

OBUASI EAST DISTRICT HEALTH DIRECTORATE

REPORT ON NUTRITION RELATED ACTIVITIES IN THE DISTRICT

The Obuasi East District Health Directorate, Nutrition Unit is made up two (2) officers; Principal Nutrition and a Junior Nutrition Officer. As part of efforts and measures to ensuring the 3rd Sustainable Development Goal which encompasses “**Good Health and Well-being**”, the Unit has for the past years working endlessly to ensure the achievement of the Goal.

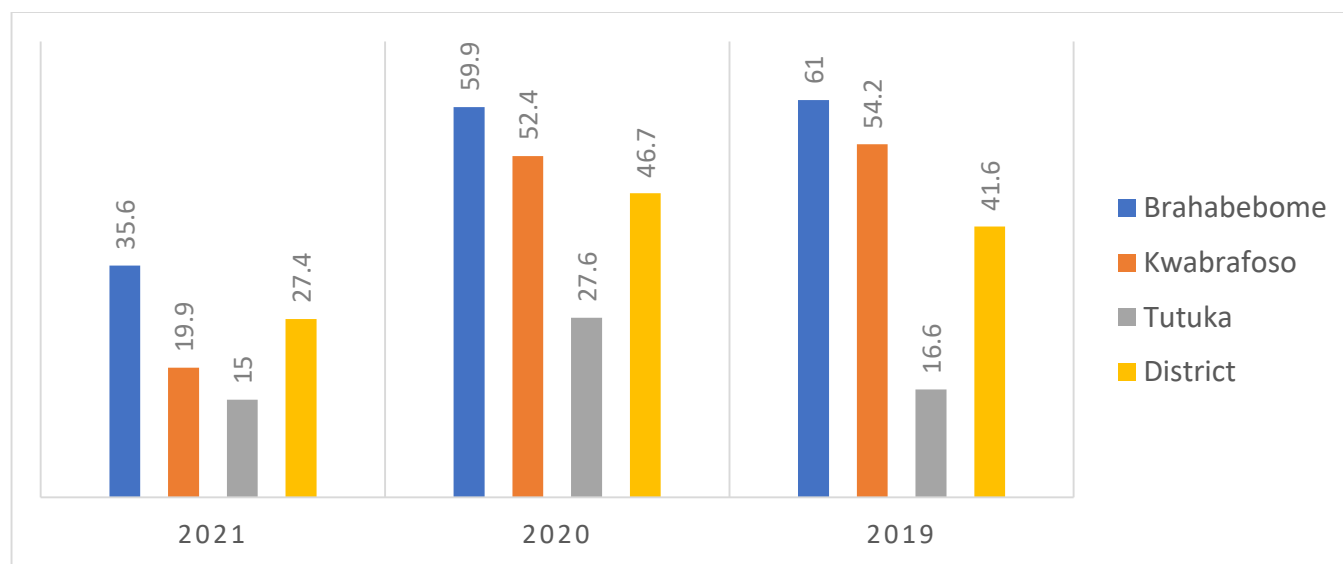
The District is made up of twenty (20) CHPS Zones with thirty-eight (38) Outreach Centres. The District is also blessed with four (4) hospitals (AGA Health Foundation, SDA Hospital, Bryant Mission Hospital and Todah Hospital), one (1) Health Centre (Odumase), two (2) CHPS Compound (Diawuoso and Mampamhwe CHPS). The District has estimated population of 96,725 and a projected target population (0-5years) of 1,9345 infants.

MAJOR KEY INTERVENTIONS UNDERTAKEN BY THE NUTRITON UNIT

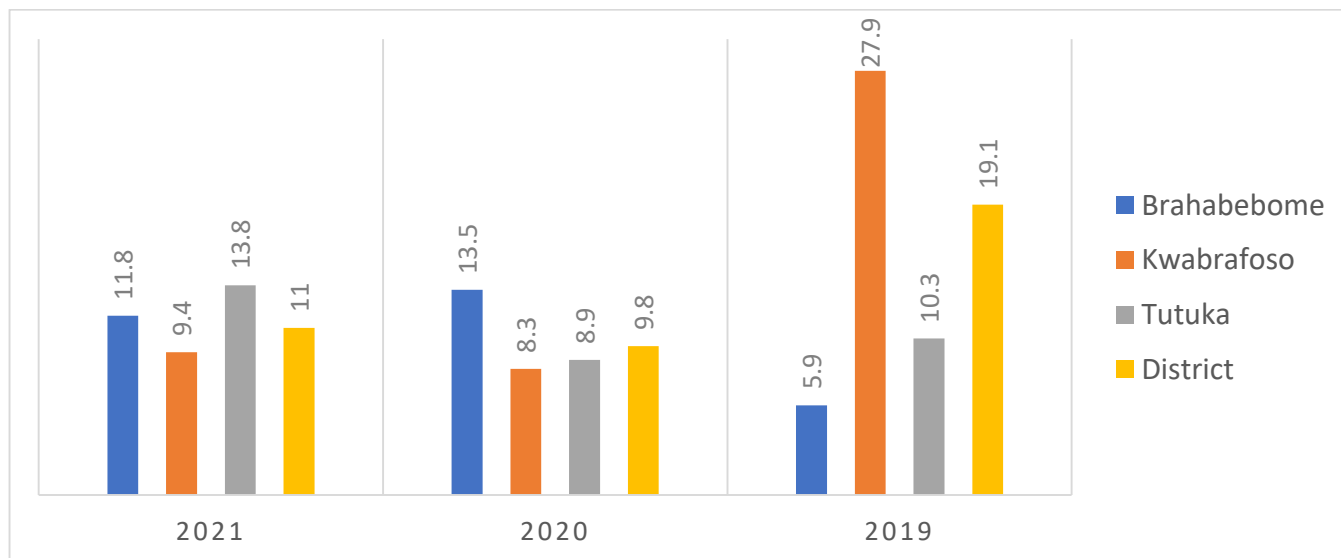
1. Growth Monitoring and Promotion.
2. Promoting and Supporting Breastfeeding and appropriate feeding habits amongst mothers at CWCs.
3. Management of Non-Communicable Diseases
 - Diabetic and Hypertensive Clinic
4. Micronutrient Supplementation Programme
 - GIFTS programme (Public and Private schools)
 - Vitamin A Supplementation Programme (Children 6-12 months)
 - IFA Supplementation for pregnant women
5. Nutrition Education at Service Delivery Points
6. Capacity Building for Reproductive and Child Health (RCH) Unit nurses
7. Supportive and Facilitative Supervision at various Facilities.
 - Data Monitoring and Validation
 - Training on the use of Anthropometric tools
8. Training of Community Health Nurses (CHNs) on how to conduct proper Nutrition Counselling for pregnant women and lactating mothers with the help of **Koko Plus**

NUTRITION SITUATION IN THE DISTRICT

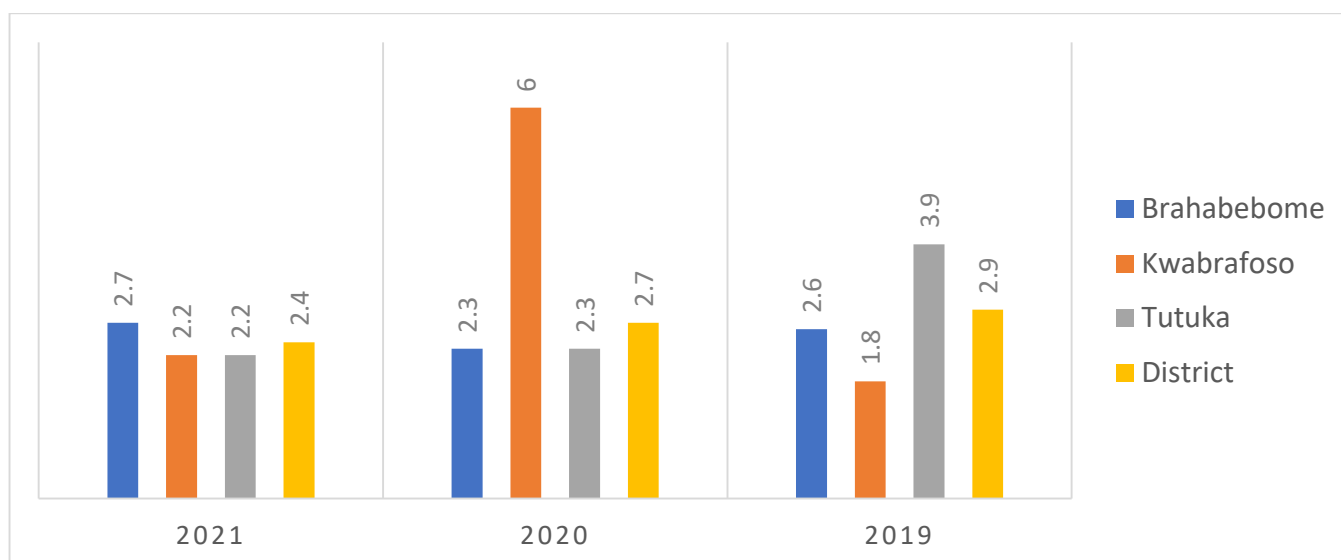
1. Anamia at 38 weeks of pregnancy situation Obuasi East District



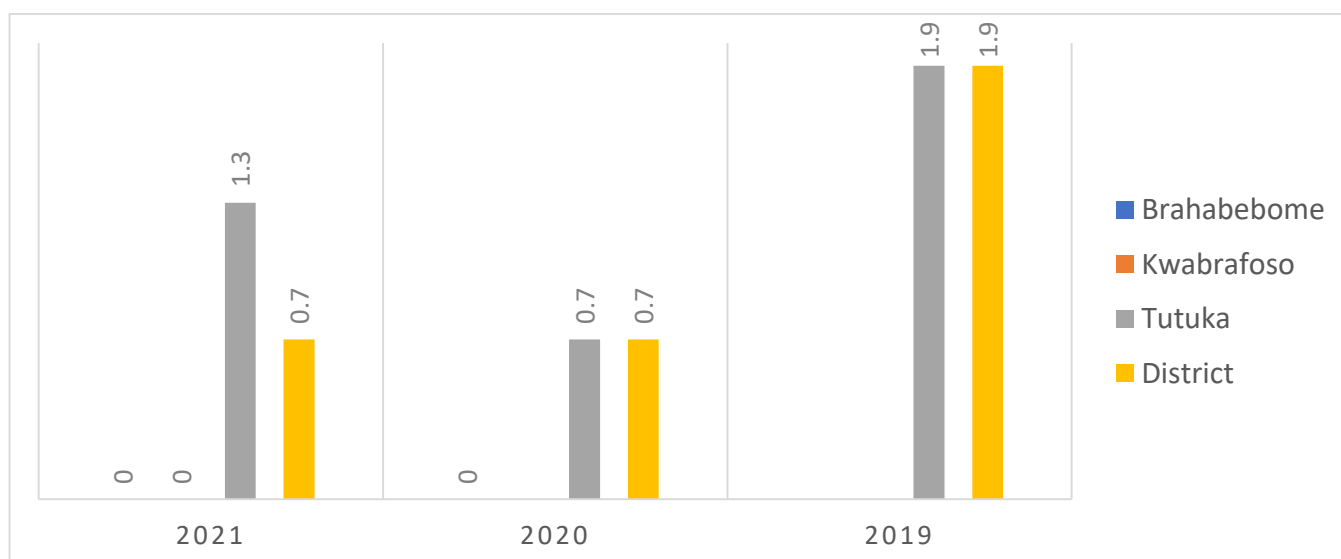
2. Low Birth Weight (LBW) situation in Obuasi East District



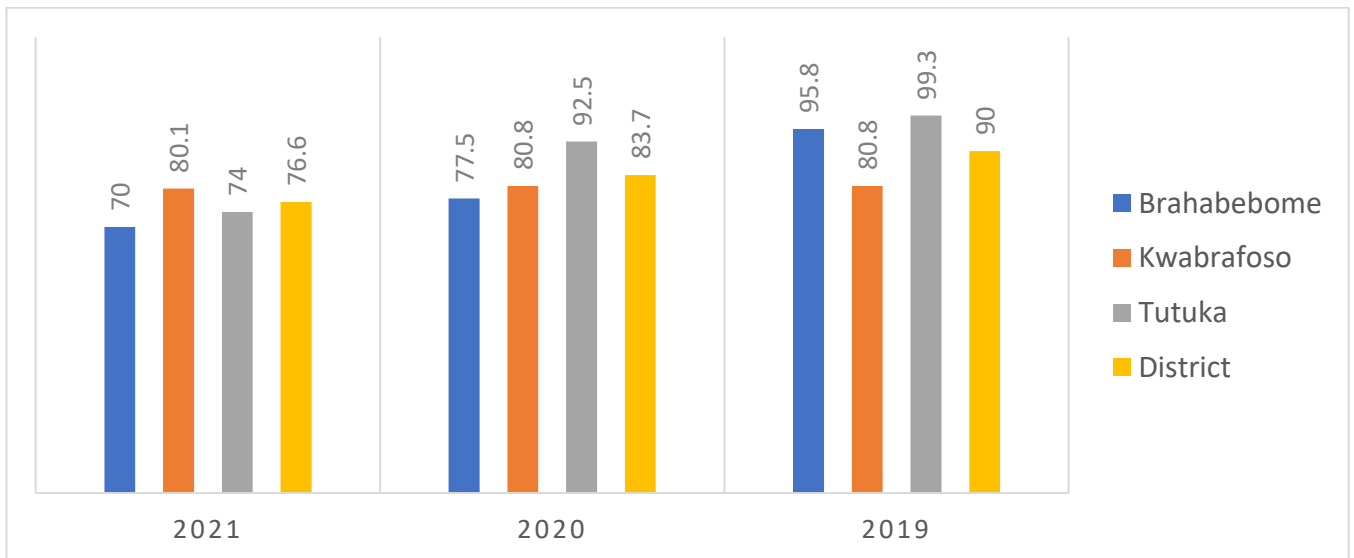
3. Children <5yrs who are Underweight situation in Obuasi East District



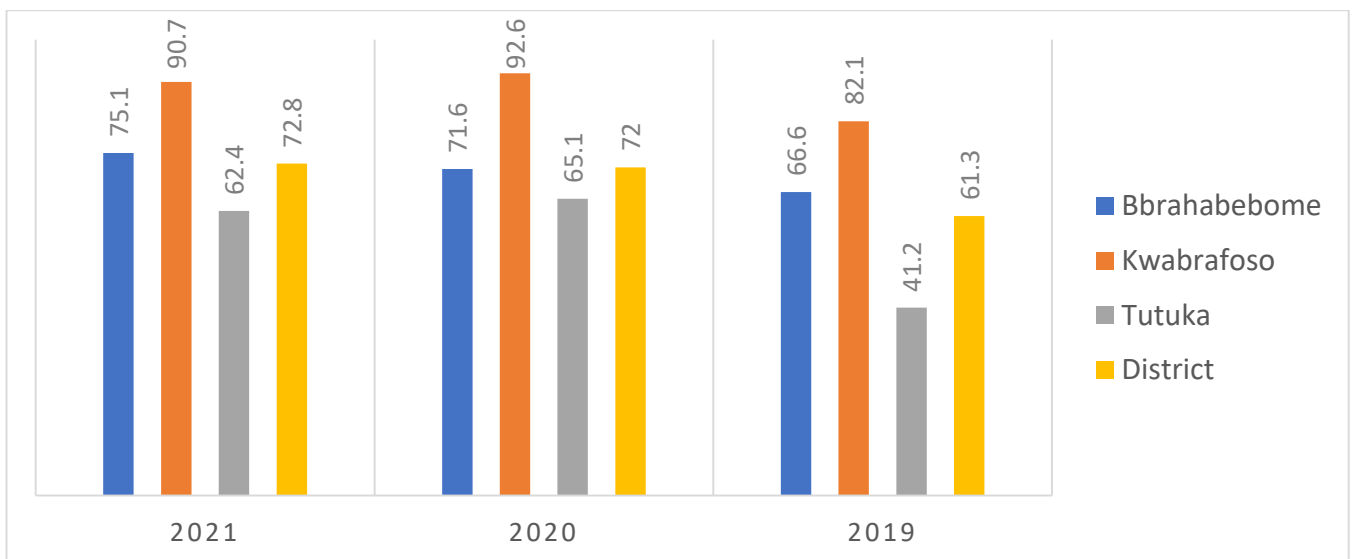
4. Stunting Situation in Obuasi East District



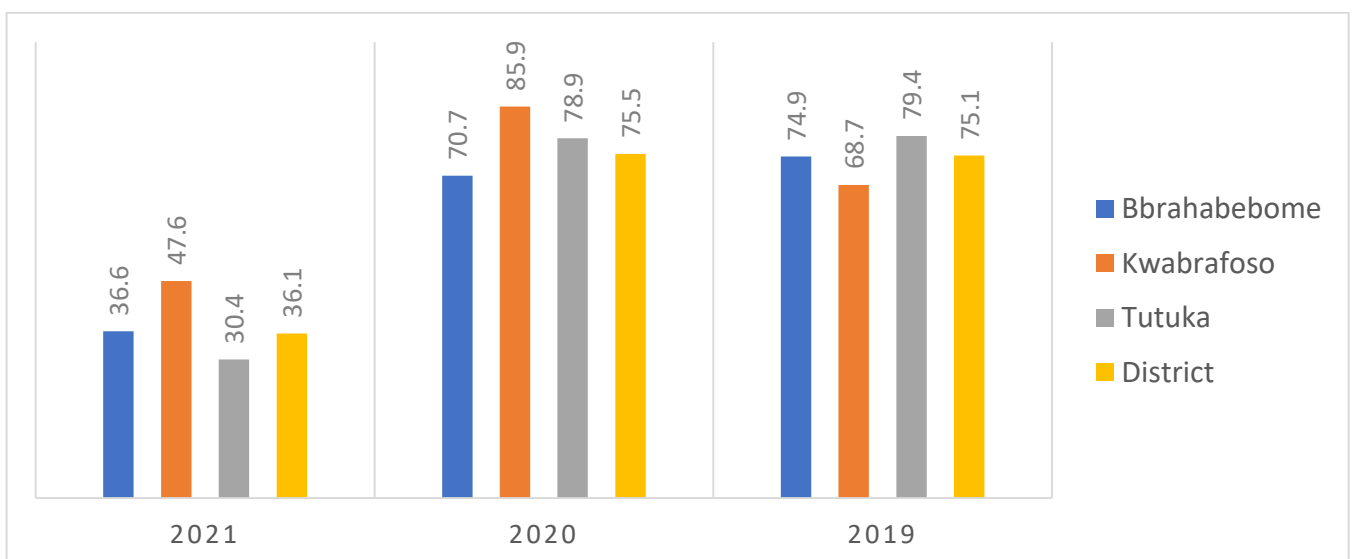
5. Breastfeeding Initiation After 30minutes of Delivery Situation in Obuasi East District



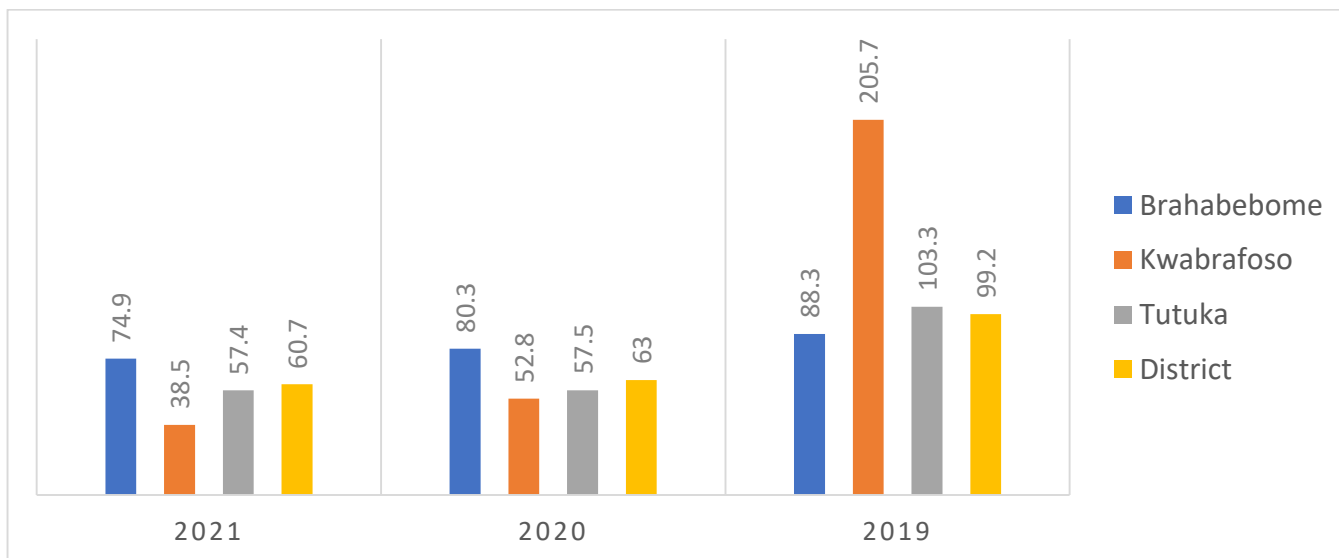
6. Exclusive Breastfeeding at 3months Situation in Obuasi East District



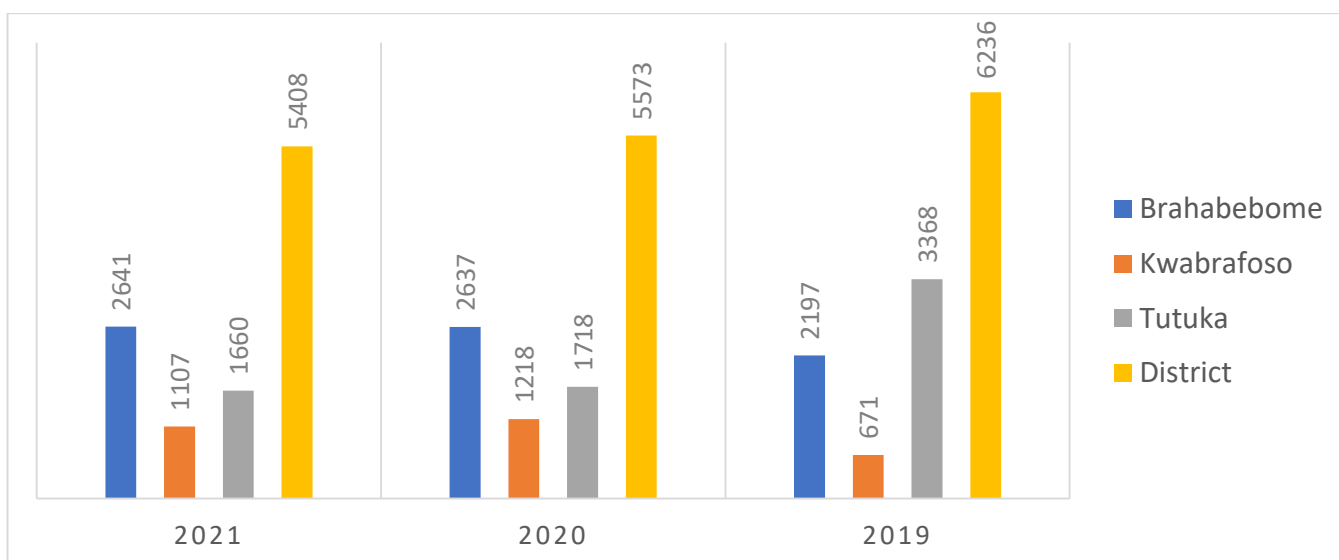
7. Complementary Feeding Situation in Obuasi East District



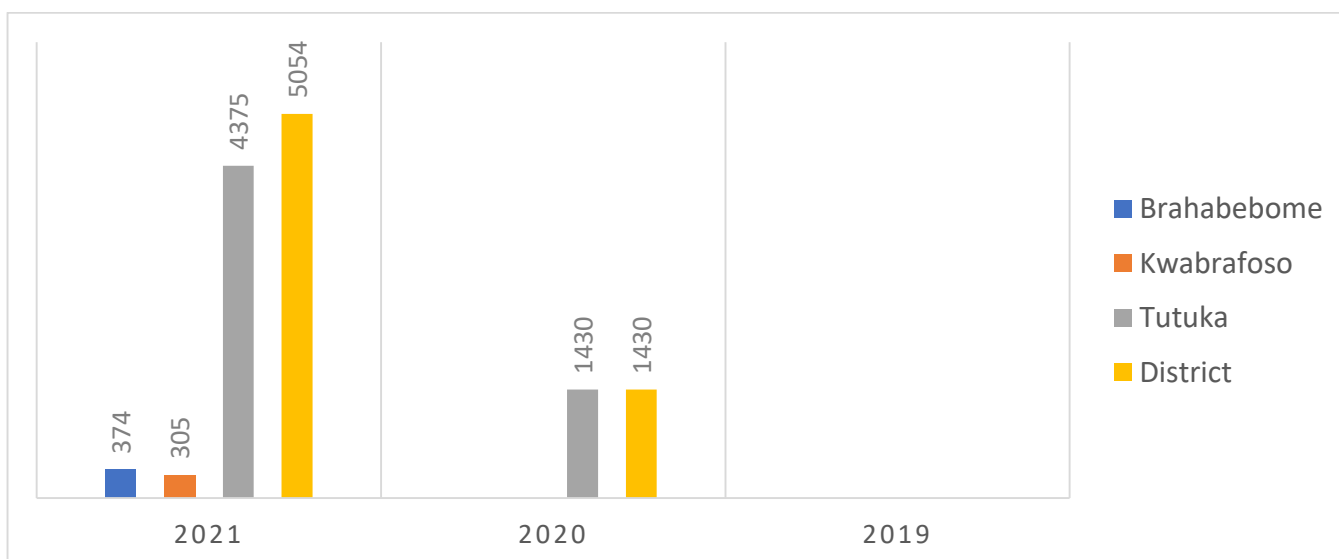
8. Breastfeeding at 1year Situation in Obuasi East District



9. Vitamin A supplementation Situation in the District



10. GIFT Situation in Obuasi East District



MAJOR CHALLENGES

1. Poor data collection and collation
2. Inadequate anthropometric tools (scale, height board for weight and height measurements)
3. Inadequate knowledge and skills on CMAM and IYCF for Health Personnel.
4. Malnourished cases and other children defaulting CWC sessions.
5. Perception about Girls' Iron Folate Tablet Supplementation (GIFTS) programs both in Public and Government Schools (some believe the GIFT Programme is for family planning)
6. Inadequate budgetary allocation for Nutrition-related activities
7. Inadequate nutritional commodities for nutritional rehabilitation such as RUFT, F-75, F-100, Resomal, etc etc.
8. Clients refuse referrals for further nutritional management
9. No designated facility for Baby Friendly Initiatives in the District
10. Inadequate care for Low Birth Weight (LBW) babies.

CONCLUSION

More have been done with respect to Nutrition and its related activities in the District and more is expected to be accomplished in the coming days in bettering the health status of our people. The Unit is looking forward in strengthening the link between facilities and the communities and also, to operationalize effective plan for supportive supervision, coaching, mentoring, monitoring and evaluation all nutrition-related activities in facilities.

COMPILED BY: Ansong Francis

DATE:

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