

ENVIRONMENTAL HEALTH AND SANITATION UNIT
SEFWI WIAWSO MUNICIPAL ASSEMBLY

THIRD QUARTER REPORT ON NUTRITION-ORIENTED
INTERVENTION PROGRAMME, 2023

INTRODUCTION

Nutrition interventions help to reach variety of goals, such as weight loss, healthier eating habits, managing stress and prevention of diseases. This may involve equipping one with tools for behaviour modification and adjusting their dietary approach. On 14th September, 2023, Ghana Health Service and the Environmental Health and Sanitation Unit rolled out Nutrition Oriented Interventions in Sefwi Wiawso Municipality such as:

- ❖ Introduction of Girls Iron Folate Tablet Supplementation GIFTS Programme
- ❖ Egg, Fruit and Vegetable Day in schools

During the period under review, two (2) nutritional oriented interventions were undertaken. They are:

1. Introduction of Girls Iron Folate Tablet Supplementation GIFTS Programme
2. Egg, Fruit and Vegetable Day in schools

OBJECTIVES

1. To decrease soft drink and unhealthy snack consumption.
2. To contribute to prevention of constipation.
3. To help children to develop a habit of healthy living.
4. To offer access to fruit a day for all children.
5. Expose children to new varieties of fruits.
6. Contribute to the reduction in anaemia among adolescent girls in the municipality.

PARTICIPANTS

Health Promotion Officer

Nutrition Officer

Environmental Health Officer

SHEP Coordinator

Teachers

Parents

School feeding Caterers

Food Vendors.

ACTIVITIES

School Base Activities for school caterers and food vendors

The Environmental Health and Sanitation Unit in collaboration Ghana Health Service educated the staff and school feeding caterers in three four selected schools on the need to always ensure the school children are provided with balanced diets.

- A. Sensitization and orientation on nutrition intervention programmes on Fruit, Vegetable and Egg Day, Girls Folate Tablets Supplementation and Vegetable Day was conducted for teachers, PTA members, students and the immediate school community food and snack vendors, school cooks etc in some selected schools in the municipality.

The areas covered were:

- i. Benefits of increased consumption of fruits and vegetables.
- ii. Reduce the intake of unhealthy foods and snacks.
- iii. Responsibilities and expectations from parents.

- B. The Egg, Fruit and Vegetable Day Initiative. The fruit day initiative in the Sefwi Wiawso Municipality has been found to help build good habit among school children. It has also increased the school children's wellbeing and thereby promoting better health. This intervention will help to prevent cancer, coronary heart disease and other diseases.

The first beneficiary schools on egg, fruit and vegetable day were

- i. Roman Catholic R/C School
- ii. Amafie M/A Basic School
- iii. Datano M/A Basic School
- iv. Presbyterian M/A School

C. Introduction of Girls Iron Folate Acid Supplementation in Schools. The Girls Iron Folate Tablet Supplementation GIFTS Programme introduced in Sefwi Wiawso Municipality targeted adolescent girls (10-19 years).

This nutrition intervention seeks to reduce anaemia among adolescent girls through weekly provision of iron and folic acid supplements. Adolescent girls in ten basic schools Upper Primary and J.H.S, three Private schools and two Senior High Schools namely, Sefwi Wiawso Senior High and ST. Joseph Senior High, were part of the programme.

All adolescent girls received a combined tablet with 60mg elemental iron and 400mcg folic acid every Wednesday after meals. Teachers have been trained to provide education on the benefits of the tablets and possible side effects.

ACHIEVEMENT

1. It has increased the knowledge about the benefits of egg, fruits and vegetables among school children and parents.
2. The habit of regular fruit intake has been inculcated in school.
3. Adolescent girls in the municipality both students and out of school received a combined tablet of 60mg elemental iron and 400mcg folic acid every week.
4. Education on the benefit of the tablets and the possible side effects have been provided to the adolescent girls.

CHALLENGES

- 1) Inadequate funds to carry out such activities.
- 2) Inadequate support from parents to children on fruit intake.
- 3) Most schools do not have fruit trees on their compounds that are in season.

RECOMMENDATIONS

1. Most schools should be encouraging to plant fruit trees on their compounds that are in season

2. Adequate funds should be provided for such activities.
3. Parents should support their children by assisting them with regular intake of fruits.

CONCLUSION

It is anticipated that if such activities are regularly carried out, it will help improve or resolve the nutrition diagnosis or nutrition problems by provision of advice, education, or delivery of food component of a specific diet or meal plan tailored to the patient/client needs.

ALEX NTI
SNR. ENV. HEALTH OFFICER
*for:***MUN. ENV. HEALTH OFFICER**