

# **WEIJA-GBAWE NUTRITION ORIENT INTERVENTIONS**

## **FOOD NUTRITION**

Nutrition is the process of providing or obtaining the food necessary for health and growth.

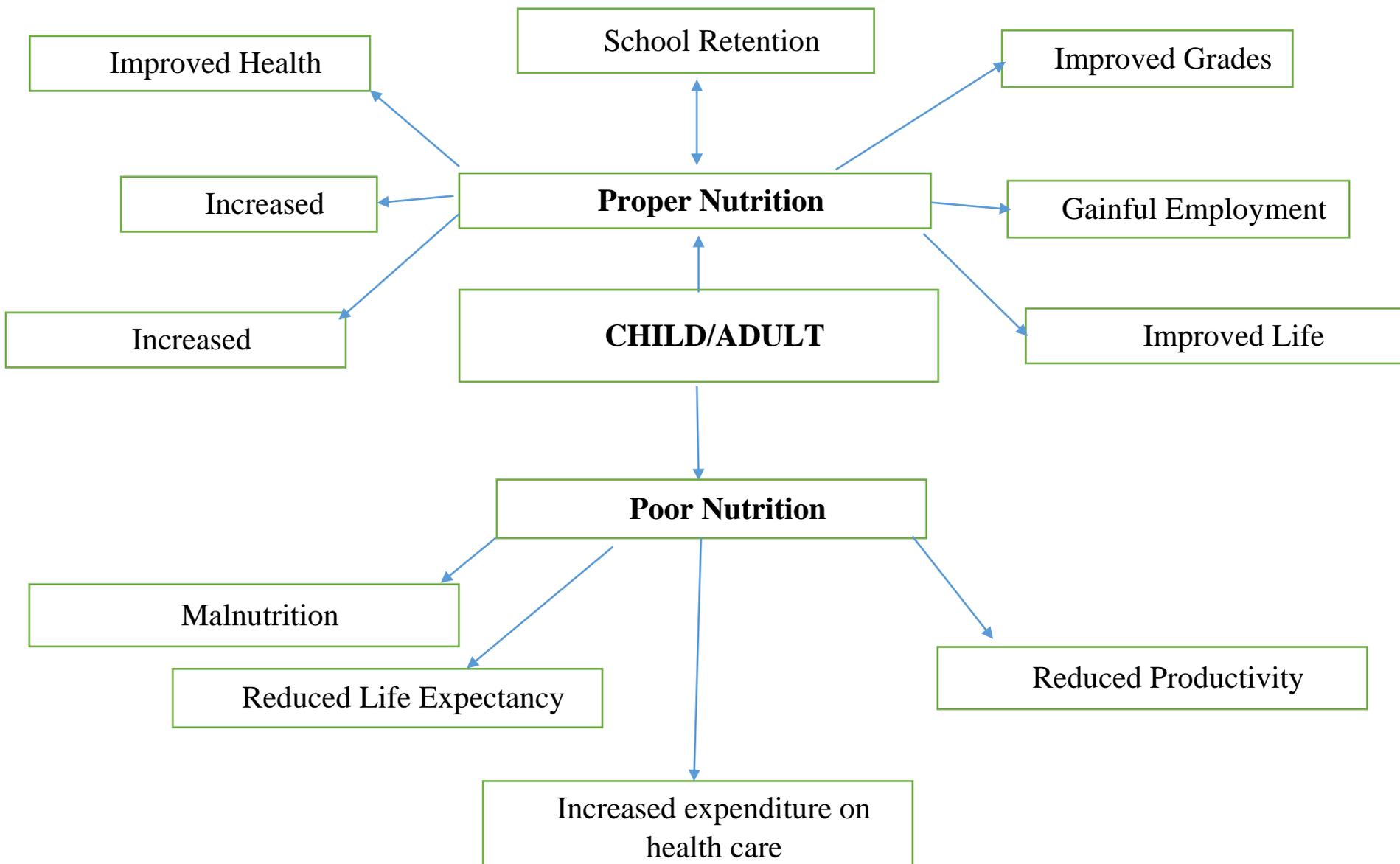
Nutrients provide nourishment. Proteins, carbohydrates, fats and oil, vitamins, minerals, fiber, and water are all nutrients.

Nutrition is a critical part of health and development. Better nutrition is related to the improved infant, child, and maternal health, strong immune system, safer pregnancy and childbirth, lower risk of non-communicable disease. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

Food serves multiple functions in most living organisms. For example, it provides materials that are metabolized to supply the energy required for the absorption and translocation of nutrients, for the synthesis of cell materials, for movement and locomotion, for excretion of waste products, and all other activities of the organism. Food also provides materials from which all the structural and catalytic components of the living cell can be assembled.

Living organisms differ in the particular substances that they require as food, in the manner in which they synthesize food substances or obtain them from the surrounding environment, and in the functions that these substances carry out in their cells. Nevertheless, a general pattern can be discerned in the nutritional process throughout the living world and in the types of nutrients that are required to sustain life.

# Nutrition linkages



## 1. GROWTH MONITORING AND PROMOTION

Frequent monitoring of the growth of children, less than five years is routinely carried out in all facilities through outreaches and child welfare clinics to assess the growth of children from birth up to five years old. It is the ideal intervention for assessing the nutritional status of children by measuring weight and height, promoting optimal growth and appropriate age-specific feeding practices, timely identification of poor growth and taking remedial actions as well as providing immunization, education, and counseling services.



## 2. INFANT AND YOUNG CHILD FEEDING

Growth monitoring and promotion provide the opportune avenue to identify children and nutrition issues and improve their caregivers' dietary knowledge and feeding skills through health and nutrition education, counseling, and support.



### 3. COMMUNITY MANAGEMENT OF ACUTE MALNUTRITION

A community-based approach to treating severe acute malnutrition (SAM) is an intervention that children with SAM without complications are treated at their homes in the community (outpatient) supervised by health facilities. Ready-To-Use Therapeutic Food (Plumpy Nuts) are used in the treatment together with appropriate nutrition counseling. Children with SAM and medical complications are referred to the hospitals for management. CMAM ensures maximum coverage and access, timeliness, appropriate medical and nutritional care are given for as long as needed



### 4. VITAMIN A SUPPLEMENTATION

Vitamin A is a nutrient required in small amounts for the body to function properly and plays a very important role in the immune system and hence is critical in helping the body resist infection and disease as well as prevents night blindness. To curb the public health consequences of VAD, the WHO recommends that periodic (biannual), high dose vitamin A supplements of 100,000 international units (IU) be given to infants aged 6 – 11 months and 200,000 IU to children aged 12 – 59 months in high-risk areas and this activity is being carried out in the district during Growth monitoring and promotion services at the child welfare clinics, outreach sites as well as during school health programs.



## 5. GIRL'S IRON FOLATE TABLET SUPPLEMENTATION

As part of interventions to prevent and reduce anemia among, adolescent girls and children in Ghana, Ghana Health Service with support from UNICEF implemented a weekly Iron - Folate Tablet Supplementation and nutrition education for adolescent girls. The program targets all adolescent girls 10 – 19 years old both in-school and out of school to improve anemia among adolescents.

