

BIRIM CENTRAL MUNICIPAL HEALTH
DIRECTORATE

REPORT ON NUTRITION
INTERVENTIONS, 2021

INTRODUCTION.

Malnutrition has been identified as a major cause of illness and death throughout the world. It continues to be a significant public health and development concern around the globe with about one-third of the world's children being malnourished. Children who are malnourished not only tend to have increased morbidity and mortality but are also more prone to suffer from delayed mental development, poor school performance and reduced intellectual achievement. In Ghana, children from 0-59 months are chronically malnourished with six and eleven percent mortality before their first and five birth days respectively (GDHS, 2003 & 2008). Children from rural areas without the exception of those in some rural areas in the Birim Central Municipal are more likely to be affected than their counterparts in urban areas. Malnutrition does not only affect children, but adults as well. It is against this background that, the nutrition Unit of the Birim Central Municipal undertook some health and nutrition activities for the year 2021 as part of its strategies to reducing malnutrition in the municipal.

KEY ISSUES AT THE BEGINNING OF 2021.

- High prevalence of Anaemia in pregnant women at 36 weeks of gestation.
- Low coverage in routine vitamin A supplementation.
- Low uptake of IFA among adolescent women.
- Lack of RUTH for management of SAM.
- Poor documentation and management of all data.

PRIORITIES FOR 2021.

- **DATA QUALITY**
 - Improve data capture and management at all levels
- **IMPROVE MATERNAL INFANT AND YOUNG FEEDING PRACTICES**
 - Sensitization on breastfeeding code
 - Strengthen counseling on breastfeeding and complementary feeding.
 - Strengthen maternal infant and young child nutrition.
- **IMPROVE UPTAKE OF INTERVENTIONS ADDRESSING MICRONUTRIENT DEFICIENCIES**
 - Vitamin Supplementation.
 - Girls Iron-Folate Tablet Supplementation (GIFTS).
 - IFA for Pregnant women.
- **NUTRITION EDUCATION**
 - SBCC activities to encourage uptake of all nutrition interventions
- **LOGISTICS MANAGEMENT**
 - Ensure proper logistic management (forecasting, distribution, handling & storage) at all levels
- **CAPACITY BUILDING**
 - Continue with capacity strengthening in various program areas especially MIYCN and ENAs.
 - Strengthen nutrition counselling at all contact points.

KEY ACTIVITIES CARRIED OUT 2021.

- **Routine Growth monitoring and promotion.**
 - Weight for Age assessment for children 0 – 59 months.
 - Length/ Height for Age for children 0 – 59 months.

- **Trainings.**
 - With support from Reg. Nut Unit, frontline staff (CHNs, Midwives) were trained on the use of growth charts, MCHRB and nutrition counselling.
 - Orientation on the use MNPs for 8 health facilities.
 - Orientation on the RMNCAH &N in the context of COVID-19 for all facilities.

- **Meeting & campaign.**
 - CHPW (Child Health Promotion Week) Campaign.
 - Breastfeeding Week Celebration.

- **Monitoring and Supervision.**
 - Monitoring and supervision on MIYCN activities in 24 health facilities within the municipality.
 - Monitoring and supervision on Covid-19 support fund.

GROWTH MONITORING AND PROMOTION.

Routinely, growth monitoring which involves the regular tracking of infant and young child's weight against his or her age are held in both static and outreach points within the catchment area of a CHPS compound of a community. This help in early detection of growth faltering and provide timely opportunity for intervention. This activity does not only ensure the opportunity to assess all children under five years of age within a community but also provide the opportunity to be given appropriate immunization. Care givers are also counseled on appropriate infant and young child feeding practice.

In the year under review, faulty equipment such as scale, infantometers were identified and maintained or replaced. Moreover, community health nurses through the MIYCN training were taken through how to appropriately plot child's weight in the Child Growth Chart according to complete months. This has greatly enhanced the reliability of data generated.

Though the malnutrition rate of the municipality is acceptable (<5%), unidentified and unreported cases of malnutrition in the peripheral still remains an issue of great concern.

Trend of Malnutrition Situation in the Municipality.

Indicator	2019	2020	2021
No. of children seen	34720	27814	30097
Normal	34667	27726	30027
Moderate	50	77	67
Severe	3	11	3
Malnutrition rate (%)	0.2	0.3	0.2

Malnutrition situation by facilities (January – December, 2021)

FACILITY	CWC ATTND	SEVERELY UNDER WEIGHT	MODERATELY UNDER WEIGHT	NORMAL	TOTAL MAL NOURISHED	MAL NUTRITION RATE %
Aboabo CHPS	1617	0	26	1591	26	1.6
Adotei CHPS	292	0	2	290	2	0.6
Akim State CHPS	416	0	0	416	0	0
SALEM CHPS	331	0	0	331	0	0
Essam CHPS	1135	1	3	1131	4	0.3
ABOABO SUB	3791	1	31	3759	32	0.8
Gyadam CHPS	640	0	0	640	0	0
Oda Nkwanta CHPS	1099	0	14	1085	14	1.2
ODA NKWANTA SUB	1739	0	14	1725	14	0.8
EPL CHPS	2270	0	0	2270	0	0
Jamaica CHPS	549	0	0	549	0	0
O Right CHPS	873	2	17	854	19	2.2
Oda Hospital	8354	0	0	8354	0	0.0
JAMAICA SUB	12046	2	17	12027	19	0.1
Community 6 CHPS	1463	0	0	1462	0	0
Herald Foundation CHPS	1766	0	0	1766	0	0

Mawuli / Quarters CHPS	3010	0	0	3010	0	0
Oda CHPS	373	0	0	373	0	0
Old Premier CHPS	1117	0	0	1117	0	0
NEWTOWN SUB	7729	0	0	7729	0	0.0
Ahenbrono CHPS	813	0	5	808	5	0.6
Asenee CHPS	449	0	0	449	0	0
Nyankomasu CHPS	598	0	0	598	0	0
South Town CHPS	1031	0	0	1031	0	0
Oda Old Town CHPS	1901	0	0	1901	0	0
ODA OLD TOWN SUB	4792	0	5	4787	5	1.1
BIRIM CENTRAL	30097	3	67	30027	70	0.2

Trend of CWC Coverage among Registrants.

Indicator	2019	2020	2021
Target (0 - 11 months)		3632	3500
Registrants (0 - 11 months)	6257	4568	4196
% Coverage		79.5	83.4
Target (12 - 23 months)		3632	3500
Registrants (12 - 23 months)	3511	2183	1986
% Coverage		60.1	56.7
Target (24 - 59 months)		9534	9186
Registrants (24 - 59 months)	2212	1311	794
% Coverage		13.8	8.6

INFANT AND YOUNG CHILD NUTRITION (IYCN) 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.

Trend of Early initiation of Breastfeeding

Indicator	2019	2020	2021
Mothers who delivered at Health facility	3934	4068	4148
Lactating mothers initiating EBF within 30mins of birth	2868	3425	3969
% Coverage	72.90%	84.10%	95%

Trend of Exclusive Breastfeeding at Month 3

Indicator	2019	2020	2021
Exclusive Breastfeeding at Month 3	4827	3925	3924
Other feeding at month 3	931	486	406
Total	5758	4411	4330
Exclusive Breastfeeding rate at Month 3	83.8	88.9	90.6

Trend of Continued Breastfeeding at 1 year

Indicator	2019	2020	2021
Exclusive Breastfeeding at 1 year	4683	2531	1789
Children Assessed	5178	2751	2239
% Coverage	90.4%	92%	80%

Trend of Timely Complementary Feeding

Indicator	2019	2020	2021
Exclusive Breastfeeding at Month 6	2112	1080	344
Complementary Feeding at Month 6	4941	2529	2759
Total	7053	3609	3103
% Coverage	70.1%	70.1%	88.9%

INTERVENTION IN PREGNANCY AND POSNATAL CARE.

Positive outcome of pregnancy remains the prime objective of the Ghana health service, as a result effective public health intervention such as Iron Folic Supplementation to pregnant women etc, are deploy in the health care delivery system to support this course and also implemented in other to address preventable maternal mortality, as well as to achieve record zero maternal and neonatal death.

Trend of Postnatal Iron and Folic Acid Supplementation by Sub-municipals.

Sub - municipal.	2019		2020		2021	
	IFA 3	IFA 6	IFA 3	IFA 6	IFA 3	IFA 6
Aboabo	333	226	203	100	199	95
Jamaica	9863	685	2403	2395	2079	1327
Oda New Town	434	434	191	264	654	711
Oda Nkwanta	79	19	86	8	45	13
Old Town	251	76	147	81	154	128

Anaemia situation in the municipality

HB CHECKED @ANC REGIST.		ANEAMIA @ REGIST. ANC		% ANEAMIC		HB CHECKED @ 36 WEEKS		ANEAMIC @ 36 WEEKS ANC		% ANEAMIC	
2020	2021	2020	2021	2020	2021	2020	2021	2020	2021	2020	2021
4032	3580	1628	1061	40.4%	29.6%	1656	2698	779	663	47%	24.5%

As depicted in table 9.0 above it could be realized that from 2020 to 2021, anaemia among ANC registrants reduced from 40.4% to 29.6%. This could be attributed to the drastic measure put in place to curb the high prevalence of anaemia recorded in 2020, such as intensive counselling sessions held during ANC visits etc. More so, anaemia among women at 36 weeks' gestation saw a huge reduction from 47% in 2020 to 24.5% in 2021.

GIRLS' IRON – FOLATE TABLET SUPPLEMENTATION (GIFTS).

GIFTS is Girls' Iron-Folate Tablet Supplementation, jointly implemented by GHS and GES with the support of UNICEF. The program, among other existing interventions, is to help contribute to the reduction of anaemia especially among teenage girls in the Birim Central Municipality.

Under the year of review, some monitoring activities were carried out to ascertain how the program was faring, visits were paid to various schools and health facilities in the municipality within which the program was implemented to address issues of misconceptions, misperceptions and myths affecting the patronage of the supplementation.

ACTIONS TAKEN TO CLEAR MISCONCEPTIONS AND INCREASE COVERAGE IN THE MUNICIPALITY.

- Nurses were tasked to include GIFTS in their routine school health activities in order to increase coverage.
- Health staff were encouraged to include the GIFTS during their home visit activities.
- Frequent sensitization of community members on GIFTS.
- Teachers who were not part of the training were oriented and encouraged to assist colleagues tasked on the GIFTS.
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The table below shows the distribution of IFA utilisation by Sub-Municipals

Facility	Number of girls screened for anaemia this month	No. of girls anaemic this month	No. of girls registered this month (New)	No. of girls in the register (Old + New)	No. of girls given IFA this month	No. IFA used
Oda Old Town CHPS	87		87	808	706	18216

Aboabo CHPS	33		33	1819	102	9248
Mawuli / Quarters CHPS	20		30	875	691	8624
Gyadam CHPS	30	4	34	892	74	7688
Essam CHPS	49		49	478	398	4667
Oda Nkwanta CHPS	14		14	298	148	3339
Oda Hospital	8		8	276	248	2740
O Right CHPS	16	1	16	52	28	1308
Birim Central	257	5	271	5507	2395	55830

Vitamin A supplementation.

Durin the year under review, interventions to prevent micronutrient deficiency such vitamin A deficiency was not left out, supplementation of vitamin A was carried out through CWC. school Health and other contact point. Although the municipality ensured equitable distribution of capsule among facilities, it was noted that. coverage among children 12-59months was not encouraging as compared to 6-11month. The municipal coverage for 2021 stood at 56.2%

Table10. vitamin A supplementation for children 6-59months by Sub-Municipals

Sub Municipal	Target population	6-11months 100,000 IU	12-59months 200,000IU	6-59months Total Children Dosed	%
Aboabo	1244	248	541	789	63.40%
Jamaica	4490	1641	1782	3423	76.20%
Oda Oldtown	3135	478	788	1266	40.30%
Oda Newtown	4843	841	1012	1853	38.30%
Oda Nkwanta	1610	224	391	615	38.20%
Birim Central	15322	3432	4514	7946	51.80%

It could realize from the above table 10. that, none of the sub-municipal were able to achieved their target under the year of review, this has led to an average performance as a municipal in terms of Vitamin A supplementation.

CHILD HEALTH PROMOTION WEEK CELEBRATION 2021.

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 2021 celebration was “Sustaining child health services in the midst of Covid-19”, 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.

WORLD BREASTFEEDING WEEK 2021

The world breastfeeding week was celebrated in the first week of August with the theme: 'PROTECT BREASTFEEDING A SHARED RESPONSIBILITY'

There were several Health Education sessions on the importance of breastfeeding in various health facilities (Oda Government Hospital, - Maternity wards and OPD), Aboabo CHPS and Herald Foundation CHPS and social media platforms.

There was a short video which talked about the importance of practicing exclusive breastfeeding which was created by the Nutrition unit- BCM.

Some nurses gave their own rendition of the trending breastfeeding songs.

Some mothers shared their testimonies about the benefits of the exclusive breastfeeding.

During the week celebration some myths and misconceptions were tactfully handled by health workers.

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.

In view of this nutrition officer with the support of the director of health for the municipality embarked on mentoring, monitoring and supervision to assist front line staff to be able,

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.

Some facilities in the Municipality were visited during their weighing sessions. Findings and actions taken are shown in the table below:

Facility	Findings	Action taken
ABOABO CHPS	Classification was a problem Faulty weighing scale Poor documentation in the registers	Guidance on how to fill the registers appropriately was done
HERALD FOUNDATION CHPS	Classification was a problem Faulty weighing scale Poor documentation in the registers	Guidance on how to fill the registers appropriately was done
ODA NKWANTA CHPS	Classification was a problem Faulty weighing scale Poor documentation in the registers	Guidance on how to fill the registers appropriately was done
MAWULI CHPS	Classification was a problem Faulty weighing scale Poor documentation in the registers	Guidance on how to fill the registers appropriately was done

MATERNAL INFANT AND YOUNG CHILD NUTRITION TRAINING.

Good maternal nutrition during pregnancy improves the birth outcomes of children and reduces the risk of pregnancy-related complications. Providing nutrition counselling during pregnancy is one way to improve maternal nutrition practices although good practices need to continue through lactation.

Infant and young child feeding (IYCF) is a critical component of the 1,000 days' approach to improve child health. WHO recommends early initiation of breastfeeding (within the first hour), exclusive breastfeeding for the first six months of life and timely complementary feeding, with continued breastfeeding up to two years or beyond. If adequate feeding and caring for infant and young children aged less than 24 months are not protected, promoted and supported, and if infant – mother pairs who are having difficulty breastfeeding are not identified and supported, infant and young children may be fed inadequately, increasing the risk of malnutrition and death.

It is with this that the Ghana health service with support from UNICEF organized a five (5) - day downstream training in the Birim Central Municipal for frontline staff from five (5) different district in order to be well equipped with the needed knowledge and skills in identifying and counselling care givers with such difficulties.