

SEKYERE EAST DISTRICT

ANNUAL NUTRITION REPORT

FOR THE YEAR 2020

BABY FRIENDLY HOSPITAL INITIATIVE

The baby friendly hospital initiative was introduced to provide maternity support to breastfeeding. About 2012 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.

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 2018-2020

Years	No. of deliveries	Initiating of before within one hour	% coverage
2018	2078	1549	75
2019	2017	1836	91%
2020	2063	2012	98%

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 in 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 2018-2020

Period	Target for the year	Achievement (coverage)	Moderate underweight	Severe underweight
2018	5578	6871(123%)	94(1.4%)	14(0.2%)
2019	5992	7154(119%)	95(1.3%)	12(0.16%)
2020	6112	6048(99%)	46(0.76%)	7 (0.12%)

Whiles growth promotion activities in children 0-23 months records a high coverage for 2018 and 2019 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 programmes undertaken 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 2018-2020

Period	Target for the year	Achievement (coverage)	Moderate underweight	Severe underweight
2018	8026	6733(84%)	103(1.5%)	4(0.06%)
2019	10165	6194(61%)	49(0.79%)	7(0.1%)
2020	10367	4491(43%)	89(1.98%)	4(0.09%)

Growth promotion activities in children 24-59 months continue to decrease for 2019 and 2020. Malnutrition levels in this year group continue to decrease which could be attributed to the intervention programmes undertaken in the district.

NUTRITION REHABILITATION

All the children who reported with cases of malnutrition and anemia were rehabilitated and more severe ones were referred to the children's hospital, CWC (KATH) in Kumasi for continuum of care. In all, 146 children between the ages 0-59 months who had their weight for age below -2, to-3 Z scores were rehabilitated by counseling their care givers on the right foods to give at home through the community IYCF programme. The Nutrition rehabilitation being done at

Ahammadiyya and the District hospital is a contributory factor Home visit was also used to support in the rehabilitation.

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 and lactating women within 8 weeks postpartum. Also available is the iron foliate supplementation for pregnant women.

The objectives were to reduce vitamin A deficiency in children, 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 6-59months and mothers who received Vitamin A (8weeks post-partum).

Table 15: Routine vitamin a supplementation for children 6-59 months old from 2018-2020

Year	Target	Achievement (%)
2018	13296	17136(129%)
2019	13926	14976(108%)
2020	13926	12901(93%)

Vitamin A supplementation for children 6-59 months coverage performance saw a decrease in 2019 and 2020 compared to the year 2018. The Covid-19 pandemic resulting in the closure of schools for almost one year by government contributed to the decline in Vitamin A performance since most of the children are dosed during school health services. Efforts will be made to achieve a 100% coverage in the year 2021.

IODATED SALT SURVEY

To ensure the availability of iodated salt in the district, a survey was conducted in May and December to determine the presence of iodated salt in both the market and the individual households.

Table 17: Iodated salt survey market survey results from 2018-2020

Year	No of salt samples tested	No with 0PPM	No with 15 and above PPM
2018	184	0	184(100%)
2019	184	1	181(98)
2020	184	2	182(99)

Comparing the three year trend the market passed in 2018 as compared to surveys conducted in 2019 and 2020 which failed. It was observed during the survey that handling and storage of salt could be a contributing factor. The hiping and exposure of salt for longer periods in the market place has improved. However, the test kits used for the past three years were all expired so its viability is questionable.

Table 18: Individual household survey results from 2020

Year	No of salt samples tested	No with 0PPM	No with 15 and above PPM
2018	184	2(1%)	182(99%)
2019	184	4	180(98%)
2020	184	0	100

The household has consistently failed in all three surveys which could be attributed to storage of salt in some households or the test kits. In the year under review out of the 184 salt samples used in the survey, 184(98%) had 15 and above PPM with 4(2%) salt samples with 0 PPM . Surprisingly the households has pass the survey this round. More education will be done in 2021 on the importance of safe storage of salt to prevent iodine loss

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

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

In-School Adolescent Girls 2020

Indicator	No.
Number of girls enrolled	5325
Number of adolescent girls screened	4323
Number of adolescent girls anaemic	0
Number of adolescent girls registered on the Programme	4323
Number of girls receiving at least 10 tablets in the term	820



REPORT ON NUTRITIONAL INTERVENTIONS FOR FOOD VENDORS JUNE 2020

Nutrition friendly schools intervention that is carried out by Sekyere East District Assembly (Environmental Health unit) Ghana Health Service and Ghana Education Service.

Objective of the programme is to make sure that, both JHS and Primary school people take fruits once every week.

The rationale is to ensure that, they get micronutrients (vitamin A&C), instead of sweets and sugar.

Food vendors selling at the various schools should be checked by the Environmental Health Officers if they are having the requisite medical screening health certificate, and to make sure there is availability of hand washing facilities in various schools.

Currently the programme is been run in five selected schools within Sekyere East District in Effiduase. The schools are: Effiduase R/C JHS (a), Effiduase SDA, Asokore D/A JHS, Effiduase Methodist JHS(a), Effiduase D/A JHS 2(c)

After the durbar sensitization there was fruits demonstration where the food caterers realized adding fruits on top of their menu give school children supplementary nutrients (vitamin A&C) and the food vendors agreed instead of sweets and sugar they will replace with fruits.

CERTIFICATION REPORT ON FOOD VENDORS REPORT

A team of officers monitored the food vendors on the issuance on their medical certificates, after the main exercise of the food vendor's medical screening was ended on the 15th November 2020 which started on the **4th of November**;

OBSERVATION

It was observed that, almost all the people that participated in the screening exercise had their certificate issued to them. Out of the **Thousand two hundred (1,200)** that took part in the exercise this year (2020) forty one (**41**) people tested positive (typhoid and hepatitis b). These people were advice to visit the District hospital for further investigation and treatment.

The unfit **forty one (41)** vendors certificates withheld and they were ask to stop operating until their investigation and treatment was done.

Though it was difficult to them but they obliged.

CONCLUSION:

Food vendors screening exercise should be organized yearly so that those that found affected could be checked and advise them to seek medical treatment at the Hospital to prevent spread of infectious diseases.