

**BIRIM CENTRAL MUNICIPAL HEALTH  
DIRECTORATE**



**NUTRITION INTERVENTIONS IN THE BIRIM  
CENTRAL MUNICIPALITY - 2020**

## **NUTRITION INTERVENTIONS IN BIRIM CENTRAL MUNICIPAL 2020**

Nutrition is a critical part of the health and development of a countries' population. Better nutrition is related to improved infant, child 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 for this reason that the nutrition unit of the Birim Central municipal health undertook the under listed activities to ensure the nutritional status of its populace are safe guided.

### **Activities undertaken.**

1. Growth monitoring and promotion.
2. Vitamin A supplementation to children under five years of age.
3. Early initiation of Breastfeeding.
4. Celebration of child health promotion week.
5. Celebration of world breastfeeding week.
6. Nutrition Rehabilitation (CMAM).

### **Growth monitoring and Promotion.**

To ensure children under five within the Birim Central Municipality have an optimum nutritional status, growth monitoring and promotion activities are carried out routinely in the various health facilities (Hospitals and CHPS compounds) within the municipality to be able to assess the growth pattern of children under five years of age in other to monitor and address growth problems. This involves anthropometry measurement of weight, height, length etc. Represented in the graph below is the coverage of registrants for children under five age.

The table below represents the analysis of growth monitoring and promotion activities from the various sub-Municipal for the year, 2020 respectively.

### Growth Monitoring and Promotion (Registrant).

Sub Districts	Age Group (month)	Male	Female	Total weighed	Severe	moderate	Normal	Prev%	Severe %
<b>Jamaica</b>	<b>0-11</b>	618	716	1334	1	1	1332	0.1	0.0
	<b>12-23</b>	339	377	716	0	2	714	0.3	0.0
	<b>24-59</b>	236	233	469	0	3	466	0.6	0.0
<b>New town</b>	<b>0 - 11</b>	799	856	1655	0	0	1654	0.0	0.0
	<b>12-23</b>	264	346	610	0	0	610	0.0	0.0
	<b>24-59</b>	156	196	352	0	0	352	0.0	0.0
<b>Nkwanta</b>	<b>0 - 11</b>	184	208	392	0	6	386	1.6	0.0
	<b>12-23</b>	92	86	178	0	7	171	3.9	0.0
	<b>24 -59</b>	47	52	99	0	1	98	1.0	0.0
<b>Old town</b>	<b>0 - 11</b>	288	329	617	0	0	617	0.0	0.0
	<b>12-23</b>	171	180	351	0	0	351	0.0	0.0
	<b>24 -59</b>	83	78	161	0	0	161	0.0	0.0
<b>Aboabo</b>	<b>0 -11</b>	296	274	570	2	4	564	1.0	0.3
	<b>12-23</b>	192	136	328	0	1	327	0.3	0.0
	<b>24-59</b>	122	108	230	0	1	229	0.4	0.0
<b>Birim Central</b>	<b>0-11</b>	2185	2383	4568	3	11	4553	0.3	0.0
	<b>12-23</b>	1062	1125	2187	0	10	2173	0.4	0.0
	<b>24-59</b>	670	667	1337	0	5	1306	0.3	0.0

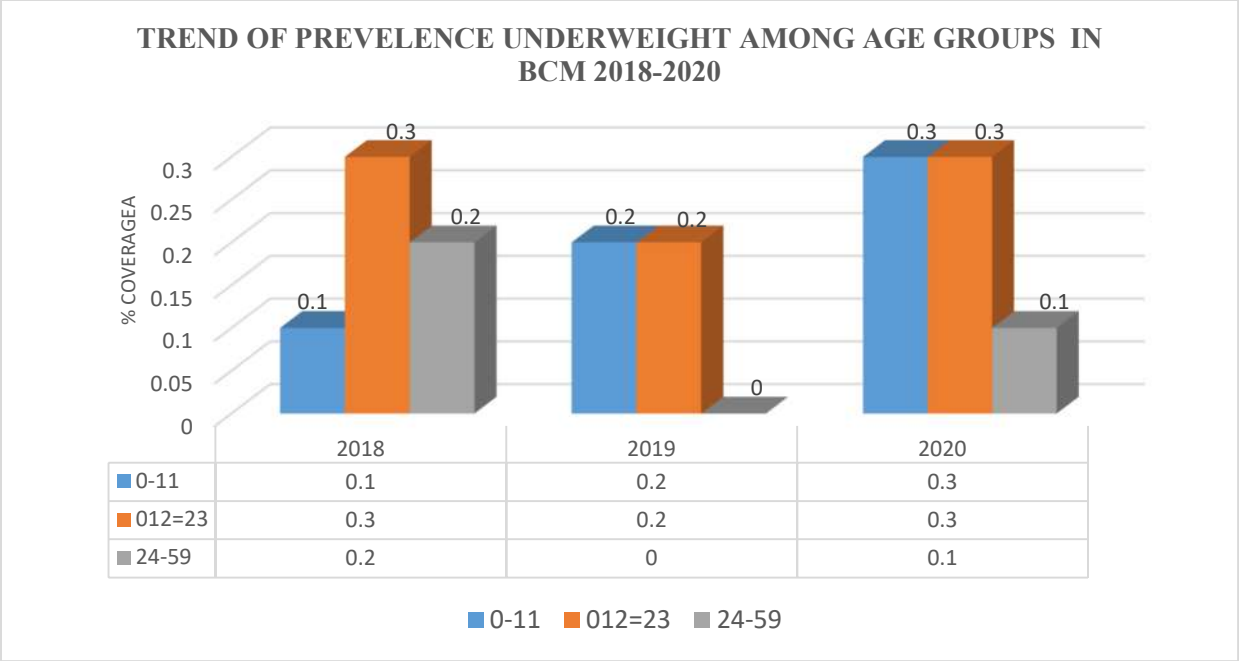
Total number of children U5 years assessed: **8092**

Municipal prevalence of underweight: **1.0%**

Municipal severe underweight rate: **0.0%**

**Growth Monitoring and Promotion, (Attendance).**

<b>Sub Districts</b>	<b>Age Group (month)</b>	<b>Male</b>	<b>Female</b>	<b>Total weighed</b>	<b>Severe</b>	<b>moderate</b>	<b>Normal</b>	<b>Prev%</b>	<b>Severe %</b>
<b>Jamaica</b>	<b>0-11</b>	1827	2196	4023	1	1	4021	0	0
	<b>12-23</b>	1157	1322	2479	0	4	2475	0.1	0
	<b>24 -59</b>	793	981	1774	0	2	1772	0.1	0
<b>New town</b>	<b>0 - 11</b>	2490	2822	5312	0	0	5312	0	0
	<b>12-23</b>	1181	1268	2449	0	0	2449	0	0
	<b>24 -59</b>	490	532	1022	0	0	1022	0.0	0.0
<b>Nkwanta</b>	<b>0 - 11</b>	746	717	1463	0	17	1446	1.2	0.0
	<b>12-23</b>	336	372	708	0	12	720	1.6	0.0
	<b>24 -59</b>	158	156	314	0	2	312	0.6	0.0
<b>Old town</b>	<b>0 - 11</b>	1210	1396	2606	3	2	2601	0.1	0.1
	<b>12-23</b>	664	744	1408	0	0.0	1408	0.0	0.0
	<b>24 -59</b>	334	307	641	0	0.0	641	0.0	0.0



Shown above is graphical representation of underweight among the age group 0-11, 12-23 and 24-59 month under the year review respectively.

Total number of children 0-59 month assessed: **27814**

Municipal prevalence of underweight: **0.3%**

Municipal severe underweight rate: **0.0%**.

### **Vitamin A Supplementation by Sub-Municipal.**

The table below represent routine vitamin A supplementation for children 6-59 months old by Sub-municipals in Birim Central Municipal. The Municipal coverage was 51.8%.

### **Routine Vitamin A Supplementation.**

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

### Deliveries and Breastfeeding within 30 minutes

<b>SUB DISTRICT</b>	<b>TOTAL DELIVERIES</b>	<b>EARLY INITIATION OF BREASTFEEDING WITHIN 30 MINS.</b>	<b>PERCENTAGE %</b>
<b>ABOABO</b>	106	94	88.6
<b>OLD TOWN</b>	28	28	100
<b>ODA NKWANTA</b>	44	41	93.1
<b>ODA NEW TOWN</b>	539	419	77.7
<b>JAMAICA</b>	3408	2842	83.4
<b>BIRIM CENTRAL</b>	<b>4125</b>	<b>3424</b>	<b>83.0</b>

The table above shows the total number of children delivered against the total of children put to breast within the first 30minutes among the various sub municipals. Old town had 100% indicating 28 children delivered were all put to breast. Jamaica sub had 83.4% showing 2842 children were put to breast within the first 30minutes out of a total delivery of 3408.early initiation rate for the municipality was 83.0% indicating 3424 children out of 4125 children were put to breast.

### Child health promotion week celebration 2020.

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 Ghana and Birim central municipality for that matter. The week was celebrated in the municipality.

The theme for the 2020 celebration was “**Promoting Newborn and child health services in the wake of the Covid-19 pandemic**”, with the following service delivery package,

1. Growth monitoring

2. Immunizations
3. Birth registration.
4. Vitamin A Supplementation
5. Nutrition counselling
6. 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. Educational talks was also held at the OPD unit of the Oda Government Hospital.

Nurses who had their CWC sessions at their various health facilities and outreach points gave health talks on Child Health and importance of Child welfare clinic.

## **WORLD BREASTFEEDING WEEK 2020**

The world breastfeeding week was celebrated in the first week of August with the

Theme: **‘SUPPORT BREASTFEEDING FOR HEALTHIER PLANET’**

- 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.



## **MENTORING, MONITORING AND SUPERVISION' ON NUTRITION**

As part of the measure to improve and ensure quality data for the assessment 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:

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## **GIRL IRON AND FOLIC ACID SUPPLEMENTATION MONITORING.**

GIFTS is Girls' Iron-Folate Tablet Supplementation. It is 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 among teenage girls in Birim Central and Ghana as a whole. GIFTS program seeks to provide weekly IFA supplements through schools, health facilities and other channels to adolescent girls (10-19 years) in-school and out-of-school.

It's also expected to reach out to menstruating women 20 years and above through education to create demand and encourage them to buy and take IFA supplements. The main aim of the program is to reduce the prevalence of anemia among teenage girls and women of reproductive age through collective efforts with stakeholders for a sustainable social impact.

To achieve the above aim, regular monitoring and supervision by partners was therefore necessary to ensure the smooth implementation of the program in the schools and at the facilities. The exercise was carried out on Tuesday 11<sup>th</sup> February, 2020 and was paused on the 17<sup>th</sup> February due

Inactivated Polio Vaccine (IPV) program. The monitoring then continued on the 26<sup>th</sup> and ended on 2<sup>nd</sup> March, 2020.