

GHANA HEALTH SERVICE
SHAMA DISTRICT HEALTH DIRECTORATE
(NUTRITION UNIT)



2021 YEAR REPORT
BY
MICHAEL E. KRAH

1. INTRODUCTION

Nutrition unit is part of the Public Health Department of the District Health Directorate, with the purpose of ensuring the nutritional well-being of the population. The unit is responsible for planning, organizing, coordinating, implementation, monitoring and evaluation of nutrition services, interventions and programs district wide.

STAFF STRENGTH

NUTRITION OFFICERS	NUMBER	ON STURDY LEAVE	TOTAL STAFF AT POST
	3	1	2

2. CHALLENGES AND PRIORITIES

CHALLENGES AT THE BEGINNING OF 2021	STRATEGIES PLANNED TO SOLVE CHALLENGES AT THE BEGINNING OF 2021
Lack of wooden portable baby/adult length board (infantometer) for some facilities	Cooperate with Regional Health Directorate for logistics
Low coverage of vitamin A among children 12-59 months	Monitoring of vitamin A coverage of facilities through Vit. A weekly monitoring chart
Inadequate supportive supervision visit to facilities	Intensify supportive supervision to facilities
Inadequate scale for CWC activities in some facilities	Cooperate with Regional Health Directorate for logistics

3.0 PERFORMANCE KEY INDICATORS

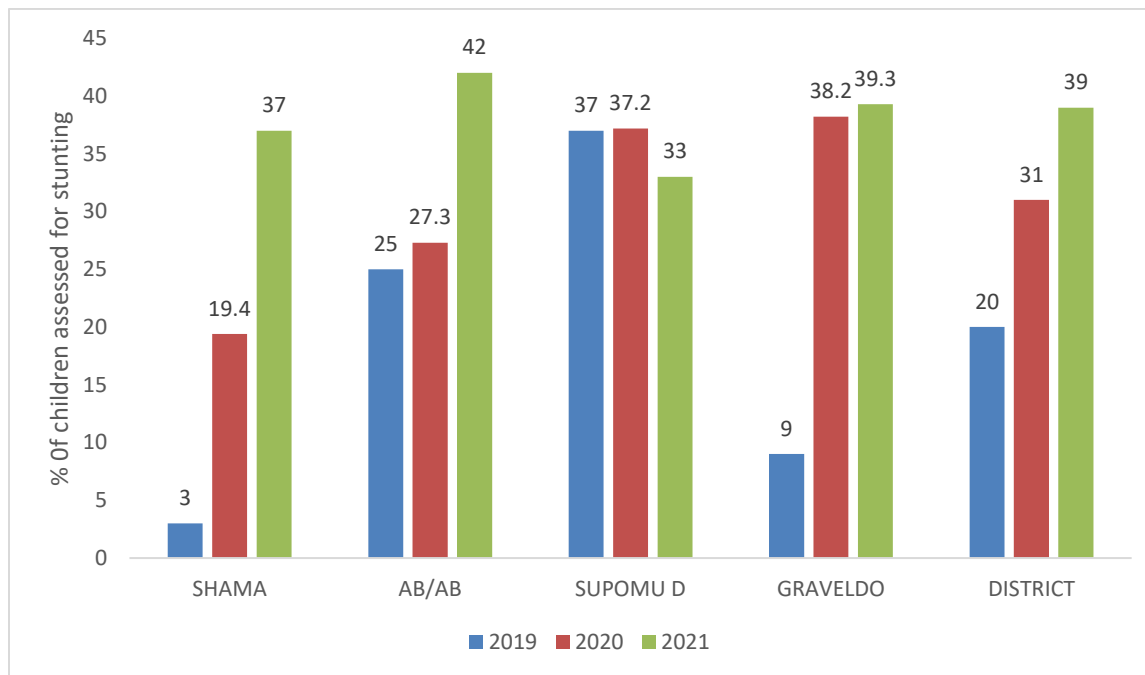
Broad Objectives	Specific Target	Achievement	Reasons for achievement or Non-Achievement
1.Ensure sustainable, affordable, equitable, easily accessible Health care	Increase proportion of school children examine from 91.2% to 95%	School Health examination increased from 9.9% half year 2020 to 46.2% half year 2021	More schools were visited in 2021 than in 2020 due to Covid outbreak.
2.Reduce morbidity and mortality, intensity prevention and control of non-communicable diseases	Reduce Anaemia in pregnancy from 24% to 20%	Anaemia in pregnancy reduced from 49% in 2020 to 33% in 2021	Education to pregnant women on iron rich foods was not intensified.
3.Enhance efficiency in governance and management	1.conduct monthly technical supervision to facilities on data inconsistencies	Monthly technical supervision to facilities done	Facilities were visited and coached on data inconsistencies
4.Intensify preventive and control of communicable disease	Maintain Vitamin A coverage at 80%	Vitamin A coverage increased from 48.3% in 2020, to at least 80.% in 2021.	Vitamin A coverage increased due to weekly report monitoring.

PERFORMANCE OF KEY INDICATORS 2019-2021.

PROPORTION OF CHILDREN ASSESSED FOR STUNTING

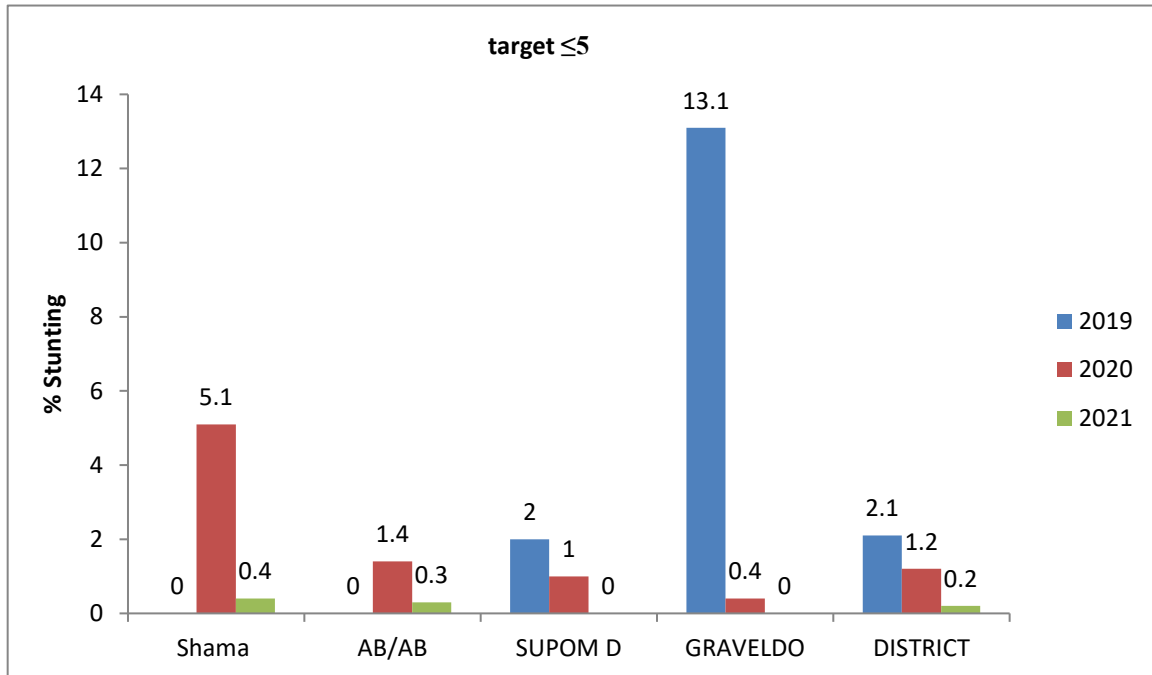
Target: 10%

Achieved: 39%



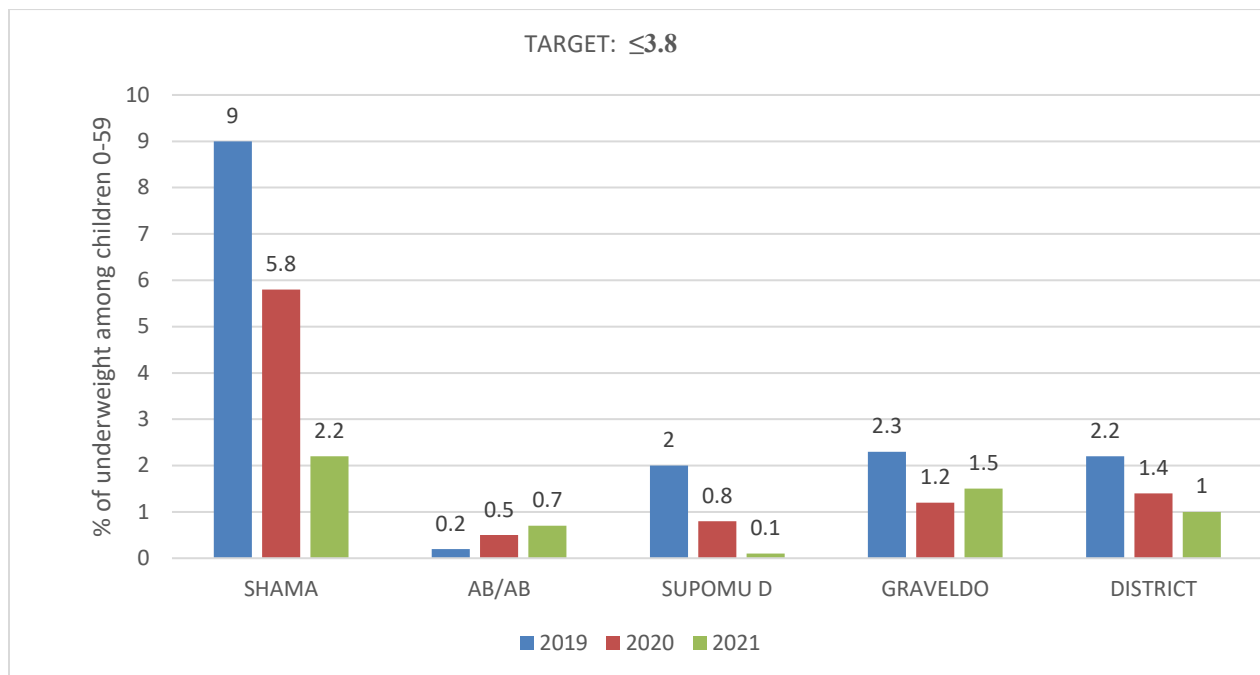
The above graph shows the usage of the infantometer to measure the height of the children 3-59 months old. The target $\geq 10\%$. Looking at the graph; the District achieved 39% which shows that, the nurses are using the infantometer well to achieve its purpose in 2021 compared to 31% in 2020 and 20% in 2019.

Trend of stunting among children 0-59months (Attendance) 2019-2021



This graph shows the trend of stunting in the district. The district improved in stunting situation in the district from 2.1% in 2019 to 1.2% in 2020 and 0.2% in 2021. This achievement was due to increased in dietary education by our able nurses.

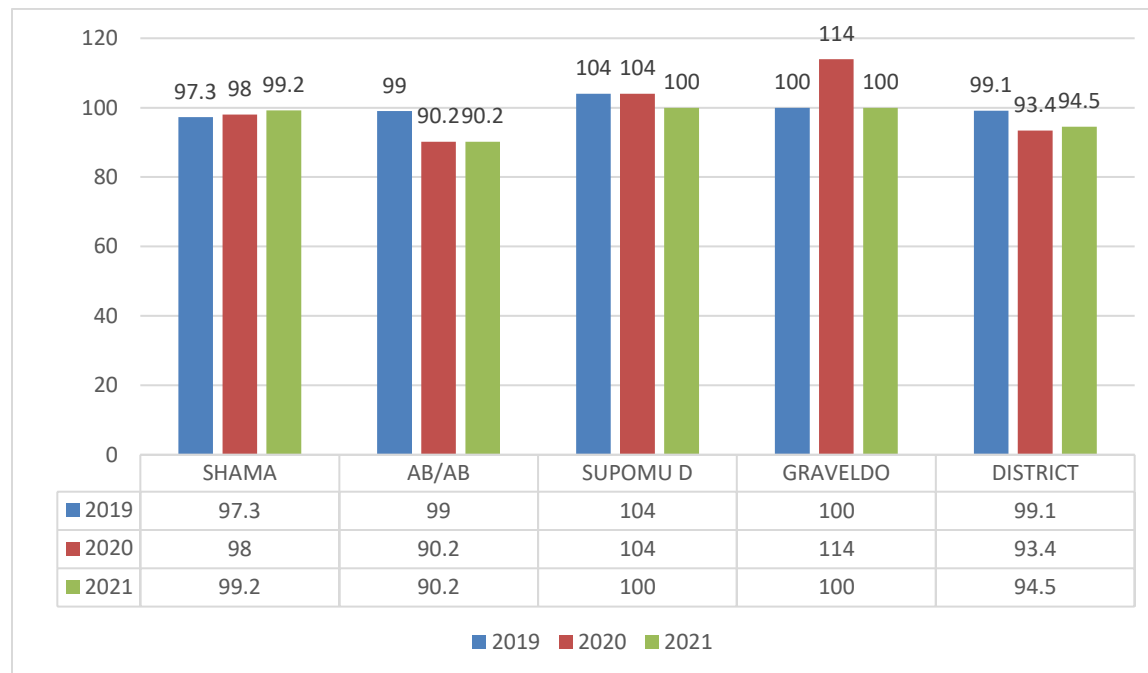
Trend of underweight among children 0-59months (Attendants) 2019-2021



The above graph gives the underweight prevalence in the district. This indicator has a target of $\leq 5\%$. The district was able to achieve 1.0% which is a good sign that our dietary education is going down well with the nursing mothers.

Early initiation of Breastfeeding within 30min After birth 2019-2021

Early breastfeeding initiation within 30minute after birth is a key indicator use to ensure child survival and optimal nutrition. **The target is at least 90%.**

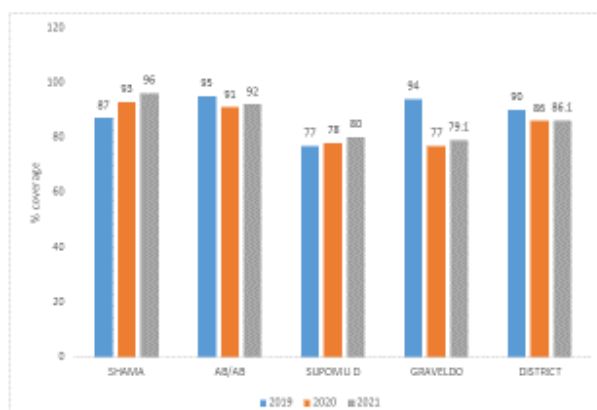


Apo Chps achieved 100% in 2019 and 2020 but did not do any delivery in 2021(0%). Shama Health Center could not achieve the target but increased from 98.8% in 2019 to 99.7% in 2021. Bentsir chps had 90% in 2021 but no deliveries done in previous half years

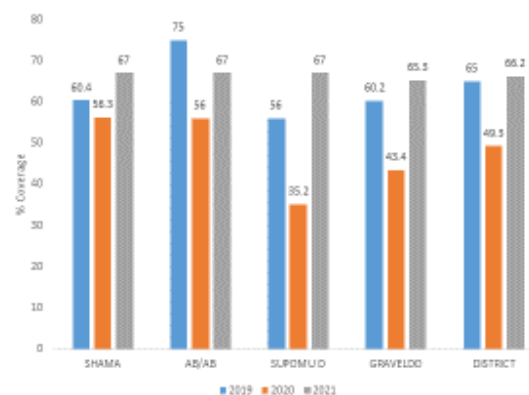
FEEDING STATUS OF CHILDREN at month3 & 6

Target: $\geq 80\%$

At month 3



At month 6 Timely complementary feeding



The bar chart above shows the timely complementary feeding situation in the facilities. In the Shama sub district, only Shama Health Center was able to achieve the target (85%) in 2020. Bentsir and Apo Chps though were close to the target but could not achieve it.

Anaemia in Pregnancy at Registrants 2019-2021 (target $\leq 20\%$)

Anaemia is described as having low haemoglobin level less than 11gm/dl which is caused by factors; including not eating iron rich foods and poor absorption of iron from the diet, infection such as malaria and worm infestation among others. Anaemia is most prevalent among pregnant women and children under five (5) due to their vulnerabilities.

Target at Reg : $\leq 20\%$

	2019					2020					2021				
	Hb chke d At Reg	Hb <11 gdl	%	Hb < 7g dl	%	Hb chkd At reg	Hb <11 gdl	%	Hb < 7g dl	%	Hb chke d At Reg	Hb <11 gdl	%	H b < 7g dl	%
shama	821	253	31	0	0	816	187	23	8	0.9	794	224	28	1	0.1
AB/AB	2123	690	33	7	0.3	2237	478	21	2	0.1	2151	449	21	16	0.7
S/D	573	152	27	8	1.3	653	193	30	5	0.7	706	243	34	4	0.5
Grav	208	53	25	0	0	164	63	38	1	0.6	337	102	30	2	0.5
Dist	3725	1148	31	15	0.01	3870	921	23	16	0.4	3988	1018	26	23	0.5

Anaemia in pregnancy at 36weeks

Target ≤ 10

	2019					2020					2021				
	Hb chke d At 36w	Hb <11 gdl	%	Hb < 7g dl	%	Hb chkd At 36w	Hb <11 gdl	%	Hb < 7g dl	%	Hb chke d At 36w	Hb <11 gdl	%	H b < 7g dl	%
shama	313	93	30	0	0	258	91	35	0	0	398	57	14	0	0
AB/AB	899	357	40	6	0.6	960	409	43	8	0.8	973	343	35	4	0.4
S/D	145	45	31	1	0.6	146	76	52	0	0	248	79	32	5	2
Grav	72	14	19	0	0	44	5	11	0	0	177	64	36	3	1.6
Dist	1429	509	36	7	0.4	1408	581	41	8	0.5	1796	543	30	12	0.6

Vitamin A coverage for Children 6-59 months 2019-2021

Vitamin A is administered to children aged 6-59 months' six monthly to boost their immune system and prevent occurrence of vitamin A deficiency blindness. **At least 80% of the children 6-59 months should be dosed with the vitamin A capsule.**

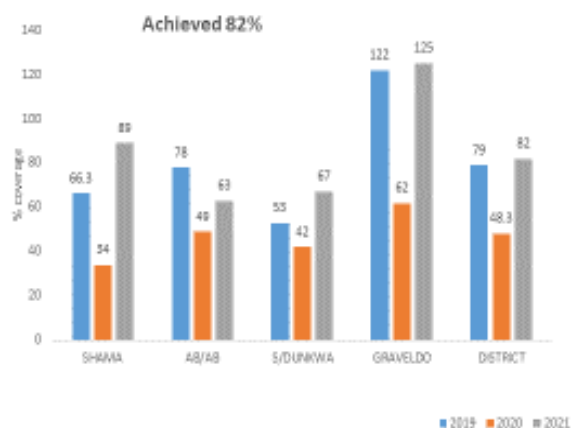
VITAMIN A COVERAGE 6-59 MONTHS

Target: ≥80%

6-11 months



12-59 months



Highlights of key Activities in 2021

1. Child Health Promotion Week Celebration in May 2021
2. Monitoring and supervision to some facilities
3. Report validation and entering data into Dhims
4. Diabetes and Hypertension counseling at Shama Health Center

Table of training programs attended by staff in Half Year 2021

No	Name of Staff	Training Program	Date organized
1	Michael E. Krah	Kokoplus project	21/5/2021
2			

KEY Challenges Encountered During Half 2021

1. Lack of weighing scale for some facilities
2. Lack of funds to carryout nutrition activities
3. Inadequate office space

Action Plan to Tackle Challenges Encountered

Challenges	Planned Activities	Time frame
Lack of weighing scale for some facilities	Lobby through the DDHS for weighing scales	31/12/20201
High prevalence of anaemia in Pregnancy	Collaborate with the midwives to give appropriate nutritional counseling during pregnancy	31/12/2021
Lack of funds to carryout nutrition activities	Lobby through DDHS	31/12/2021
Inadequate office space	Lobby through the DDHS	31/12/2021

CONCLUSION

- In general, the unit improved in some indicators eg. Vitamin A coverage for children 12-59 months but fell short in Anaemia in pregnancy. Hope to continue with the collective efforts to address the challenges identified.









THANK YOU