

GHANA HEALTH SERVICE
SHAMA DISTRICT HEALTH DIRECTORATE
(NUTRITION UNIT)



2022 YEAR REPORT
BY
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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 2022	STRATEGIES PLANNED TO SOLVE CHALLENGES AT THE BEGINNING OF 2022
Lack of funds to carryout nutritional activities	Lobby with District Health Directorate for funds
Inadequate scale for CWC activities in some facilities	Cooperate with Regional Health Directorate for logistics

3.0 KEY PERFORMANCE INDICATORS

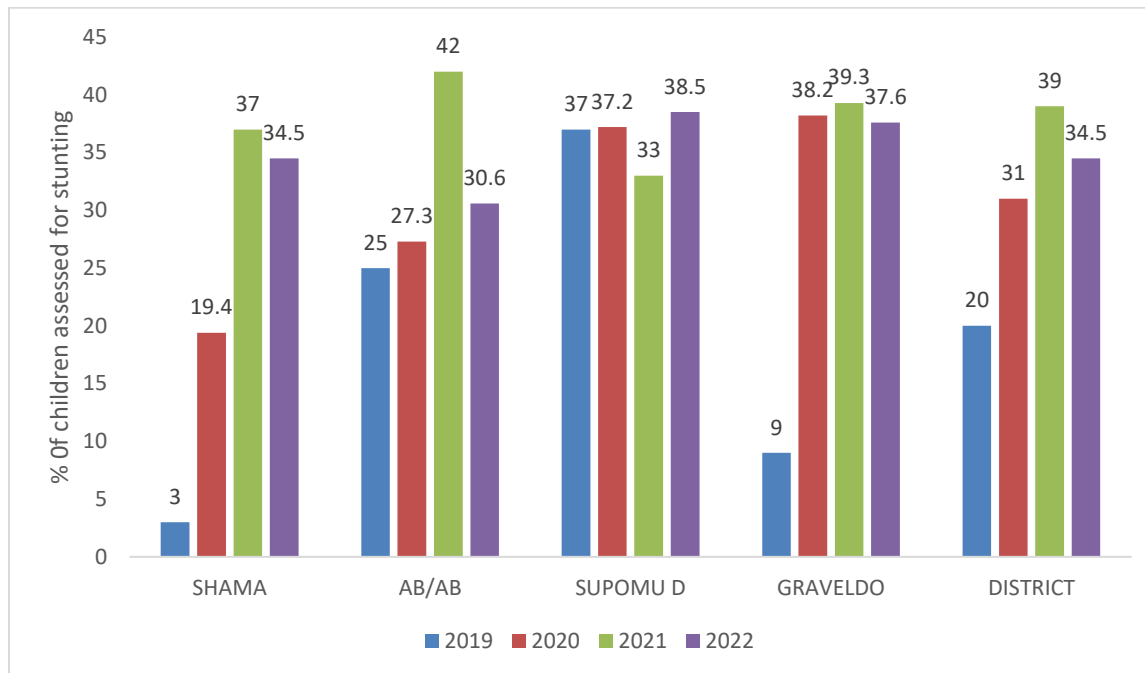
Broad Objectives	Specific Target	Achievement	Reasons for achievement or Non-Achievement
1.Ensure sustainable, affordable, equitable, easily accessible Health care	Increase proportion of school children examine from 91.2% to 95%	School Health examination increased from 9.9% half year 2021 to 46.2% half year 2022	More schools were visited in 2022 than in 2021 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 30.8% in 2021 to 25% in 2022	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 2021, to at least 80% in 2022.	Vitamin A coverage increased due to weekly report monitoring.

PERFORMANCE OF KEY INDICATORS 2019-2022.

PROPORTION OF CHILDREN ASSESSED FOR STUNTING

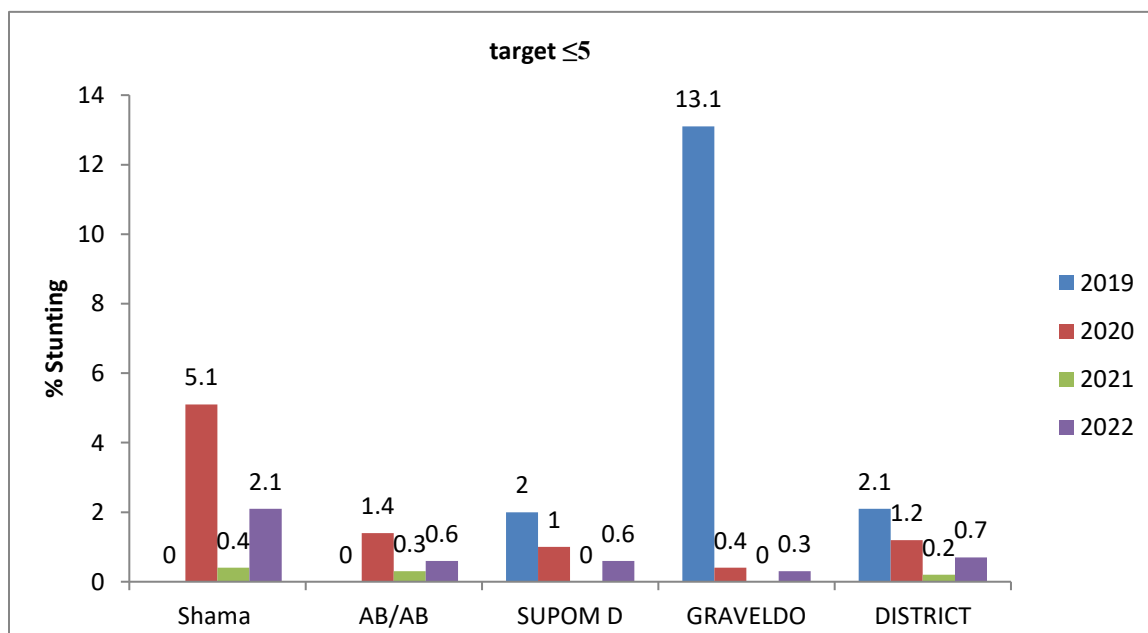
Target: $\geq 10\%$

Achieved: 34.5%



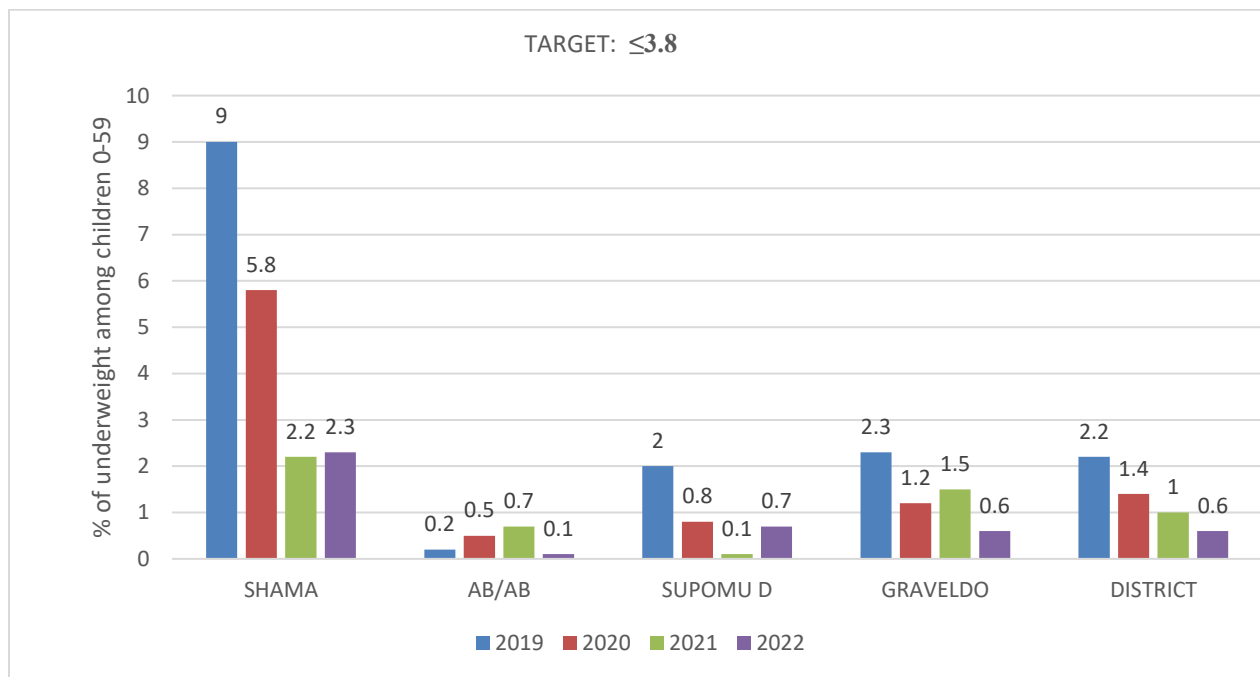
The above graph shows the usage of the infantometer to measure the height of the children 3-59 months old. The target $\geq 10\%$. Looking at the graph; the district achieved 34.5% which shows that, the nurses are using the infantometer well to achieve its purpose.

Trend of stunting among children 0-59 months (Attendance) 2019-2022



This graph shows the trend of stunting in the district. The target is $\leq 5\%$ and the district achieved 0.7% which indicate that the district is within target. The stunting situation in the district is normal.

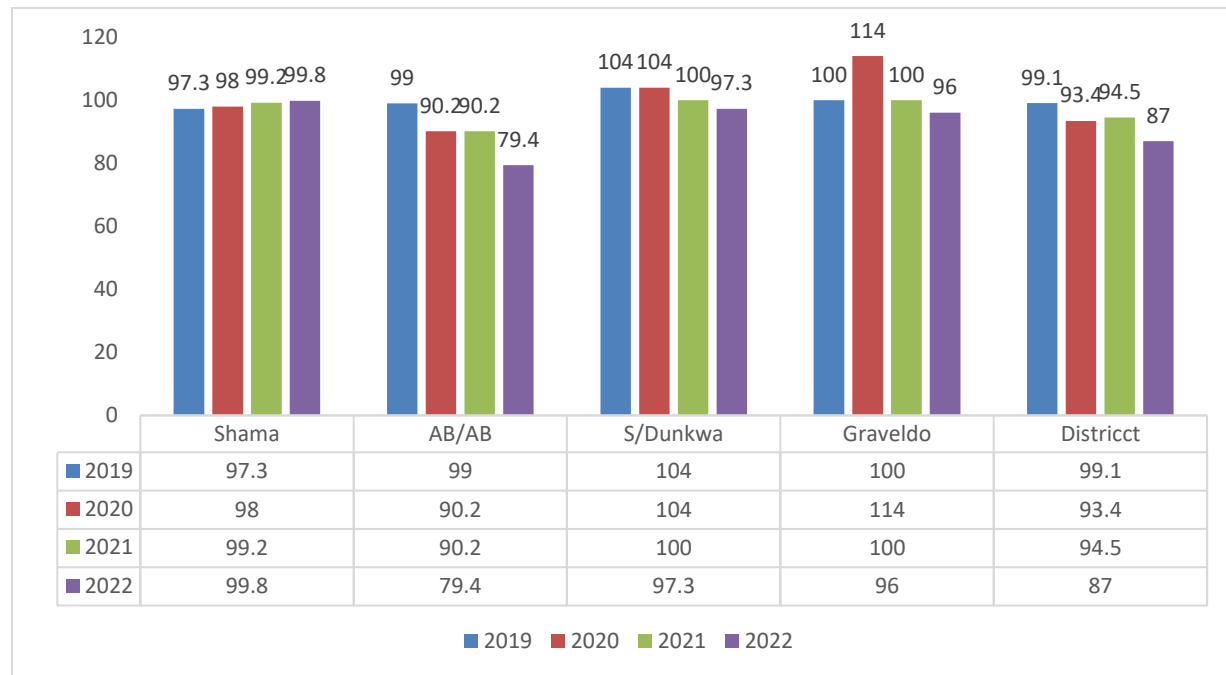
Trend of underweight among children 0-59months (Attendants) 2019-2022



The above graph gives the underweight prevalence in the district. This indicator has a target of $\leq 5\%$. The district was able to achieve 0.6% which is a good sign that our dietary education is going down well with the nursing mothers and the use of koko plus

Early initiation of Breastfeeding within 30min after birth 2019-2022

Early breastfeeding initiation within 30minute after birth is a key indicator use to ensure child survival and optimal nutrition. **The target is 100%.**

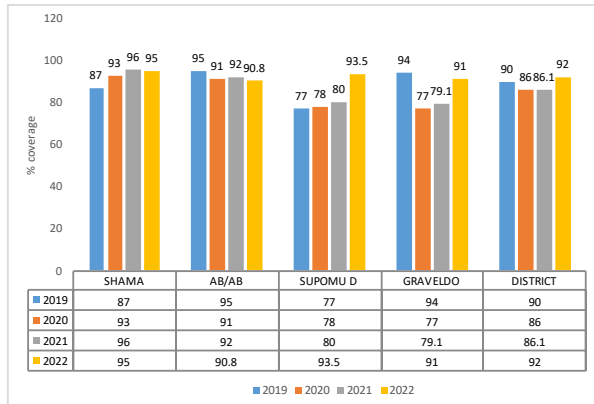


Looking at the graph above, we could see that, none of the subdistrict was able to achieve 100% thereby affecting the district. AB/AB subdistrict dropped from 90.2% in 2021 to 79.4% in 2022 and it was mostly coming from VRA Hosp which had; Total Live Birth=670 and EBF30min=448, representing 66.8%.

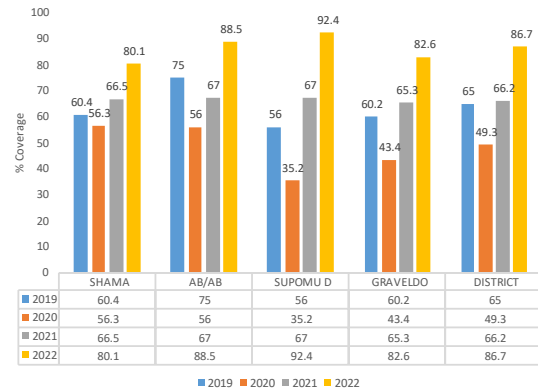
Feeding status of children at 3 & 6 months 2019/2022

Target: ≥80%

At month 3



At month 6 Timely complementary feeding



The bar chart above shows the feeding status of children at months 3&6. At month 3 we expect that at least 80% of the mothers should be giving only breast milk. From the graph above, the district achieved 92% in 2022 as compared to 86.1% in 2021. S/Dunkwa subdistrict improved from 80% in 2021 to 93% in 2022 and also Graveldo improved from 79% in 2021 to 91% in 2022 but AB/AB dropped from 92% in 2021 to 90.8% in 2022

At month 6, we expect that at least 80% mothers should start complementary feeding as breastmilk alone is not sufficient for the child. From the graph above, the district achieved 86.7% in 2022 compared to 66.2% in 2021. All subdistrict improved from 2021 to 2022 contributing to the achievement of the district target.

Anaemia in Pregnancy at 36wks 2019-2022 (target ≤20%)

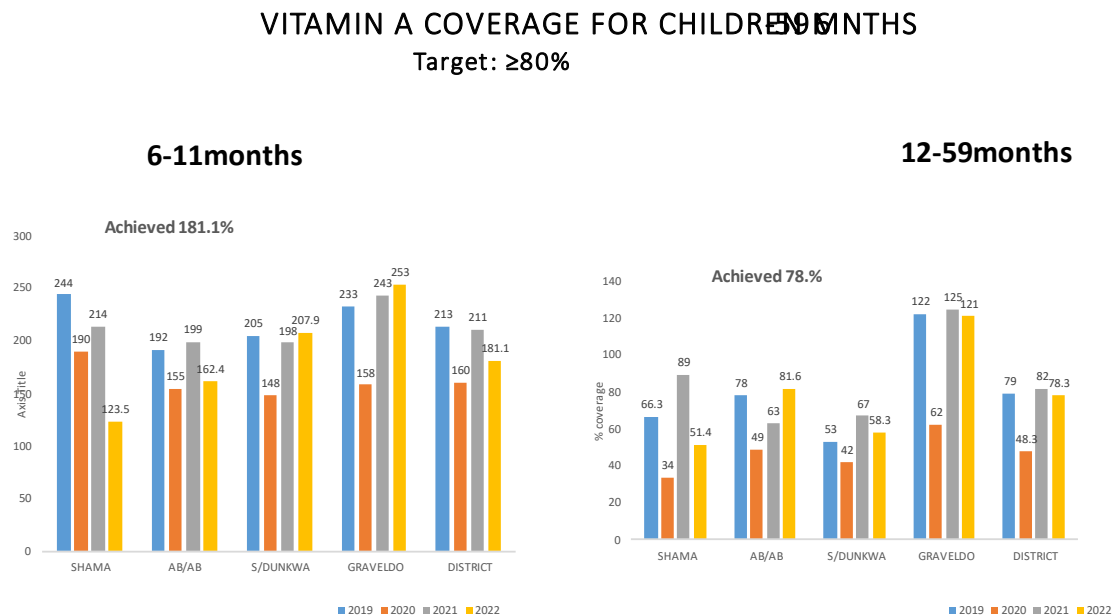
Anaemia is described as having low haemoglobin level less than 11gm/dl which is caused by factors; including not eating iron rich foods and poor absorption of iron from the diet, infection such as malaria and worm infestation among others. Anaemia is most prevalent among pregnant women and children under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

Target: ≤10%

Sub district	2019			2020			2021			2022		
	Hb chkd	Hb < 11gd l	%	Hb chkd	Hb < 11gd l	%	Hb chkd	Hb < 11gd l	%	Hb Chkd	Hb< 11gd l	%
Shama	313	93	29.7	258	91	35.2	398	57	14.3	326	37	11.3
AB/AB	899	363	40.3	960	417	43.4	973	347	35.6	1410	455	32.2
S/D	145	46	31.7	146	76	52	248	84	33.8	227	73	32.1
Grav	72	14	19.4	44	5	11.3	177	67	37.8	247	74	29.9
Dist	1429	516	36.1	1408	589	41.8	1797	555	30.8	2210	639	28.9

Vitamin A coverage for Children 6-59 months 2019-2022

Vitamin A is administered to children aged 6-59 months' six months interval 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.**



Highlights of key Activities in 2022

1. Child Health Promotion Week Celebration in May 2022
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 2022

No	Name of Staff	Training Program	Date organized
1	Michael E. Krah	MCHRB & IYCF	21/5/2022
2	Eunice Osei Animah	MCHRB & IYCF	21/5/2022

KEY Challenges Encountered During 2022

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	31/12/2022
High prevalence of anaemia in Pregnancy	Collaborate with the midwives to give appropriate nutritional counseling during pregnancy	31/12/2022
Lack of funds to carryout nutrition activities	Lobby through DDHS	31/12/2022
Inadequate office space	Lobby through the DDHS	31/12/2022

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