

ENVIRONMENTAL HEALTH AND SANITATION UNIT
SEFWI WIAWSO MUNICIPAL ASSEMBLY

REPORT ON NUTRITION INTERVENTION PROGRAMME, 2021

Introduction

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:

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

During the year 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.

ACTIVITIES

- 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

- a. Benefits of increased consumption of fruits and vegetables.
- b. Reduce the intake of unhealthy foods and snacks.
- c. Responsibilities and expectations from parents.

PARTICIPANTS

Health Promotion Officer

Nutrition Officer

Environmental Health Officer

SHEP Coordinator

Teachers

Parents

Food Vendors.

- 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 are

- i. Watico Demonstration School
- ii. Naana Biney J.H.S
- iii. Nyamebikyere M/A School
- iv. Okumdom M/A School
- v. Caana M/A School
- vi. Asawinso Methodist J.H.S
- vii. Wiawso Presby 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 (10-19years)

This nutrition intervention seeks to reduce anaemia among adolescent girls through weekly provision of iron and folic acid supplements. Adolescent girls in all basic schools Upper Primary and J.H.S, Private schools and the four Senior High Schools namely, Asawinso Senior High, ST. Joseph Senior High, Sefwi Wiawso Senior High and Sefwi Wiawso Senior High Technical School are part of the programme. Out of school adolescent girls who are not in schools are also included.

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 increase 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. All basic private schools and Senior High Schools and Out of School have been enrolled onto the Girls Iron Folate Tablet Supplementation GIFTS Programme.
4. 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.
5. 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 encourage 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.

Pictures of Fruit and Vegetable Day at Wiawso M/A Presby School



Egg day at Okumdom M/A Basic School



Pictures after Education on Fruits, Vegetable and Egg Day at Caana M/A Basic School



Educating Parents on Girls Iron Folate Tablet Supplementation (GIFTS) Programme



