

# UPPER DENKYIRA EAST MUNICIPAL ASSEMBLY

## MUNICIPAL HEALTH DIRECTORATE

### NUTRITION ORIENTED PROGRAMMES AND INTERVENTION - 2021

No.	PROGRAMME	DESCRIPTION	TARGET GROUP	ESTIMATED TARGET	IMPACT	CHALLENGE
1	Girls Iron Folate Tablet Supplementation (GIFTS)	This is an anemia control programme that supplies free iron folate tablets to adolescent girls in school and home. Nurses take care of those at home and teachers, those in school	Adolescent girls aged from 10 to 19 years.	60% of adolescent girls' population (5975)	29% of target achieved.	Misconception that IFA is a family planning product. Inadequate education
2	Start-Right, Feed- Right	This campaign covers infant feeding from pregnancy to 5 years. Activities include nutrition in pregnancy, early initiation, exclusive breastfeeding, complementary feeding, and continuous breastfeeding up to 2 years	Children under 5 years	20% of population (17781)	86% early initiation to the breast, Exclusive breastfeeding @ 3months = 63%, Complementary feeding = 77%,	Lack of funds for community related BCC activities
3	Growth monitoring and Promotion	This programme seeks to weigh children monthly to assess their growth rates and provide intervention where necessary.	Children under 5 years	20% of population (17781)	65% of children served	Lack of motorbikes for monitoring and supportive
4	Nutrition Rehabilitation	This programme supports children who are severely malnourished. Children are served with therapeutic foods and supportive services at home	Children under 5 years	100 children	7 children treated and discharged	Lack of therapeutic foods makes management very difficult. Lack of transport (motor for field work)
5	Iron supplementation for pregnant women	This is also an anemia control programme that supplies free iron folate tablets to pregnant women and lactating mothers	Pregnant and lactating mothers	3556 (4%) of population	3782 (80%) of 4754 pregnant women were served. 1571 (45%) of 3997 lactating women were served	Poor supplementary feeding to augment iron stores, mainly due to poverty and poor eating habits
6	Vitamin A supplementation	This also provides vitamin A nutrients in the form of supplements to children every six months	Children 6-59 months	1778 children 6-11 months and 14224 children 12-59 months	100% achievement for 6-11 months and 76% for 12-59months	Reduced outreach services

7	Control of non-communicable diseases	This is behavior change activity that seeks to prevent lifestyle that contribute to diseases such as hypertension, diabetes, cancer, anemia among others	General population	General population	Media campaign increased, stakeholder football games launched, wellness clinics and counselling and suport services	Low stakeholder commitment
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