

**NUTRITION – ORIENTED INTERVENTIONS BY GHANA HEALTH
SERVICE IN SEFWI WIAWSO MUNICIPAL ASSEMBLY, 2023**

Nutrition Intervention sometimes called the **nutrition prescription** is the third and the most crucial step in the Nutrition Care Process (NCP). 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. Ghana Health Service has rolled out Nutrition Oriented Interventions in Sefwi Wiawso Municipality such as:

1. Vitamin A supplementation.
2. Growth monitoring and evaluation.
3. Helping clients manage lifestyle (such as diabetes and hypertension) through nutrition.
4. Growth Monitoring Promotion
5. Advocacy for regular exercise
6. Sensitization and advocacy of exclusive breastfeeding
7. Determining best nutrition plan for clients
8. Discussing nutrition and best eating habits with clients
9. Staying updated on the latest research in the field
10. Introduction of Girls Iron Folate Tablet Supplementation GIFTS Programme
11. Egg, Fruit and Vegetable Day in schools

**FRANCIS K. OSOREDE
MUNICIPAL ENV. HEALTH OFFICER**