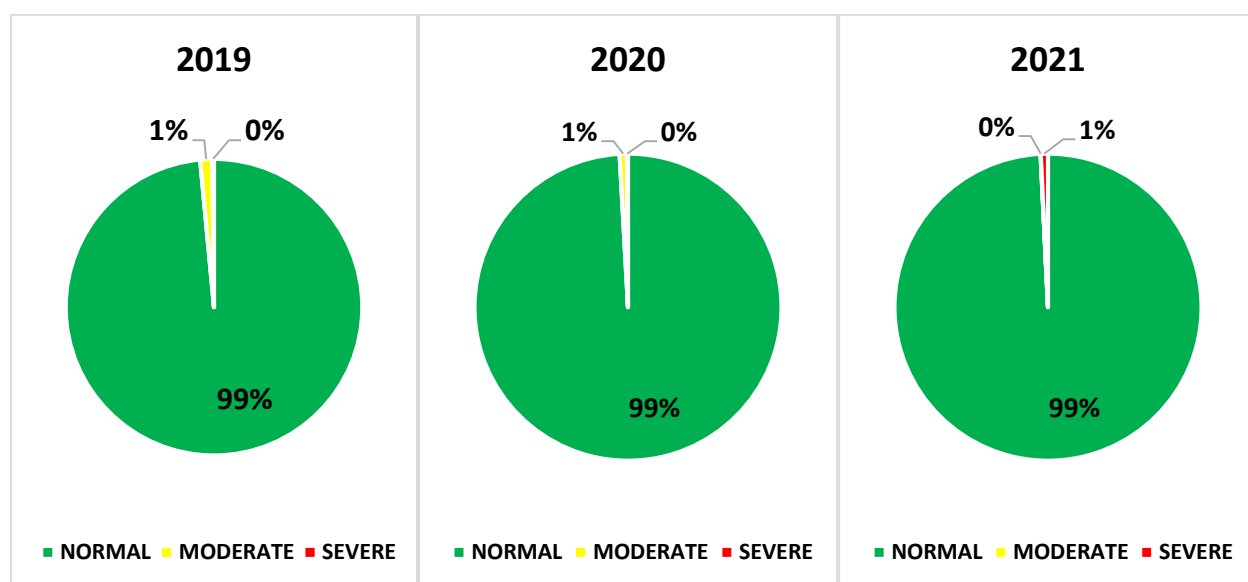
The programme aims at creating opportunities for the optimal growth and development of children under five years of age, thereby reducing morbidity and mortality.

The objective was to detect and address early signs of malnutrition, to provide up-to date information on infant and young child nutrition to caregivers in order to promote adequate growth of children.

Through growth monitoring activities, exclusive breastfeeding was promoted for the first six months of life thereafter introducing complementary foods whilst continuing breastfeeding till two years of age by educating the caregivers. Children who's 'Z score' of weight for age were below-2 to-3 was also rehabilitated even though the district does not have a rehabilitation center. The care givers were counseled on good complementary feeding practices. Some of these children do not show signs of malnutrition but their caregivers were counseled accordingly.

Table 11: Growth monitoring through CWC 0-23 months from 2019-2021

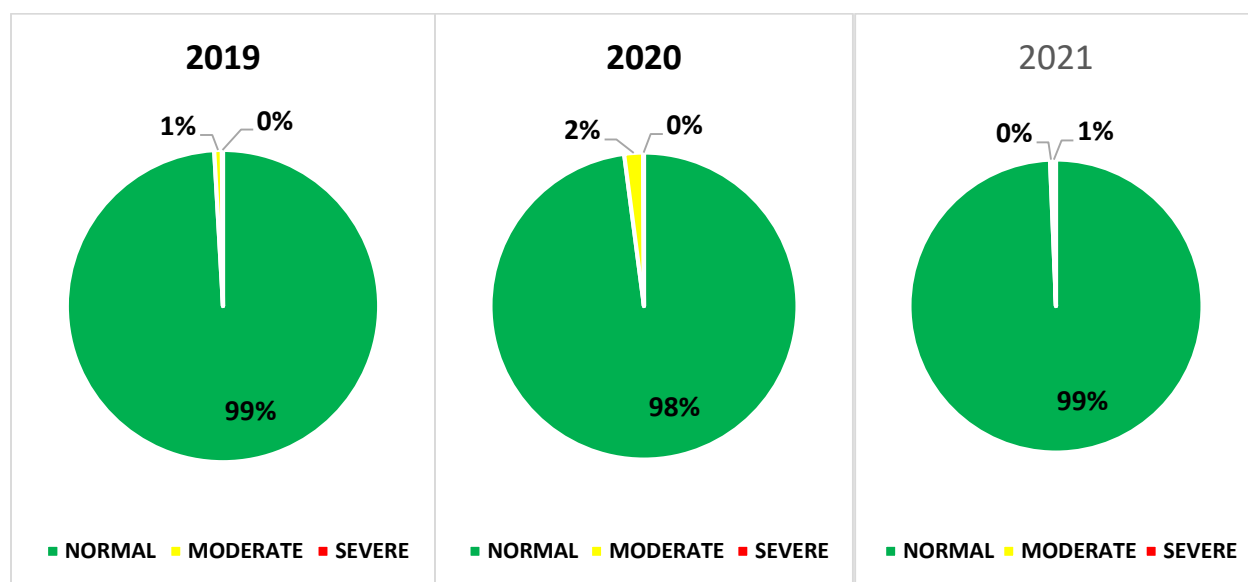
Period	Target for the year	Achievement (coverage)	Moderate underweight	Severe underweight
2019	5992	7154 (119%)	95 (1.3%)	12(0.16%)
2020	6112	6048 (99%)	46 (0.76%)	7(0.12%)
2021	6259	7063 (112%)	2 (0.03%)	53 (0.8%)



While growth promotion activities in children 0-23 months' records a high coverage for 2019 and 2021 compared to 2020. The decrease in coverage for 2020 could be attributed to the COVID-19 pandemic. Malnutrition levels continue to dwindle which could be attributed to the intervention programs undertaken in the district. With the support worldVision, food demonstration sessions were done in some selected communities in the district. Efforts will be made to sustain these remarkable achievements in the coming years

Table 12: Growth monitoring through CWC of Children 24-59 months 2019-2021

Period	Target for the year	Achievement (coverage)	Moderate underweight	Severe underweight
2019	10165	6194(61%)	49(0.79%)	7(0.1%)
2020	10367	4491(43%)	89(1.98%)	4(0.09%)
2021	10601	4896 (46%)	10 (0.2%)	22 (0.45%)



Growth promotion activities in children 24-59 months continue to decrease for 2020 and increase slightly in 2021. Underweight levels in this year group decrease in the year 2019 and 2020 but went up 2021.

CMAM SERVICES

All the children who reported with cases of malnutrition and anaemia were rehabilitated and more severe ones were referred to the children's hospital, CWC (KATH) in Kumasi for continuum of care. In all, 28 children between the ages 0-59 months who had their weight for age below -2, to-3 Z and MUAC less than 15cm were rehabilitated using the CMAM protocols. The Effiduase government Hospital and Ahmmadiyya Muslim Mission Hospital are currently providing this services..

CMAM SERVICES

NUTRITION REHABILITATION (CMAM)	IPC	OPC
Total Cases at the Start of Month		28
Total number of case (Admissions)	2	5
A. Number cured	2	9
B. Number died		
C. Number defaulted		
D. Number Non recovered		5
Total Discharged (A+B+C+D)	2	14

SUPPLEMENTATION PROGRAMME

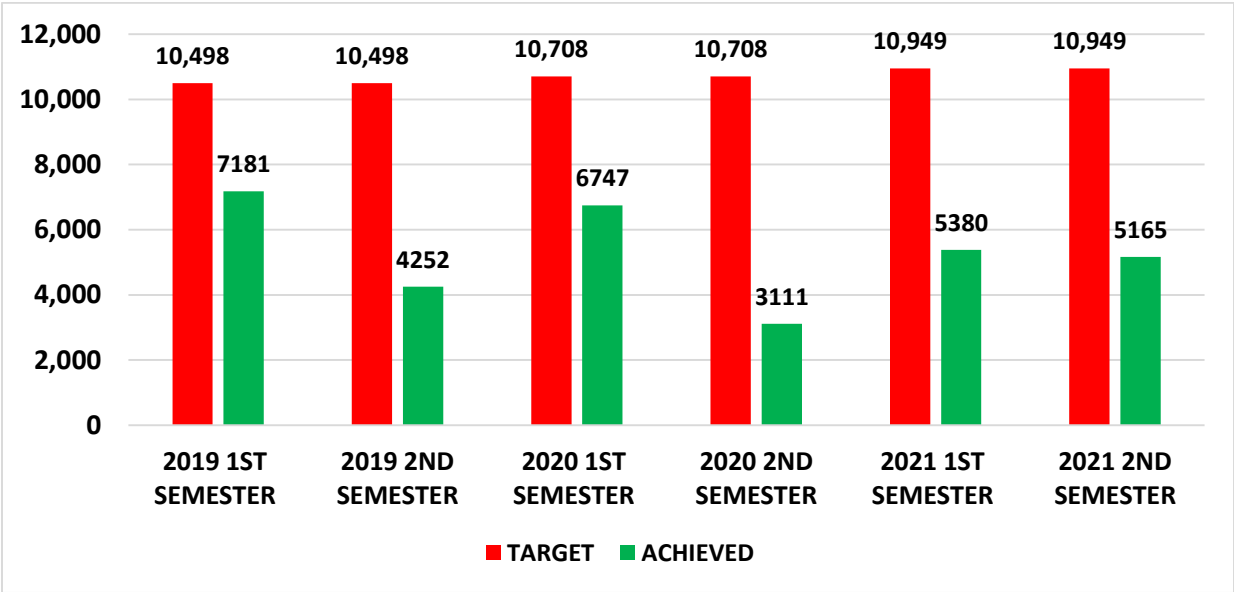
The programme aims at providing macro and micronutrients to targeted groups for good health and optimal growth. The two main supplementation programmes were the vitamin A supplementation for children 6-59 months. Also available is the iron foliate supplementation for pregnant women and girl iron foliate supplementation for in and out of schools.

The objectives were to reduce vitamin A deficiency in children, reduce anaemia burden and increase household utilization of iodated salt. The strategies used were health education to pregnant women on good nutrition and half-yearly mass supplementation plus routine vitamin A to the target group mentioned above were also carried out. The table below shows the trend of vitamin A supplementation in children 12-59months on semester basis.

Table 15: Routine vitamin a supplementation for children 12-59 months from 2019-2021

YEAR	SEMESTER	TARGET	ACHIEVED	% COVERAGE
2019	FIRST SEMESTER	10,498	7181	68.4
	SECOND SEMESTER	10,498	4252	40.5
2020	FIRST SEMESTER	10,708	6747	63.0
	SECOND SEMESTER	10,708	3111	29.1

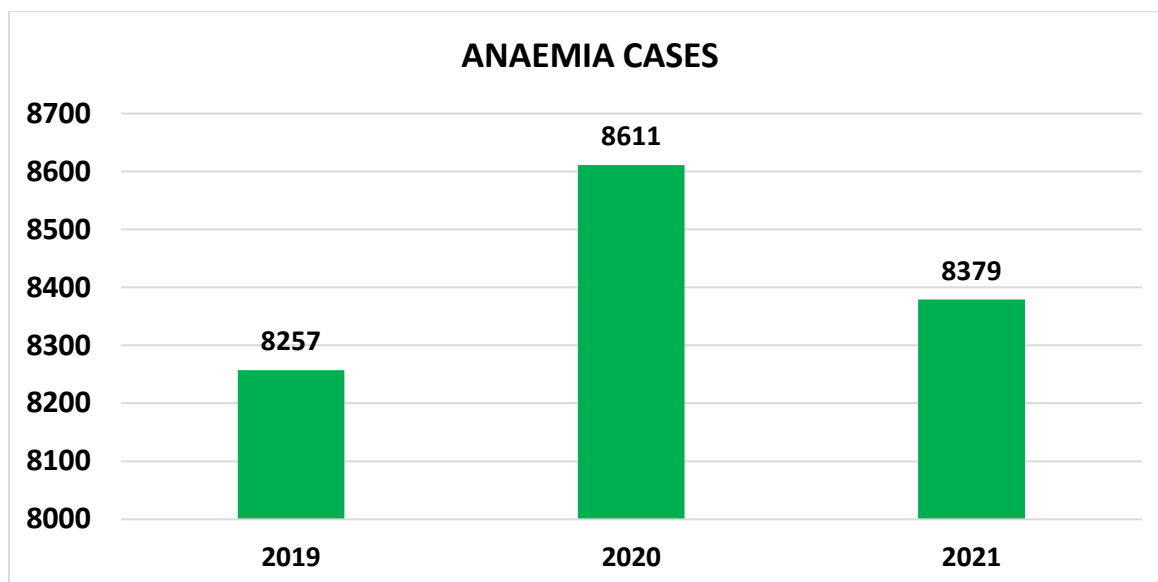
2021	FIRST SEMESTER	10,949	5380	49.1
	SECOND SEMESTER	10,949	5165	47.2



Vitamin A supplementation for children 12-59 months coverage performance saw a decrease in 2020 in the second semester (29%) but increased a little bit in 2021 compared to the year 2019 and 2020 second semester. Even though they is a decrease (47%) compare to 2020and 2019 respectively.The inconsistencies in the schools colander by government contributed to the decline in Vitamin A performance since most of the children are always on vacation. Quality data capture and quarterly feedback will help improved the situation.

TOTAL ANEAMIA CASES FROM 2019-2021

YEAR	ANAEMIA CASES
2019	8257
2020	8611
2021	8379



GIRL IRON FOLLIC TABLET SUPPLEMENTATION

The GIFTS Programme initiated by the GHS and its partners intends to curb the incidence on anaemia in adolescent girls and women in their fertility age 10-19years by supplying them with Iron Folate tablets weekly. The Programme targets girl's in-School and Out-of school. Currently the programme is in 5SHS, 26 primary, and 32JHS in the district.

OUT OF SCHOOL ADOLESCENT GIRLS 2020 AND 2021

GIRL'S IRON AND FOLATE TABLET SUPPLEMENTATION (GIFTS)		
INDICATORS	2020	2021
Number of girls in the register (Old + New)	13099	13643
Number of girls registered (New)	539	544
Number of girls given IFA this month	4809	3870
Number of girls screened for anaemia this month	1113	1786
Number of girls anaemic this month	31	2

FOOD DEMONSTRATION IN 15 COMMUNITIES

The District carried out Food Demonstration in 15 selected communities supported by World Vision Ghana as part of the 1000 days project. Food demonstration is a very effective way of behavioral change communication method most Nutrition Officers adopt to help mothers feed their babies with nutritious food because we remember 20% of what we hear, 40% of what we hear and see, 80% of what we hear, see and do. The program ended successfully with a massive participation from the community members. A total of 107 men, 392 women and 98 children participated in the program. There was a team of supervisors from the DHMT at each community during their food demonstration sessions.

CAPACITY BUILDING OF HEALTH STAFFS

World Vision Ghana and World Bank supported a total of 24 staffs comprising of Public Health Nurses, Nutrition Officers, Community Health Nurses and Midwives for a five-day residential capacity building at Kintampo. This is in line with the First 1000 days of life project jointly sponsored by World Vision Ghana and World Bank. First 1000 days of life project is being carried out in the District to improve upon Adolescent and Maternal nutrition, Exclusive breastfeeding and age appropriate complementary feeding. The five-day residential capacity building aimed at building the capacity of health staffs on behavioral change communication, exclusive breastfeeding and age appropriate complementary feeding in order to help achieve the purpose of the project.

ORIENTATION FOR FOOD VENDORS AND SCHOOL FEEDING CONTRACTOR BY THE ENVIRONMENTAL HEALTH UNIT.

Health education was organized for food vendors and school feeding caterers at the Health Directorate conference hall (EFFIDUASE) on the 25th November, 2021, on food hygiene by the Environmental Health Unit. The programme was organized for a day with sixty (60) participants. Out of the sixty participants, forty-nine (49) were school feeding caterers and the remaining eleven (11) were food vendors. The participants were educated on the following:

- ✓ Personal hygiene
- ✓ Use of fresh vegetables
- ✓ Safe water storage and food items
- ✓ Environmental cleanliness
- ✓ Disposal of refuse regularly
- ✓ Proper hand washing during and after cooking
- ✓ Preservation of leftover foods in other not to contaminate the food if not preserved well.

As a result of the participatory approach of the training, the participants were very much involved and asked a series of questions pertaining to the training.

The training was a successful one. Such trainings should be organized regularly to educate school feeding caterers on the importance of cooking under hygienic conditions.

CONCLUSION

Some of the indicators saw a marginal increment such as early initiation of breastfeeding which increased from 98% in 2020 to 98.5% in 2021. Second semester Vitamin A supplementation increased from 29.1% in 2020 to 47.2% in 2021. On the other hand, first semester Vitamin A supplementation decreased from 63.0% in 2020 to 49.1% in 2021.

COMMENDATION

We commend World Vision Ghana for their immense support when it comes to Healthcare Delivery in the District especially Nutrition programs.

WAY FORWARD

1. Increase first semester Vitamin A supplementation from 49.1% to at least 55% in 2022.
2. Improve upon Nutrition indicators in the District

RECOMMENDATION

1. The Nutrition Unit should carry out supportive supervision to the sub-district to support CHN achieve target for Nutrition indicators
2. The Nutrition Unit should also organise on the job refresher training for all CHN on nutrition indicators to help achieve targets

PICTURE GALERY



