

BIRIM CENTRAL MUNICIPAL HEALTH DIRECTORATE

NUTRITION REPORT- ANNUAL REPORT



JANUARY-DECEMBER

2025

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MAP OF BIRIM CENTRAL



1. Municipal profile.

Birim central Municipal is one of the 33 municipal/District in the Eastern Region of Ghana. The Municipal with Akim Oda as its capital share common boundaries with Akyemansa to the North West, Kwaebibirim to the North East, Asene Manso Akroso to the East and Birim South to the West.

The Municipal have 5 Sub Municipals with an overall population of 79,896 estimated from the 2010 population and housing census, these are, New Town Sub, Jamaica Sub, Old Town Sub, Oda Nkwanta Sub, and Aboabo Sub Municipal. Each of the Sub Municipals is headed by a Sub-Municipal leader who governs the day to day affairs of the sub municipal.

The Municipal have four hospitals, Oda Government Hospital, Divine Victory Hospital (Private), Jubilee Hospital (private) and Community Hospital (private) situated in the municipal capital, Akim Oda. There are 18 demarcated and functional CHPS zones according to the electoral areas with 6 CHPS compounds.

2.0 Demography

The Eastern Region has a growth rate of 2.1 percent based on the 2010 population and housing census which is often used to project the population of the Municipal annually. The table below shows population parameters used in health service delivery in the five (5) Sub-Municipal in Birim Central Municipality.

Table 1. Population parameters.

Sub-Municipal	Population
Aboabo	6,632
Old town	14,908
Oda Newtown	25,824
Oda Nkwanta	8,588
Jamaica	23,944
6 – 11 months	1,598
12 – 59 months	11,585
Children < 5 years	14781
Expected Pregnancy	3196
WIFA	19175

.0 Introduction

Nutrition is a critical part of the health and development of a countries' population. Better nutrition is related to improved infant, young children and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular diseases), and longevity.

Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger which is prominent in Africa and Ghana for the matter.

Malnutrition, in every form presents significant threat to human health. It is for this reason that the nutrition unit of the Birim Central Municipal Health Directorate undertook the under listed activities to ensure the nutritional status of it populates are safe guided.

Major Concerns at the beginning of the year, 2025

- Improve Growth Monitoring,
- Infant and young feeding practices
- Capacity building- strengthening nutrition counselling at all levels
- Data quality – improve Data capture and management at all level
- Conduct supportive supervision and monitoring on nutrition activities.

As a result, the unlisted activities were key activities were adopted to tackle the issues.

Key activities planned and implemented at the beginning of the year.

- Routine Growth Monitoring and Promotion.
- Vitamin A supplementation at all facilities
- Child Health Promotion week
- World Breastfeeding week Celebration
- Training on Nutrition Assessment and IYCF Counselling
- Monitoring and supervision on Nutrition Activities

Growth monitoring and Promotion

Growth Monitoring and Promotion, these are weighing sessions held each month with mothers, fathers or other caregiver who take care of children under five years of age. It involves measurement of “weight-for-age’ for children between the ages of 0-59 months or children under 5years. This activity is conducted monthly to monitor/assess the growth pattern of all children under the age of five years within the Birim Central Municipality.

Table 2.0. Growth monitoring and promotion Jan-Dec. 2023-2025 REGISTRANTS

YEAR	2023			2024			2025		
	TARGET	CHILDREN WEIGHED	%	TARGET	CHN WEIGHED	%	TARGET	CHN WEIGHED	%
0-11	3182	2770	87.1	3067	3026	98.7	3196	3055	95.5
12-23	3182	1697	53.3	3067	198	6.5	3196	84	2.62
24-59	8352	743	8.9	8050	58	0.72	8389	18	0.21

Table 2 above shows the total registrants seen in the period. There has been a decrease in total registrants (0-11) in the year 2025 as compared to the previous 2024. However, the actual children weighed saw increase in 2025 with 3055 against 2024 which was 3026.

Children within the age group 24-59 months has reduced over the years . from 8.9% to 0.21% for the years 2023 to 2025 respectively.

Table 3: Nutritional status of children registered Jan – Dec. 2025

Age (Months)	Number of children seen (Registrants)	Severe underweight (< -3SD)	Moderate underweight (-3SD to -2SD)	Normal	
		NUMBER	NUMBER	TOTAL NUMBER	%
0-11	3055	23	72	2960	3.1
12-23	84	2	5	77	8.3
24-59	18		2	16	11.1
Total	3157	25	79	3053	3.29

malnutrition(underweight) rate for the municipality for the period is at 3.29% with 25 severe and 79 moderate cases out of 3157 children weighed.

Table 4: Growth monitoring and promotion Jan-December 2023-2025

AGE GROUPS	0 – 11months	12 – 23months	24 – 59months	TOTAL CHN WEIGHED
	CHN WEIGHED	CHN WEIGHED	CHN WEIGHED	
2023	16336	8035	3518	27889
2024	19913	7363	1841	29117
2025	21530	7485	2021	31036

Table 4 above shows an increase in total children weighed (Attendance) in year 2025. The total children attending Child welfare Clinics increased from 29117 in the year 2024 to 31036 in the year 2025.

VITAMIN A SUPPLEMENTATION

Vitamin A capsules is given to children 6months and above every 6months till the child is 5years. The table below shows the coverage of the municipality (67.9%) according to sub municipality.

Table 5: performance by Sub municipals

Sub Mun.	Target Pop.	6-11mnths Dosed	% Covg.	Target Pop.	12-59mnths Dosed	% Covg.
Aboabo	133	259	195	962	953	99
Jamaica	479	1390	290	3472	2480	71
Old town	298	482	162	2162	1557	72
Newtown	516	679	132	3714	3006	81
Oda Nkwanta	172	196	114	1245	758	61

rim Central	1598	3006	188	11555	8754	76
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The table above shows clearly that vitamin A supplementation among 6-11 months for the municipality is 3006(188%) and among 12-59months is 8754(76%).Aboabo Sub achieved a 99% for children between 12-59 months.

Table 7:VITAMIN A SUPPLEMENTATION PERFORMANCE BY FACILITIES (12-59MONTHS)

JANUARY -DECEMCKER 2025

12-59MONTHS					
FACILITY	TARGET	NO DOSED	DIFF	COVERAGE	POSITION
EPL	619	781	162	126	1ST
NYANKOMASU	156	191	35	122	2ND
ODA CHPS	139	164	25	118	3RD
MAWULI	1031	1115	84	108	4TH
ZONGO	128	124	-4	97	5TH
ADOTEI	183	174	-9	95	6TH
HERALD	872	823	-49	94	7TH
ASENEYE	195	158	-37	81	8TH
ESSAM	329	234	-95	71	9TH
OLDTOWN	977	684	-293	70	10TH
ABOABO	384	266	-118	69	11TH
JAMAICA	245	167	-78	68	12TH
GYADAM	451	302	-149	67	13TH
O RIGHT	394	244	-150	62	14TH
ODA NKWANTA	795	456	-339	57	15TH
AHENBRONO	430	229	-201	53	16TH
AMANFROM	134	71	-63	53	16TH
COMM SIX	937	473	-464	50	18TH
AKIMSTATE	248	124	-124	50	18TH
OLD PREMIER	782	382	-400	49	20TH
SALEM	183	871	-96	48	21ST



Table 7 shows the performance by facilities with regards to children dosed vitamin A (12-59 months), EPL recorded a 99%, while Oda Government Hospital had a lowest coverage of 37%.

INFANT AND YOUNG CHILD FEEDING (IYCF) INTERVENTION

In order to sustain drastic reduction in mortality rate among children 0-59 months, interventions implemented to curb such issues must constantly be monitored and effectively prioritized in the health care delivery. In dealing with this, the nutritional status, growth and development, health and thus the survival of infant and young children must be supported through exclusive breastfeeding for the first six months, with timely, adequately, safe and appropriate complementary feeding, while continue breastfeeding for two and beyond.

Table 8.0 Trend of Early initiation of Breastfeeding

Indicator	2023	2024	2025
Mothers who delivered at Health facility	3602	3612	3635
Lactating mothers initiating EBF within 30mins of birth	3574	3579	3592
% Coverage	99.2%	98.9%	98.8%

Table 8 shows that 98.8 % of mothers practice exclusive breastfeeding within the first 30 minutes of birth in the year 2025.

Table 9.0 Trend of Exclusive Breastfeeding at Month 3

Indicator	2023	2024	2025
Exclusive Breastfeeding at Month 3	3136	2342	2515
Other feeding at month 3	105	75	51
Total	3241	2417	2566
Exclusive Breastfeeding rate at Month 3	96.7%	96.8%	98%

Table 9, shows that 98% of children at 3Months seen and assessed are practicing Exclusive Breastfeeding in the year under review

Table 10.0. Trend of Timely Complementary Feeding

	2023	2024	2025
EBF @MONTH 6	173	145	59
CF @MONTH 6	3015	1950	2084
TOTAL	3188	2095	2143
COVERAGE%	94.5%	107.4%	97.2%

The table above show the rate of timely complementary feeding, the number of children still Practicing exclusive breastfeeding at month 6 has decreased in the year 2025 as compared to previous years.thus has brought complimentary feeding rate to 97.2%.

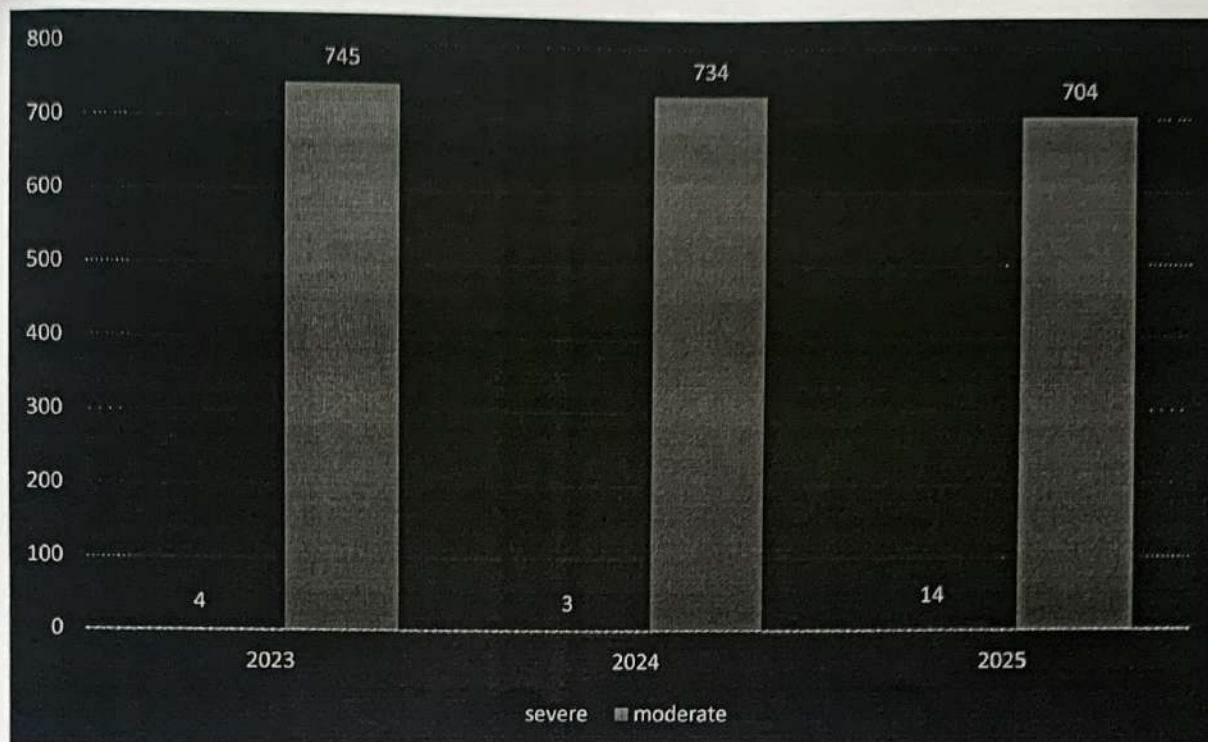
ANAEMIA CONTROL

Table 11.0 Rate of Anaemia among pregnant women at Registration and 36 weeks

Number checked	Number checked	HB less than 7g/dl	HB less than 11g/dl	TOTAL ANAEMIC	%Anaemic
At Registration	3780	21	1008	1029	27.2
At 36 weeks	2367	14	704	718	30.3

Anaemia among pregnant women 36weeks is 30.3% with a severe cases of 14 and moderate cases 704.

THE TREND OF ANAEMIA CASES AMONG 36 WEEKS GESTATION(2023-2025)



AFRICAN VACCINATION AND CHILD HEALTH PROMOTION WEEK CELEBRATION 2025.

The child health promotion week is an annual celebration aim at improving coverage of children under five years of age as well as scaling up a number of priority intervention to reverse the morbidity and mortality trend in the Ghana and the Birim central municipality for that matter.

The week was generally celebrated in the municipality.

The theme for the 2025 celebration was “Every Child deserve a healthy future, Invest in your child . Attend weighing regularly” with the following service delivery package,

Growth monitoring

Immunizations

Birth registration.

Vitamin A Supplementation

Nutrition counselling

Promotion of the use of ITNs etc.

The Nutrition Officer and the Health Promotion officer gave a brief orientation on the targeted activities for the child health promotion and held talks at the OPD unit of the government in the municipality

Nurses who had their CWC sessions and Immunization gave health talks on Child Health and importance of Child welfare clinic..

the program was largely observed at some facilities in the municipality:

EPL CHPS, ODA NKWANTA HEALTH CENTER, ESSAM CHPS AND ABOABO HEALTH CENTERS.

The table below shows the turn out of the week celebration in some facilities

INDICATOR	NUMBER
TOTAL CHILDREN WEIGHED	2671
TOTAL VITAMIN A GIVEN	262
TOTAL LLIN GIVEN	70
TOTAL BIRTH REGISTRATION DONE	64

SUPPORTIVE SUPERVISION , MENTORING AND COACHING ON BREASTFEEDING INITIATION AND PRACTICES

Through the support of The Municipal director of Health services , the directorate embarked on a breastfeeding assessment for some selected facilities. The visit was to generally assess the knowledge level and implementation of breastfeeding Policies in the health facilities.

Twelve facilities were visited including the Oda Government Hospital and 3 other private hospitals.

Facilities were assessed using a well-structured questionnaire, some nursing Mothers were also interviewed .

Staffs were coached on different breastfeeding positions and the breast feeding Policies .

WORKSHOP ON NUTRITION ASSESSMENT AND COUNSELLING

There was a day workshop on nutrition assessment and counselling for newly posted Health staffs in the municipality.

23 staffs were trained, categorically, community health Nurses who are the frontline staffs specifically for Child health services.

The training covered some thematic areas:

- Child health and Nutrition
- Nutrition assessment (Anthropometry)
- The 4-Star -Diet and Complementary Feeding
- Counselling
- Reports and Data validation

The training was a very participatory and eyeopener for staffs especially the newly posted nurses in the municipality.

WORLD BREASTFEEDING WEEK 2025

The week long activity was celebrated in all 23 facilities in the municipality. The theme for the year 2025: “ PRIORITISE BREASTFEEDING Create a sustainable system.

Some of the activities that were carried out to make the team successful are as follows:

1. Engagement of staff at some corporate institution and Municipal assembly
2. Float through the main street of Akim Oda to create awareness.
3. Virtual launching in the municipality
4. Radio discussion at some radio stations
5. Health education on the importance of breastfeeding at various CHPS Compounds and Health Centers.

ON-THE JOB COACHING ON NUTRITION COUNSELLING OF PREGNANT WOMEN

The nutrition officers embarked on a visit to facilities providing Antenatal care for on-site coaching on nutrition counselling and anaemia Control Among pregnant women.

The objective was

to reduce anaemia among pregnant women at registration and at 36weeks

to coach them on nutrition counselling skills during ANC

Activities carried out

1. Coaching on how to determine the BMI of a pregnant women and calculate the Estimated desired weights
2. Trimester Nutrition counselling using the nutrition counselling table.

TRAINING ON COMMUNITY BASED MANAGEMENT OF ACUTE MALNUTRITION.

23 staffs were trained on the new update of the community-based management of Malnutrition.

training was to build the capacity of staffs to manage cases in the various catchment areas and also give the Ready to use therapeutic foods to the Malnourished children.

SUPPORTIVE SUPERVISION AND MONITORING.

As part of the measure to improve and ensure quality data for the assessment of nutritional status of children under five years, the Nutrition and Child health tool used in collecting data needs to be routinely monitored for quality data collection and analysis of such data.

The nutrition unit was part of the Quarterly integrated supportive supervision scheduled by the health directorate.

Some of the objectives for the unit were as follows

To classify the weights and length of the child according to the standard.

To clearly identify children and Mothers deviation to be enrolled into the IYCF program.

To improve on report compilation.

To counsel mothers on proper nutrition practices .

CHALLENGES

- Incidence of underweight for registrants gradually increasing in Growth Monitoring and Promotion.
- Low Vitamin A coverage for 12-59months.
- Inadequate knowledge on CMAM
- Insufficient Anthropometric measures(weighing Scales, Infantometers)

WAY FORWARD

- Increase early case detection of SAM by Screening children at the CWC centers.
- Intensify ANC schools within the municipality in other to reduce anaemia situation in the municipality.
- Strengthen support systems to reduce the high defaulter rates- Volunteers
- Intensify school health services to capture children between 12-59 months to improve the vitamin A coverage.
- Continue to provide coaching and mentoring for staff in the New Maternal and Child Health record and other nutritional activities.
- Organize training sessions to consistently build capacity of staffs on CMAM
- Seek support from individuals, NGOs and other agencies
- Collaborate with state Agencies to carryout nutrition Activities. (GES, MUNICIPAL ASSEMBLY, ENVIRONMENTAL HEALTH SERVICES)

ACKNOWLEDGEMENT

Almighty God

The Municipal Director of health services

The Municipal Health Directorate Team

All Staffs

PHOTO GALLERY

