

# **SUNYANI MUNICIPAL ASSEMBLY- ENVIRONMENTAL HEALTH UNIT**

## **REPORT ON NUTRITION AND FOOD SAFETY PROGRAMME FOR 2021**

### **NUTRITION**

Monitoring and Promotion of good Nutrition among the general populace of Sunyani is the main focus 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 and Behavioral Change communication (BCC).

The current nutrition interventions implemented in the municipality are: Laboratory Screening for all food 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 Anaemia (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)

- 1) Orientation for food and drinks handlers and caterers
- 2) Training sessions on good nutrition for school feeding contractors/caterers
- 3) Nutrition Interventions for school going children
  - A. Growth Monitoring
  - B. GIFTS (Girls Iron Folates Tablets Supplementation)
  - C. Vitamin A supplementation
- 4) 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.
- 5) 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

| PERIOD         | Total children monitored | Number of girls given IFA monthly | Vitamin A supplementation $\geq 12$ months |
|----------------|--------------------------|-----------------------------------|--|
| January 2020   | 11165                    |                                   | 2352                                       |
| February 2020  | 18032                    |                                   | 1776                                       |
| March 2020     | 10751                    |                                   | 1549                                       |
| April 2020     | 9447                     |                                   | 1362                                       |
| May 2020       | 9098                     |                                   | 1994                                       |
| June 2020      | 10240                    |                                   | 1719                                       |
| July 2020      | 9365                     |                                   | 1700                                       |
| August 2020    | 8817                     |                                   | 1513                                       |
| January 2021   | 8901                     | 1298                              | 1649                                       |
| February 2021  | 8764                     | 1315                              | 1935                                       |
| March 2021     | 8939                     | 185                               | 1549                                       |
| April 2021     | 8924                     | 1242                              | 1880                                       |
| May 2021       | 9644                     | 1333                              | 1807                                       |
| June 2021      | 10698                    | 1528                              | 2628                                       |
| July 2021      | 11192                    | 2466                              | 2457                                       |
| August 2021    | 10394                    | 2147                              | 1641                                       |
| September 2021 | 11389                    | 2662                              | 2378                                       |
| October 2021   | 11704                    | 1740                              | 2261                                       |
| November 2021  | 11105                    | 1826                              | 1735                                       |
| December 2021  | 8585                     | 1294                              | 1694                                       |

Data for GIFTS from January to August 2020 could not be obtained.

#### 4. Pictorial Evidence



Weight of a child being taken at a CWC section



Length of a child being measured

## **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.



Orientation before supplements

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

During the period, six orientations were organized for eight hundred (800) 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.

## ORIENTATION FOR SCHOOL FEEDING CONTRACTORS AND OTHERS

| DATE | TOPIC  | PARTICIPANTS               | NO ATTENDED |  |
|------|--|----------------------------|-------------|--|
|      | Proper Nutrition/Balance diet  | School Feeding Contractors | 63          |  |
|      |  | Food Vendors               | 98          |  |
|      |  | Hotels & Canteens          | 12          |  |
|      | Mode of transmission of faeco-oral diseases in food and beverage handling              | School Feeding Contractors | 61          |  |
|      |  | Hotels & Canteens          | 10          |  |
|      |  | Food Vendors               | 113         |  |
|      |  | Fruit Sellers              | 11          |  |
|      | Diseases associated with storage, preparation, handling and sale of food and beverages | Butchers                   | 58          |  |
|      |  | School Feeding Contractors | 48          |  |
|      |  | Hotels & Canteens          | 9           |  |
|      |  | Food Vendors               | 99          |  |
|      |  | Fruit Sellers              | 11          |  |
|      | Hygiene Handling of Meat, Fruits and Farm Produce                                      | Butchers                   | 63          |  |
|      |  | School Feeding Contractors | 42          |  |
|      |  | Selected Farmers           | 21          |  |
|      | Health screening exercises   | Butchers                   | 83          |  |
|      |  | School Feeding Contractors | 169         |  |
|      |  | Hotels & Canteens          | 125         |  |
|      |  | Food Vendors               | 1,256       |  |

## SCREENING AND ISSUANCE OF CERTIFICATES TO FOOD VENDORS

| NO. | CATEGORIES                 | NO SCREENED  | CONDITIONS DETECTED |             | ACTION TAKEN             |
|-----|----------------------------|--------------|---------------------|-------------|--------------------------|
|     |                            |              | Typhoid             | Hepatitis B |                          |
| 1   | School Feeding contractors | 69           | 2                   | 0           | Referred to Mun Hospital |
| 2   | Food Vendors               | 1,340        | 13                  | 19          | Referred to Mun Hospital |
| 3   | Fruit Sellers              | 21           | 0                   | 1           | Referred to Mun Hospital |
| 4   | Butchers                   | 102          | 7                   | 3           | Referred to Mun Hospital |
| 5   | Selected Farmers           | 18           | 0                   | 1           | Referred to Mun Hospital |
| 6   | Hotels & Canteens          | 143          | 4                   | 2           | Referred to Mun Hospital |
|     | <b>TOTAL</b>               | <b>1,693</b> | <b>24</b>           | <b>26</b>   |                          |







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

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





## SUMMARY OF NUTRITION TOPICS COVERED.

| Data                   | Total number of topics covered during the period |               |               |
|------------------------|--|---------------|---------------|
|                        | 2019   | 2020          | 2,021         |
| Community              |  |               |               |
| New Town & Baakonniaba | 5,212  | 8,260         | 11,823        |
| New Dormaa             | 2,285  | 2686          | 2,550         |
| Sunyani Central        | 2,119  | 2,446         | 2,466         |
| Penkwase               | 1,560  | 2,011         | 2,571         |
| Abesim                 | 1,120  | 1,177         | 1,445         |
| Antwikrom              | 842  | 730           | 979           |
| <b>Total</b>           | <b>13,138</b>                                    | <b>17,310</b> | <b>21,834</b> |

## SOME TOPICS/ ISSUES DISCUSSED

- Nutrition and COVID 19 management
- Good nutrition and family planning
- Nutrition and Diabetes management
- Good nutrition and HIV
- Nutrition in pregnancy
- Nutrition and healthy lifestyle
- Nutrition and Hypertension
- Exclusive breast feeding etc.