

## **REPORT ON NUTRITION INTERVENTIONS**



**ENVIRONMENTAL HEALTH & SANITATION UNIT**

**SUNYANI MUNICIPAL ASSEMBLY**

**DECEMBER, 2025**



**SUNYANI MUNICIPAL ASSEMBLY- ENVIRONMENTAL HEALTH UNIT -**  
**REPORT ON NUTRITION AND FOOD SAFETY PROGRAME FOR 2025**

**NUTRITION**

Monitoring and Promotion of good Nutrition among the general populace of Sunyani is one of the main focuses of Sunyani Municipal Assembly (SMA). Nutrition is tasked with the responsibility of monitoring, supervising, implementing nutrition related activities as well as ensuring the nutritional wellbeing of the populace of Sunyani Municipality and beyond. It is also tasked with the responsibility of influencing the knowledge, attitudes and practices (KAPS) of the people of Sunyani Municipality on good nutrition related policies and interventions through advocacy, Behavioral Change communication (BCC) and enforcement of rules and regulations on food hygiene.

The current nutrition interventions implemented in the Municipality are: Laboratory Screening for all food handlers, Orientation for all food, drinks, and beverages handlers. Monitoring activities of all School feeding contractors in the Municipality, community based growth monitoring and promotion for children under five years, vitamin A supplementation for children 6 to 59 months and girl iron folic tablets supplementation (GIFTS) for adolescents girls, Iron Deficiency Anemia (IDA ) prevention and control in pregnancy, Nutrition Friendly School initiative (NFSI) for school aged children, Food Security and Nutrition Monitoring System (FSNMS) and nutritional counseling for children under five years /pregnant women / on communicable and non-communicable diseases (hypertension, diabetes, etc)

**NUTRITION ORIENTED INTERVENTIONS**

- 1) Orientation for food and drinks handlers and caterers
- 2) Training sessions on good nutrition for school feeding contractors/caterers
- 3) Laboratory screening for all food handlers
- 4) Training and supervision of School Feeding contractors
- 5) Follow-up monitoring and enforcement of the laws on food and nutrition
- 6) Nutrition Interventions for school going children
  - A. Growth Monitoring
  - B. GIFTS (Girls Iron Folates Tablets Supplementation)
  - C. Vitamin A supplementation
- 7) Activities under each intervention



- I. Growth Monitoring – Anthropometric measurements of children under 5 years.
  - II. GIFTS – Administration of Iron-Folates to girls 10-19 years weekly.
  - III. Vitamin A Supplementation – Administration of Vitamin A to children from 6 months – 59 months.
- 8) Achievements from January 2020 to December, 2020
- Growth monitoring: Environmental Health Unit, in collaboration with Ghana Health Service in carrying out this exercise. The table below depicts the achievement

### **ORIENTATIONS FOR SCHOOL FEEDING CONTRACTORS, FOOD VENDORS, FRUIT SELLERS AND BUTCHERS**

During the period, six orientations were organized for Five hundred and Thirty-one (**531**) Food Vendors, Butchers, and School feeding Contractor in the Municipality to sensitize them on proper nutrition/balance diet, mode of transmission of faeco-oral diseases and diseases associated with storage, preparation, handling and sale of food and meat. Health screening exercises were as well organized for all food and meat handlers in the Municipality to ensure that those involved in food, drinks, and meat handling are free from pathogenic organism aimed at protecting them and the consumers

### **ORIENTATIONS, HEALTH SCREENING AND ENVIRONMENTAL EDUCATION**

#### **Orientations for school feeding contractors, food vendors, fruit sellers and butchers**

During the period, seven orientation sessions were organized for one thousand, four hundred and ninety (1,490) food vendors butchers and school feeding caterers in the municipality to sensitize them on proper nutrition/balance diet, mode of transmission of faeco-oral diseases and diseases associated with storage, preparation, handling and sale of food and meat.

#### **Health screening exercise**

Health screening exercises were as well organized for all food and meat handlers in the Municipality to ensure that those involved in food, drinks, and meat handling are free from pathogenic organism aimed at protecting them and the consumers.

#### ***Foods, drugs, water safety and hygiene unit***



This unit is responsible for the monitoring of all food, drugs and water hygiene and safety activities including activities of School Feeding, all industries/institutions as well as controlling and management of the main slaughter house and the market.

It collaborated effectively with Municipal Education Directorate, food and drugs authority, Ghana standard Authority, market women association and butcher's association in addressing relevant issues of mutual concern

## **ENVIRONMENTAL EDUCATION**

### **Orientations for school feeding contractors, food vendors, fruit sellers and butchers**

During the period, six orientations were organized for One Thousand, Three Hundred and Six (1,306) food vendors, butchers in the municipality to sensitize them on proper nutrition/balance diet, mode of transmission of faeco-oral diseases and diseases associated with storage, preparation, handling and sale of food and meat. Health screening exercises were as well organized for all food and meat handlers in the Municipality to ensure that those involved in food, drinks, and meat handling are free from pathogenic organism aimed at protecting them and the consumers.

## **ORIENTATIONS, HEALTH SCREENING AND ENVIRONMENTAL EDUCATION**

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# ORIENTATION FOR SCHOOL FEEDING CONTRACTORS AND OTHERS

DATE	TOPIC	PARTICIPANTS	NO ATTENDED	
10/01/2023	Proper Nutrition/Balance diet	School Feeding Contractors Food Vendors Hotels & Canteens	48 98 12	
14/03/2023	Mode of transmission of faeco-oral diseases in food and beverage handling	School Feeding Contractors Hotels & Canteens Food Vendors Fruit Sellers	61 10 113 11	
14/04/2023	Diseases associated with storage, preparation, handling and sale of food and beverages	Butchers School Feeding Contractors Hotels & Canteens Food Vendors Fruit Sellers	58 48 9 99 11	
1/07/2023	Hygiene Handling of Meat, Fruits and Farm Produce	Butchers School Feeding Contractors Selected Farmers	63 42 21	
18/08/2023	Diseases associated with storage, preparation, handling and sale of food and beverage	School Feeding Contractors Food Vendors Hotels & Canteens	23 180 90	
20/07/2023 – 21/11/2023	Health screening exercises	Butchers School Feeding Contractors Hotels & Canteens Food Vendors Fruit Sellers  <b>TOTAL</b>	83 66 100 615 28  <b>1,306</b>	



# EDUCATION, SCREENING AND ISSUANCE OF HEALTH FITNESS CERTIFICATES TO FOOD VENDORS AND CATERERS

NO.	CATEGORIES	NO SCREENED	CONDITIONS DETECTED		ACTION TAKEN		
			Typhoid	Hep "B"	Referred to	Dr Managing Case	Follow-ups
1	School Feeding contractors	69	2	0	Mun Hospital	Dr Philimon	Follow-ups made in all cases. All responding well
2	Food Vendors	1,018	144	39	Mun Hospital	Dr Philimon	Follow-ups made in all cases. All responding well
3	Fruit Sellers	21	3	4	Mun Hospital	Dr. Agyei Manu	Follow-ups made in all cases. All responding well
4	Butchers	82	13	7	Mun Hospital	Dr. Agyei Manu	Follow-ups made in all cases. All responding well
5	Selected Farmers	13	4	2	Mun Hospital	Dr. Agyei Manu	Follow-ups made in all cases. All responding well
6	Hotels & Canteens	113	7	9	Mun Hospital	Dr. Agyei Manu	Follow-ups made in all cases. All responding well
	<b>TOTAL</b>	<b>1,306</b>	<b>183</b>	<b>69</b>			





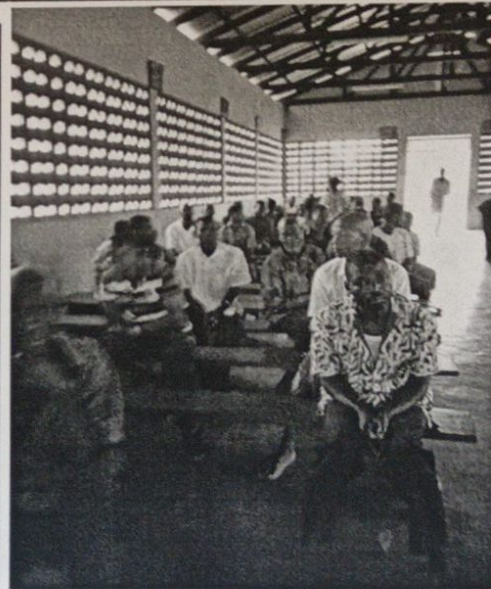
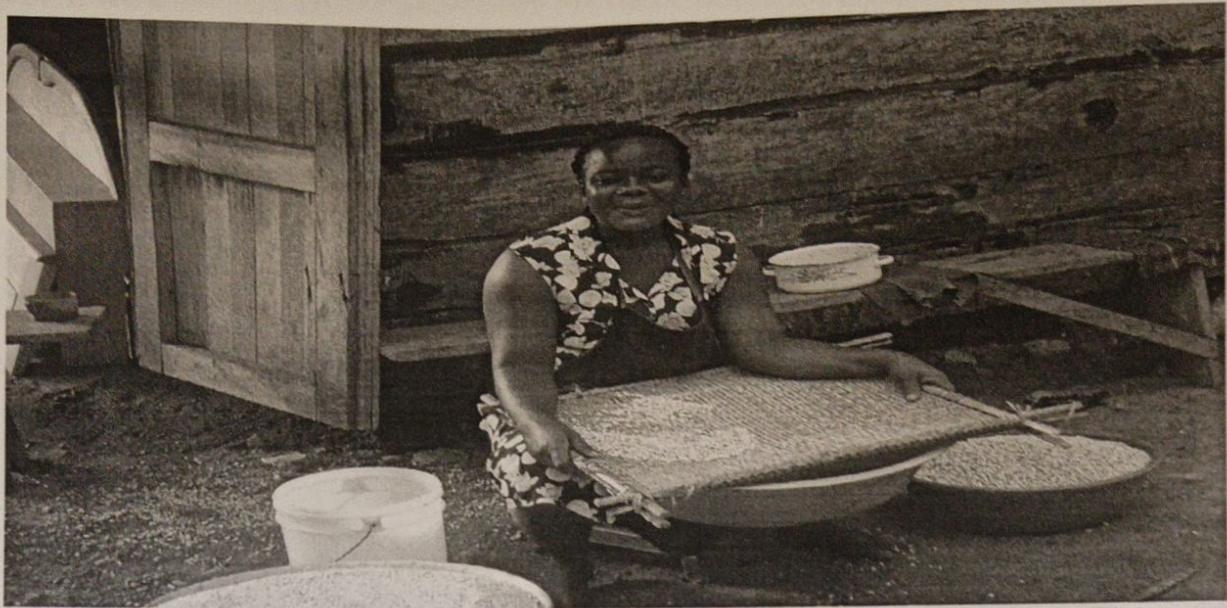
Figure 1: A food stall and a meeting room.

### 3.2. Data Collection and Analysis

The data for this study were collected through a series of interviews and focus group discussions. The interviews were conducted with the participants who were involved in the study. The focus group discussions were conducted with the participants who were involved in the study. The data were then analyzed using the content analysis method.

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### **Education for food, drinks and meat handlers**

#### **7.3 .a Slaughter House Returns**

The current sanitation condition of the facility visa-viz structure integrity is not in the very best state and needs urgent attention. There is a franchise agreement between the Butchers Association and the Municipal Assembly which explains what which party is mandated to do

The daily market is provided with two meat shops whilst the weekly market (Bosoma Market) had one



**Table 4: Slaughtering figures recorded over the reporting period**

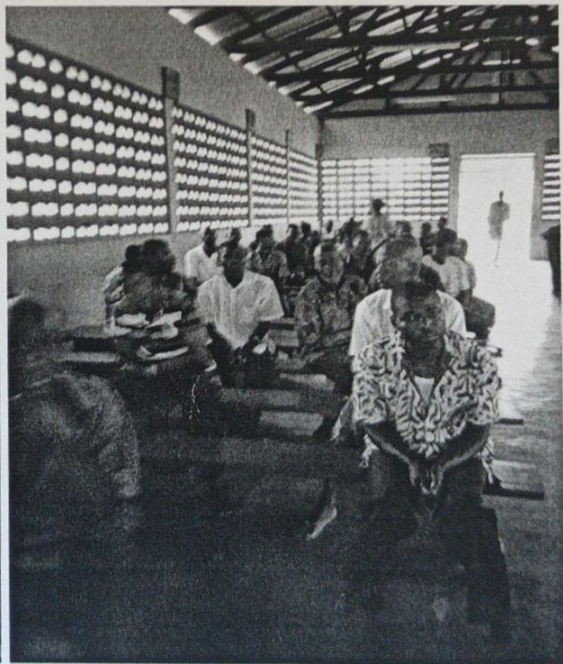
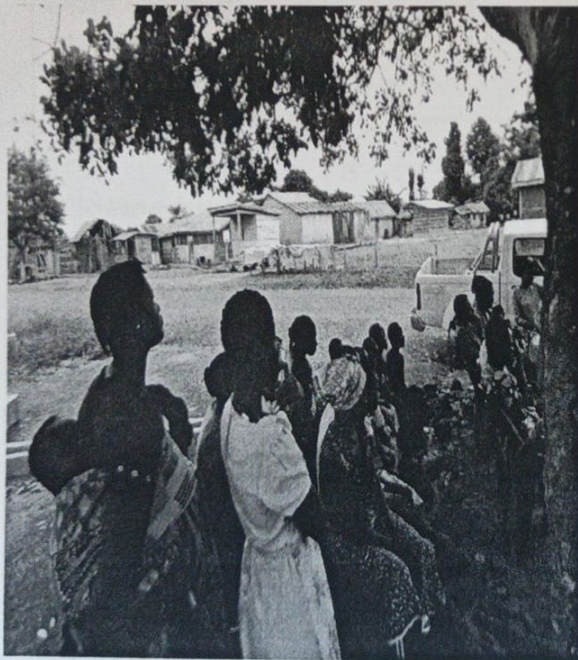
Month	Bovine	Goats	Sheep	Total
January	442	314	230	987
February	481	327	299	1,107
March	465	398	263	1,126
April	514	405	203	1,122
May	530	485	251	1,266
June	493	441	263	1,197
July	496	450	260	1,206
August	447	463	262	1,172
September	501	490	233	1,224
October	518	430	301	1,249
November	544	500	333	1,377
December	580	630	452	1,662
<b>TOTAL</b>	<b>5,515</b>	<b>5,333</b>	<b>3,150</b>	<b>13,998</b>

**Commonest diseases and conditions found:**

- d. Tuberculosis (localized)
- e. Pneumonia
- f. Liver flukes







Education for food, drinks and meat handlers



**The table below shows the follow-ups made, monitoring and the outcome**

NO	NUISANCE DETECTED	NO. OF NUISANCES	ACTION TAKEN	OUTCOME	REMARKS
1	Selling food without Health certificate of fitness	93	All ordered to undergo health screening	71 did the screening. 20 prosecuted at the court	It has served as deterrent to others
2	Selling food under unhygienic conditions	63	Ordered to stop work and clean the environs	Premises were made clean and hygienic	SMA Commended by onlookers.
3	Selling fruits in an unhygienic environment	3	Ordered to park fruits and sweep	All complied With directives	Rodents were seen and rid off
4	Dirty cooking utensils used to prepare food for sale	11	Ordered to wash utensils before use	Utensils were made clean before reuse	Facilities closed for one week
5	Allowing workers who had pus in the ear to prepare food	3	Victims ordered to see a doctor and bring a report	They did not return to the facilities	Premises was put under surveillance to ensure they does not return

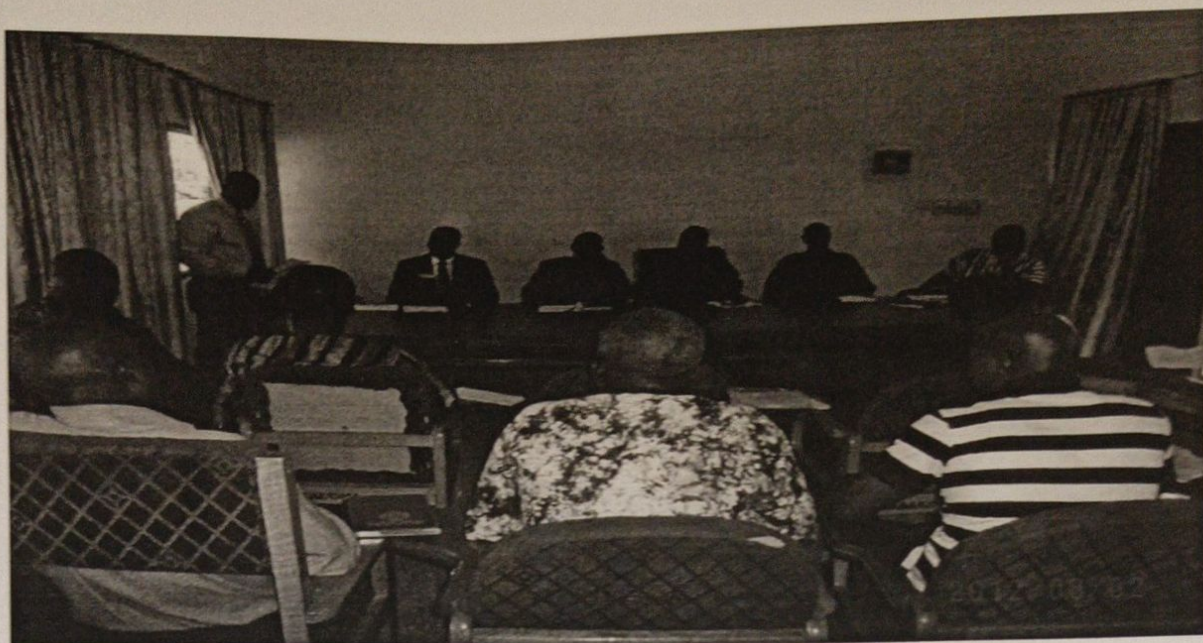




**Orientations for food, drinks and meat handlers**

Periodic orientations were organized for the school feeding contractors and all food handlers including Butchers.





### ENVIRONMENTAL AND HEALTH PROMOTION UNIT

The unit did intensive education from house to house and on all the radio stations in the municipality. Programmes carried out included:

- Orientation to 2,000 food and drinks handlers
- Nutritional Intervention Programs
- Good nutrition for school feeding caterers
- Prevention of cholera
- Personal hygiene process
- Oral health



Food and water hygiene practices  
CLTS (construction of household toilets)

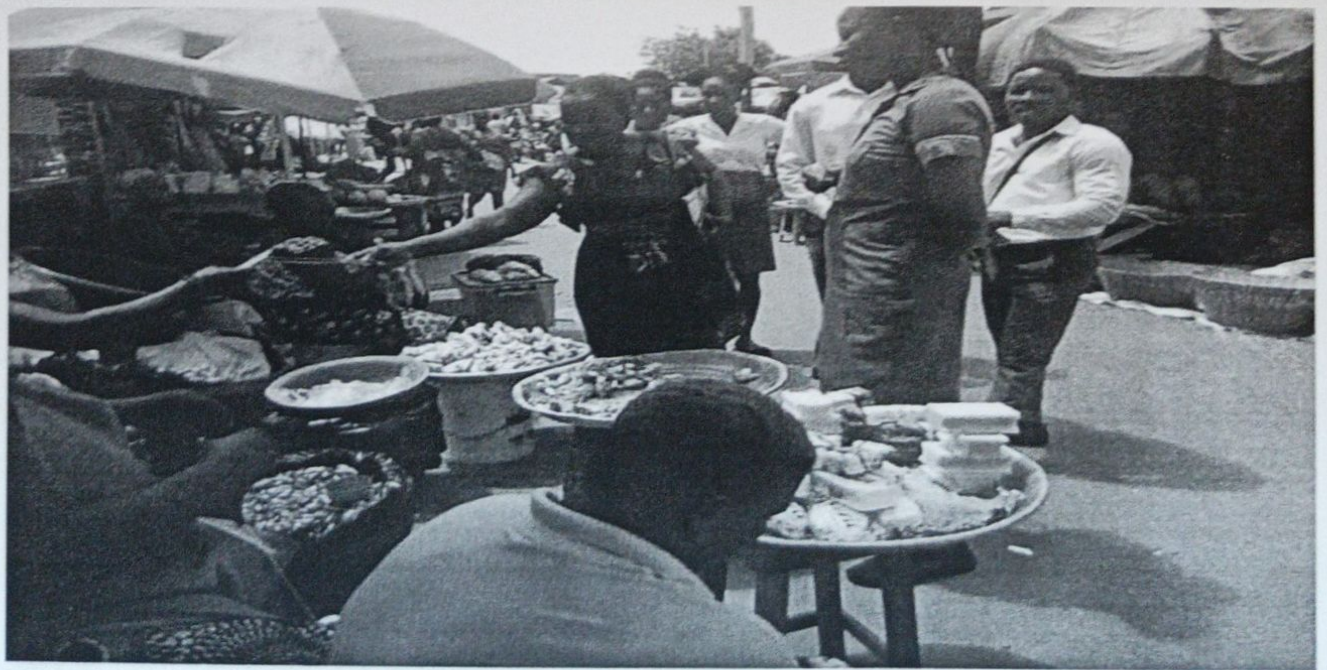
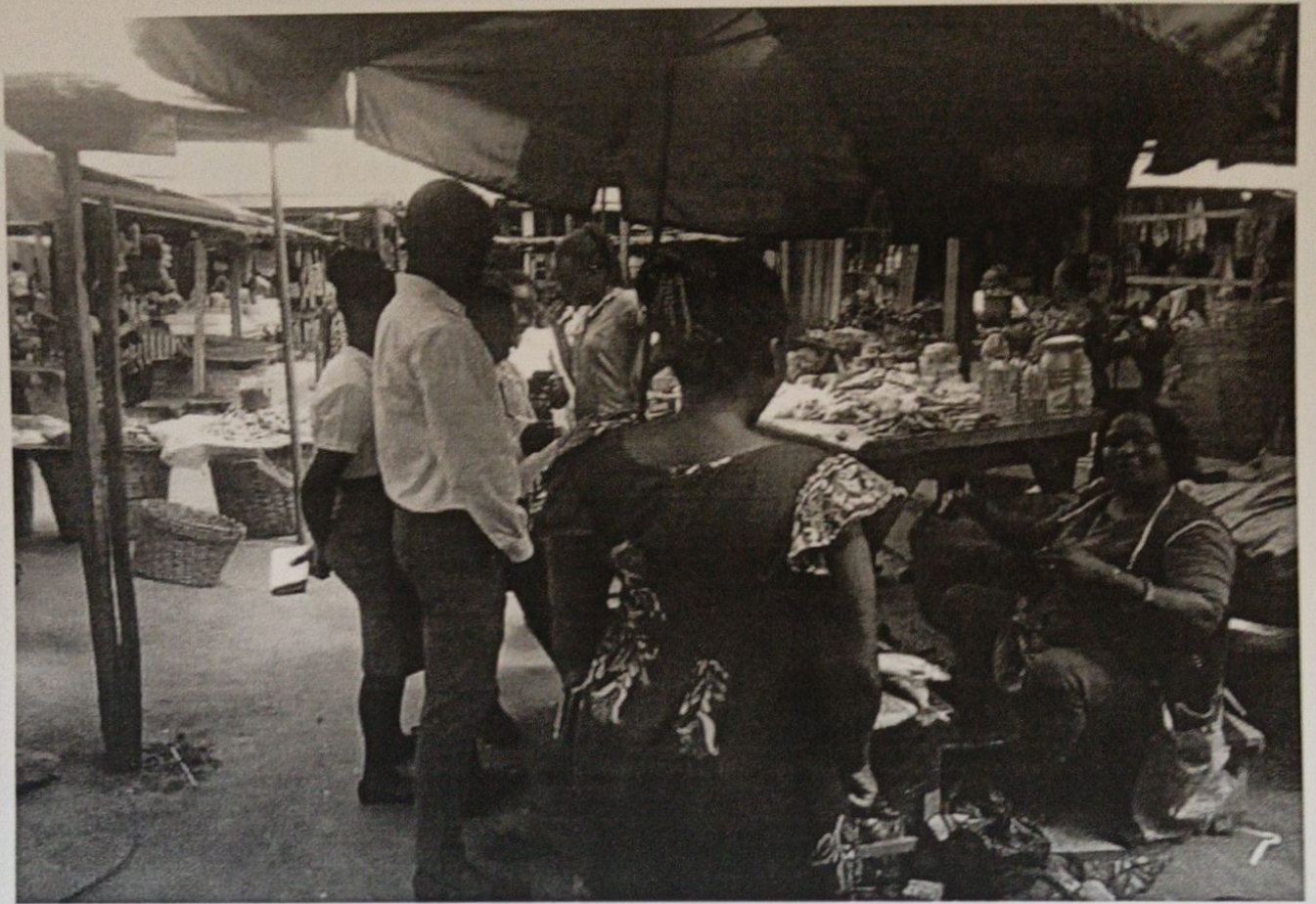
The Department embarked on intensive Health Educational campaign and rigorous law enforcement on compliance of sanitation and hygiene principles as well as establishing sanitation clubs in Three (3) basic schools within the municipality on relevant public health topics including cholera prevention.

### **SCHEDULE FOR HEALTH EDUCATION PROGRAMMES TO SCHOOL FEEDING CONTRACTORS AND ALL FOOD VENDORS**

**Table 5: Routine Health Education schedule for 2025**

<b>TOPIC</b>	<b>TARGET GROUP</b>	<b>DATE</b>
Proper Nutrition/Balance diet & personal hygiene	School Feeding Contractors Food Vendors Hotels & Canteens	Mondays and Fridays
Hygiene Handling of Meat, Fruits and Farm Produce	Butchers, fruit sellers and selected farmers	Every Wednesday
Cholera prevention & Waste management	School Feeding Contractors Hotels & Canteens Food Vendors Fruit Sellers	Every Tuesday
Mode of transmission of faeco-oral diseases in food and beverage handling	General public	Daily, on FM's and community information centers
Hygiene Handling of Meat, Fruits and Farm Produce	Butchers, Hotels, Guest Houses	Every Thursday
Diseases associated with storage, preparation, handling and sale of food and beverages & Sanitation/Food Hygiene	Matrons on School Feeding, all food vendors	Mondays

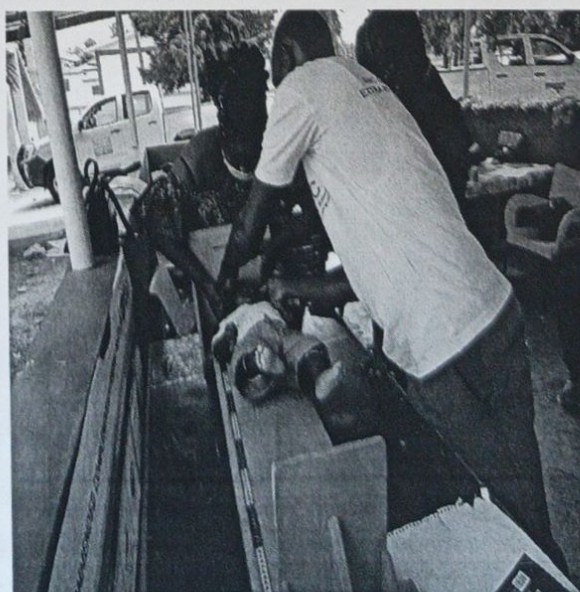






# Nutritional Intervention Programs

PERIOD	Total children monitored	Number of girls given IFA monthly	Vitamin A supplementation $\geq 12$ months
January 2024	11165		2352
February 2024	18032		1776
March 2024	10751		1549
April 2024	9447		1362
May 2024	9098		1994
June 2024	10240		1719
July 2024	9365		1700
August 2024	8817		1513
January 2025	8901	1298	1649
February 2025	8764	1315	1935
March 2025	8939	185	1549
April 2025	8924	1242	1880
May 2025	9644	1333	1807
June 2025	10698	1528	2628
July 2025	11192	2466	2457
August 2025	10394	2147	1641
September 2025	11389	2662	2378
October 2025	11704	1740	2261
November 2025	11105	1826	1735
December 2025	8585	1294	1694





## **MICRONUTRIENT DEFICIENCY CONTROL**

Micronutrients are vitamins and minerals that are needed to maintain strong bodies and mental sharpness fight off diseases and bear healthy children. Three of these micronutrients (vitamin A, iron and iodine) have been found to affect child survival, women's health, educational achievement, adult productivity, and overall resistance to illnesses. Their deficiencies present serious public health problems for the country. Supplementation programs are therefore carried out all over the various health facilities within the municipality among the most vulnerable groups (women and children) and adolescents

### **➤ GIFTS – Administration of Iron-Folates to girls 10-19 years weekly.**

In all, one thousand two hundred and ninety-four (1,294) Girls had the Iron Folates Tablets Supplementation. An orientation is always given before they are administered.

The main goal of the unit is to promote early preventive strategies, healthy behaviors and wellbeing, through the creation of environments where individuals, families and communities are informed, empowered and lives healthier happier lives to improve the health of the people in the Municipality and the nation at large.

#### **Priority Areas**

#### **➤ Health Education/Promotion**

#### **➤ Screenings ➤**

#### **Monitoring & Support Visit**

#### **➤ Social Mobilization**

#### **➤ Production & Distribution of SBCC materials**

#### **➤ Trainings/Internship Health Education**

Health education is a communication activity aimed at enhancing positive health and preventing ill health. In achieving this, appropriate channels are selected and used in getting the message to the target audience.





Sensitization before administering supplements