

In case of any reply the number  
And date of this letter should be  
quoted

METRO HEALTH DIRECTORATE  
SEKONDI-TAKORADI METROPOLIS  
POST OFFICE BOX 187  
SEKONDI



#### OUR CORE VALUES

- Team work
- Professionalism
- Innovation
- Integrity
- Client centeredness
- Discipline

5<sup>TH</sup> JANUARY, 2025.

Our Ref: GHS/WR/MHD/HPU/09/2020

Your Ref: .....

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### SEKONDI TAKORADI METRO HEALTH DIRECTORATE

The Nutrition unit under the family health department of the Ghana Health Service aims to provide adequate nutrition to all population especially children under 5 years and women of reproductive age. In that sense, comprehensive nutrition services are being provided at both health facility and community levels to reduce malnutrition and mortality. The Sekondi Takoradi Metro Health Directorate accordingly implements the under listed key nutrition interventions in order to ensure the attainment of this goal.

**1. GROWTH MONITORING AND PROMOTION:** All health facilities across the Metro provide monthly Child Welfare Clinics (CWC) to assess the growth of children under five. Growth monitoring is where the weight, height/length, Arm and Head Circumferences are being assessed to detect nutrition status and abnormalities in early days in order to provide rapid interventions, counselling and support to caregivers to help address it since some consequences of malnutrition may remain irreversible after age two.

**2. MICRONUTRIENT DEFICIENCY CONTROL:** Micronutrient deficiency is where essential micronutrients are lacking in the diet most people. Unfortunately, in most cases, the victims are unaware of this deficiency and so it is also referred as hidden hunger. In response to this, the Metro provides Vitamin A Supplementation to children under 5 years through CWC, home visit and School health service to help build strong immunity, improve body stores and reduce morbidity and mortality.

Again, Iron supplements are being administered to pregnant women to boost their hemoglobin levels to reduce risk of postpartum hemorrhage. A survey was conducted by the Ghana

demographic and Health Survey (GDHS, 2014) and it was established that 48% of adolescent girls are anemic. The Ghana Health Service in collaboration with other partners; CDC, Ghana Education Service, UNICEF and Health Survey (GDHS, 2014) therefore established the Girls Iron Folic Acid Tablet Supplementation (GIFTS) programme to help address anemia among in-school and out of school adolescent girls in Ghana. The Ghana Health Service (GHS) Nutrition unit manages the out-of-school component whilst the GES implements the in-school component. Also, the GHS in collaboration with GES has established Nutrition Friendly School Initiative (NFSI) programme which seeks to rule out poor nutrition practices among school-aged children and adolescents in school. The importance of this intervention is to enhance brain development of school-aged children and to boost their immune system. With this, “Fruit Day” has introduced in various schools of where school children bring their fruit from home to school to enjoy amongst themselves. Another intervention known as the Smart School is implemented in school to empower young people to promote positive changes in practices and norms. In this activity, a student is trained by health personnel on a particular health topic and this student pass on the knowledge to their peers for positive behavior change.

**3. BABY FRIENDLY HOSPITAL INITIATIVE:** This is a global effort launched by WHO and UNICEF to implement practice that protect, promote and support breastfeeding as it has been proven in research that breast milk is the most suitable diet for infants right from birth till six months of age. The Metro Health Directorate therefore ensures the implementation Breastfeeding which comprises of Early Initiation of Breastfeeding within 30 minutes after birth, Exclusive breastfeeding EBF till six months of age and continuous breastfeeding till 2 years of age. The benefit of breastfeeding include; protection against allergies, sickness and provides immunity to immediate causes (obesity, diarrhea, allergies, respiratory tract infection and malnutrition) of infant mortality.

**4. NUTRITION IMPROVEMENT PROGRAMME USING KOKOPLUS:** The Ajinomoto Foundation, a Japanese NGO public interest group has partnered with the Ghana Health Service to solve the issue of malnutrition which remains a significant public issue in Ghana. This programme introduces a product (Kokoplus) which a protein and micronutrient- dense supplement. The product is thereby recommended to caregivers for enriching complementary foods.

**5. FOOD SECURITY AND NUTRITION MONITORING SYSTEM (FSNMS) IN THE CONTEST OF COVID 19:** The Ghana Health Service in partnership with UNICEF, MoFA and WFP has introduced FSNMS that tracks and report household vulnerability to food insecurity. The

WFP supports MoFA to collect household food security and food prices data from selected market for quarterly analysis. Data are then generated on some Nutrition Indicators (CWC, Vitamin A Supplementation, and Early Initiation of breastfeeding). The Metro Health also ensures adequate capturing of data which are used in decision making and assessment of the impact of COVID 19 on the food and nutrition situation.

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**6. NUTRITION FRIENDLY SCHOOL INITIATIVE.** This is framework that involves a multi-sectoral collaboration (health and education) to integrate nutrition into school policies designed to

tackle malnutrition (underweight, obesity, micronutrient deficiencies) in schools by creating healthy food environments, delivering health services, teaching life skills, and promoting physical activity, aiming for better health, learning, and future potential for students. Activities include:

- Girls Iron and Folic Tablet Supplements where IFA are administered to girls within the ages of 11- 20years.
- SMART School where students are trained on health-related issues to serve as advocates
- Fruit Day
- Inspection Day
- Tree Planting Day
- Physical Activity Day