

**GA SOUTH  
MUNICIPAL  
HEALTH  
DIRECTORATE**

**NUTRITION UNIT**

**ANNUAL REPORT**

**2020**

**MISS MILLS**

## **INTRODUCTION**

Nutrition is fundamental to human existence and as a Municipal, our health problems continue to increase because of unhealthy life styles and eaten habits. Whiles most health problems and deaths will be attributed to any number of diseases the root cause is more often in our modern diet. The nutrition unit of the public health division is concerned on how toxic this modern diet is becoming to our health and so is tasked with a mission of improving, maintaining and sustaining the nutritional status of all individuals living in the Ga South Municipal , with special emphasis on children under five as well as pregnant and lactating women since they are more vulnerable.

This report covers activities undertaken by the nutrition unit for the year 2020. It also presents trends of indicators over the last 3 years, attempts to list some achievements based on previous year's performance through comparing achievements for the periods ( 3 year trend),it also looks at challenges and way forward for the second half of the year.

## **PROGRAMS UNDERTAKEN BY THE UNIT**

### **CONTROL OF MALNUTRITION**

- Promotion of Breastfeeding and Appropriate Complementary Feeding
- Girl Iron Folate Tablets supplementation (GIFTS)
- Infant and Young Child Feeding
- Growth Monitoring and Promotion
- Nutrition Education

### **MICRONUTRIENT DEFICIENCY CONTROL**

- Vitamin A Deficiency Control
- Iodine Deficiency Control
- Anemia Control. Regenerative Health and Nutrition Program

### **PREVENTIVE NUTRITION EDUCATION**

- Control of life style related diseases through public health preventive health talks and physical exercises.

## **THE PRIORITY AREAS OF THE UNIT ARE:**

- Ensuring capacity of staff built to effectively counsel mothers/caregivers on feeding the child under 5 years through training in Infant and Young Child Feeding.
- Advocating increased adoption of the Baby Friendly Hospital Initiative (BFHI)
- Regenerative Health and Nutrition.
- Collaborating with the RCH Unit to ensure effective implementation of the
  - The Anemia Control Program
  - Maternal and Child Routine Vitamin A Supplementation
- Strengthening District management of Nutrition Programs by technical staff

### **PLANNED ACTIVITIES FOR THE YEAR / THE OBJECTIVES FOR THE YEAR**

- Improve counseling on UNICEF Community Infant and Young Child Feeding through orientation of staff and on the job training.
- Improve counseling in ENAs (Essential Nutrition Actions) for the benefit of the pregnant and young children through on the job training.
- Mentor and coach staff through weekly visit to CWC sites and antenatal sites to improve data collection and services rendered to clients.

### **ACTIVITIES UNDERTAKEN DURING THE YEAR UNDER REVIEW:**

- Growth Monitoring and promotion; on site coaching and mentoring on how to plot on completed months.
- GIFTS orientation; there was a one-day orientation at the Regional Health Directorate on the GIFTS program and how to ensure the generation of accurate data, success stories and how to improve its acceptance into the various districts was also discussed.
- Mentoring and coaching visits to schools implementing GIFTS and health Facilities.
- Orientation of 12 staff on the Maternal and Child Health Record Book (MCHRB)
- Monthly validation of nutrition data and other programs data.
- Mentoring and coaching activities on MNCP activities

### **SUMMARY OF FINDINGS BASED ON OBJECTIVE SETTED ON THE MONITORING VISITS TO SCHOOLS AND HEALTH FACILITIES IMPLEMENTING GIFTS**

### **STAFF KNOWLEDGE ON THE PROGRAM**

- Staff at the distribution site were trained on effective distribution and education on IFA.
- IFA tablets administered/delivered to beneficiaries were mostly within agreed frequency.
- Registers or records were filled out correctly.

### **PHYSICAL CONDITIONS OF THE IFA STORAGE FACILITY**

- Below are the many observations made across schools;
- Supplies were properly packed in the various schools under lock and key.
- Bin card were not being used for inventory control.
- Record keeping were properly maintained in all schools.
- IFA tablets were delivered to distribution site within agreed frequency periods.
- There were lesser shortages/losses in majority of schools.
- Most shortages recorded were not reported for action.
- There were no stock-out of IFA tablets in the past 3 months.
- There were no damages to the IFA tablets.

### **SUCCESS STORIES BY GIRLS ENROLLED ON PROGRAM AND TEACHERS**

- Reduced menstrual cramps
- Regular menstrual flow
- Improved attendance for girls who used to miss school due to menstrual issues
- Girls look healthy
- No records of adverse effects have been recorded following tablets administration by all sites visited.

- **CHALLENGES**

- Refusals to enroll into GIFT program by some girls
- No bin cards for documentation of stock on site
- Some GIFTS coordinators not trained effectively on the GIFTS program.

### **SERVICE STATISTICS**

**Underweight among first time registrants 2018 – 2020**

Comparing the half year under review with the previous year's data; the rate of underweight has decreased among first time attendants (3.4% in 2019 – 1.7 % in 2020), the regional target set is to get the rate at 3.8% or lower was reached and less than 10% which is the WHO standard was also achieved.

**Underweight among registrants 2018 - 2020**

Year	Rate of underweight (severe+moderate)	Rate of normal	Total no. weighed	Target for the year 2020/ P- T Gap
2018	3.7%	96.3 %	15690	3.8 %
2019	3.4%	96.6%	11568	P – T Gap= (- 55.2)
2020	1.7%	98.2%	11863	

**ATTENDANCE (UNDERWEIGHT AND NORMAL STATUS AMONG ATTENDANCE 2018 – 2020)**

Looking at the year under review there has been a decrease in children who are underweight among children who are attendants. Comparing 2019 (5.6%) – 2020 (2.4%)  
 Even though the region is not asking the Municipal to compare underweight for attendance looking at the holistic guideline; it can be compared and said that we are doing better than the target provided under the half year under review.

**Underweight and normal status among Attendants (2018 – 2020)**

Year	Rate of underweight (severe+moderate)	Rate of normal	Total no. weighed	Target for the year 2020/ P- T Gap
2018	4.2%	95.7%	37782	3.8 %
2019	2.9	96.8%	2285	
2020	1.9%	97.1%	112082	

## PROPORTION OF CHILDREN WHO ARE MEASURED TO ASSESS STUNTING (2018 – 2020)

Looking at the table; there was been a decrease of the proportion of children who were measured in the year under review comparing it to the previous year; perhaps the pause in Weighing activities contributed to the decrease.

Measures have been put to place to increase the rate of children measured throughout the municipality.

### Proportion of children measured (2019 – 2020)

Year	Total children measured	Total attendance	Proportion of children measured	Target set by Region/ P – T Gap
2018	3225	126843	2.5%	Regional target 10%
2019	13790	135994	10.1%	
2020	10669	112082	9.5%	P – T Gap (- 5)

## STUNTING AMONG CHILDREN MEASURED FOR HALF YEAR 2019 – 2020

Even though less children were measured for this half year the rate of stunting decreased comparing it to the previous year.

**Stunting is not an indicator which the holistic assessment looks out for but it was analyzed to inquire how well the municipal is doing.**

Year	Total children measured	Rate of stunting among children measured	Rate of Normal children	Target set by Region/ P – T Gap
2018	3225	0%	100	
2019	13790	1.9%	98.1%	WHO target10%

2020	10669	0.1%	99.9%	
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**BREASTFEEDING WITHIN 30 MINUTES OF DELIVERY; COMPARING A THREE-YEAR TREND FOR 2018 AND 2020 HALF YEAR.**

2018 recorded over 100% rate because of invalid data recorded but due to constant validation of data entered into dhms for the years after the rate was captured accurately.

There has been an increase in the rate of babies put to breast @ 30 minutes for 2020 comparing it to the previous year (93.7% - 96.4%). The regional target of 95 % was achieved for the year under review.

Year	Rate of breasting @ 30mints	Target set for the unit for the year 2020/ P- T Gap
2018	106.6%	95 %
2019	93.7%	95%
2020	96.4%	95% P- T Gap (1.4%)

**ANEMIA @ 36 WEEKS**

**ANEMIA RATE AT REGISTRATION AND AT 36 WEEKS 2018 – 2020**

**Throughout the three-year trend the rate of anemia has never falling under the regional target of 25% but there has been a slight drop of 1% for anemia at 36 weeks comparing 2019 rate to 2020**

Year	Rate of anemia @ registration	Rate of anemia @ 36 weeks	Target for 2020/ P – T Gap
2018	28.7%	30.1%	Less than 25 %

<b>2019</b>	29.6%	33.6%	<b>P – T Gap (30.8%)</b>
<b>2020</b>	29.0%	32.7%	

### **ACHIEVEMENTS**

- ❖ Successful in undertaking onsite mentoring and coaching visit for all facilities.
- ❖ Orientation of staff on the proper use of the MCHRB.
- ❖ Successful in establishing GIFTS imitative and the compilation and reporting.
- ❖ Stunting rate under the year under review recording a less than 1% rate and recording 99.9% normal for all children measured.
- ❖ Under weight rate still lower than the regional target of 3.8 % (2019 was 3.4% and 2020 is 1.7 %)
- ❖ Anemia at 36 weeks has recorded a 1 % drop-in rate comparing it to the previous year.

### **CHALLENGES**

- ❖ Anemia at 36 weeks of pregnancy has been a challenge for the unit.
- ❖ Dedicated nutrition representatives in the various facilities to ensure quality nutrition data is generated.
- ❖ Incorrect data entered into dhms.

### **WAY FORWARD**

- ❖ Train more staff on Essential Nutrition Actions (ENAs) and BFHI.
- ❖ Ensure proper documentation of client’s information in the MCHRB.
- ❖ Advocate for enhanced work condition.
- ❖ Strategize how to lower the rate of anemia among pregnant woman.
- ❖ Validate report monthly to ensure quality data is entered into dhims.



## ACKNOWLEDGEMENTS

The unit wishes to acknowledge the support of the Municipal Director of Health Services, the members of the public health division for their support during the half year and their energy to support the unit to achieve the set objective.

## APPENDIX

Mentoring visits on GIFTS in one of the schools in the municipality visited.





The monitoring team checking the GIFTS registers and reports during the mentoring visit.



Orientation of staff on MCHRB

Onsite mentoring and coaching visit at Bortianor

