

MEMO

FROM: MUNICIPAL AND ENVIRONMENTAL

TO: MUNICIPAL CHIEF COORDINATING DIRECTOR

DATE: 19th DECEMBER, 2025

SUBJECT: SUBMISSION OF 2025 NUTRITION INTERVENTION LIST AND REPORT

Please, I submit herewith the Nutrition Intervention List Municipality for your information and perusal.

Thank you.



ATIASE EDEM

(ASSISTANT ENVIRONMENTAL HEALTH ANALYST)

List of Nutrition Interventions

1.1 Priorities for 2025

- Provide supervision, mentoring and coaching to all outreaches during child welfare clinics
- Implement effective anaemia Control Program through nutrition clinics
- To expand Girls iron folate acid tablets supplementation (GIFTS) coverage to all primary, JHS and SHS girls
- Maintain high Vitamin A supplementation coverage
- Managed MAM cases as well as providing technical support to sub-Municipality and facilities level staff

1.2 Key Activities Performed

- Nutrition clinics at maternity units to help reduce anaemia in pregnancy in the Municipality.
- Monitoring visits to schools and health facilities on GIFTS
- Target based performance on Vitamin A supplementation adopted by facilities with the support of MHD
- Training of health workers such as midwives, registered general nurses, community health nurses and enroll nurses on the new maternal and child health record book.

1.3 Adopted Strategies

- Routine Growth monitoring and promotion
- School based vitamin A supplementation exercise
- Supportive visits to sub-Municipals & facilities
- Organization of support groups and smart school groups
- Promotion of good nutrition on various platforms
- Nutrition education and counselling during child welfare clinics/durbars/MTMSGs meetings
- Management of malnutrition cases (CMAM)

Maternal Nutrition

The goal for maternal nutrition is to help reduce high anaemia in pregnancy in the Municipality using nutrition clinics as the strategy. In order to achieve this goal, the unit adopted a weekly or bye-weekly visits to health facilities and communities to provide one-on-one counselling to mothers or caregivers on four star diet. This is a full package on proper diet planning, food preparation and consumption of variety of foods rich in iron and other nutrients to support the nutrition and health wellbeing of mother and baby.

The four star diet mainly focus on;

- Star 1: Staples foods. This include all foods commonly eaten by different tribes or ethnic groups. Examples fufu, akple, banku, T.Z, Kenkey, yam slice etc
- Star 2: Animal products. This include all meats (domestic and wild animals) and fish products. Examples Beef, Chicken, Eggs, Chevon, grasscutter, fish, tuna, cow milk etc
- Star 3: Lugumes. This include; All beans, groundnuts, neri, agushi etc
- Star 4: Vitamin A rich fruits and vegetables. This include; orange flesh sweet potato, palm oil, mango, banana, pawpaw, watermelon, orange, ayoyo, alefu, gboma, cassava leaves, kontomire, lettuce, cabbage respectively.

The facilities that were visited for nutrition clinics include;

- Dambai health centre
- Nyuietor CHPS
- Kparekpare CHPS
- Tokuroano health centre
- Katanga health centre
- EP Clinic
- Dormabin health centre

143 mothers and caregivers received counselling sessions over the period under review. This particular intervention was focused on pregnant women with low hemoglobin levels at registration and at 28 weeks.

CHILD WELFARE CLINICS (GROWTH MONITORING)

COMMUNITY-BASED MANAGEMENT OF ACUTE MALNUTRITION (CMAM)

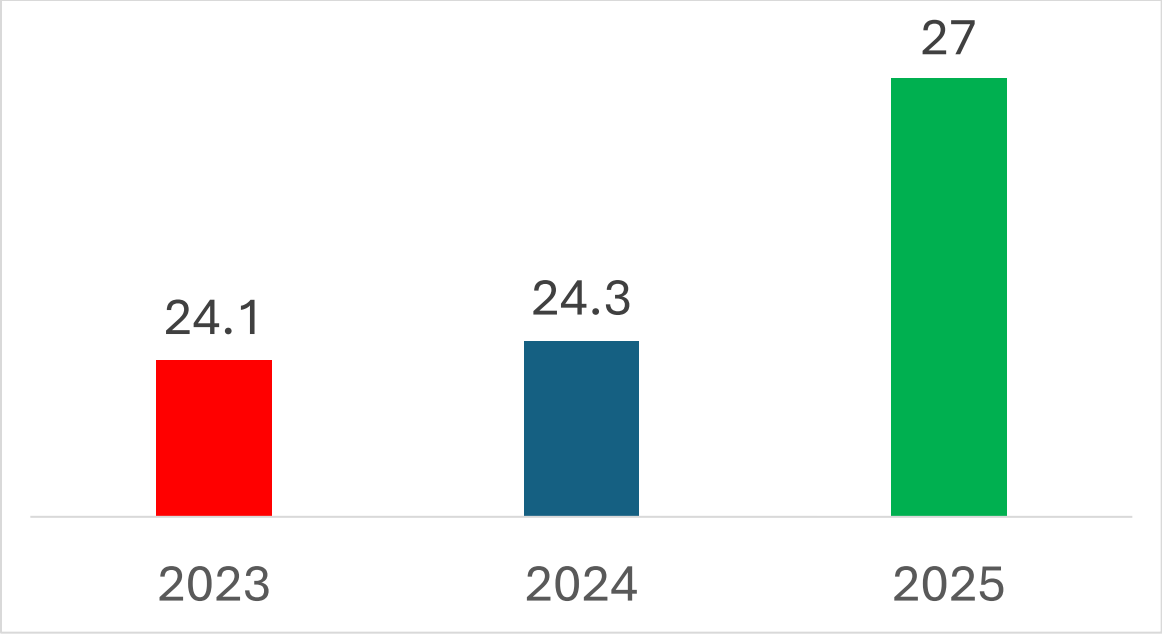
CMAM is Community-based approach to treating Severe Acute Malnutrition (SAM). Children with SAM without complications are treated as outpatients at the community level, (CHPS and Health centres) and Children with SAM and medical complications are treated as inpatients at Dambai Health Centre .But due to lack of RUTF which is a major commodity used in the management of SAM without complications at the community level are all referred to Dambai Health Centre where there is a Medical Officer, for management of CMAM cases.

Child welfare clinic attendance

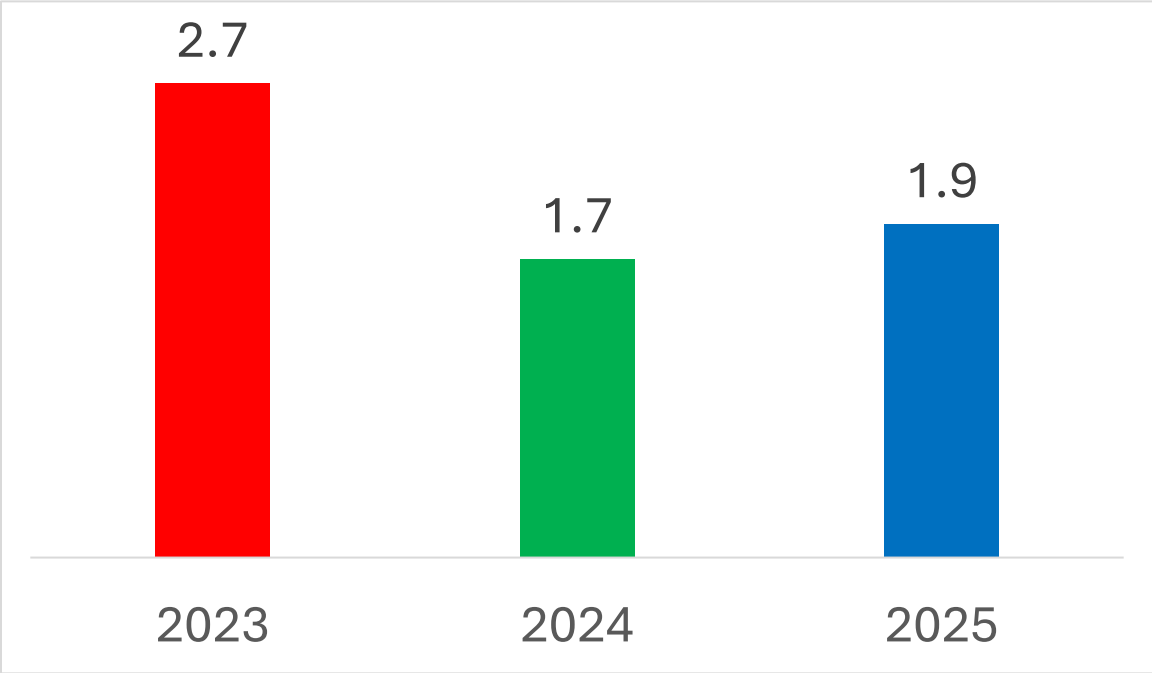
Child welfare clinic attendance have reduced from 39091 in 2024 to 37990 in 2025. This is was mostly due to rescheduling of CWC session by CHNs to enable them carry out nation programs. Also, growth monitoring and promotion activities are not carried out at Island communities. Only vaccination activities are normally carried out.

Age/month	2023	2024	2025
0-11mths	19443	16395	15767
12-23mths	14171	10485	10124
24-59mths	15411	12211	12107
Total	49025	39091	37990

Proportion of children U5 Measured to Assess Stunting



Percentage of children 0-59 stunted





Nutrition officer demonstrating good positioning and attachment, nurse measuring child's length

Nutrition officers and midwives carried out follow-up visits to these infants to counsel their mothers on proper positioning and attachment to breast to ensure proper breastfeeding and growth of this at risk infants.

The child welfare clinics are also used to carryout growth monitoring and immunize children against vaccine preventable diseases to enhance child survival in Krachi East in line with the national policy.

COMMEMORATION OF THE 2025 ANNUAL CHILD HEALTH PROMOTION AND AFRICAN VACCINATION WEEK, LAST WEEK OF APRIL AND THE SECOND WEEK OF MAY RESPECTIVELY.

Ghana health service in collaboration with its partners instituted annual child health promotion week since 2004, which is celebrated in May every year, to educate the populace on child health issues.

The 2025 annual child health promotion is scheduled to take place in April - May, 2025, under the theme;’ **“Every child deserves a healthy a healthy future; invest in your child. Attend “weighing;’ regularly ‘**

Theme for African Vaccination Week.

‘Immunization for all is humanly possible’

We will like to bring to your attention activities that will be carried out in all our facilities and communities within Krachi East Municipality for your support.

Activities to be carried out during the Period

- ❖ Health Fairs highlighting the package of interventions for child health
- ❖ Media engagement Activities (Launch, press briefing, TV/Radio Discussion programme)
- ❖ Community level visit by high profile officials
- ❖ School Health activities
- ❖ Advocacy Meetings with key stakeholders within the community to highlight community ownership of Child Health care

Minimum Package of Intervention: (Key services)

- ❖ **Growth Monitoring and Nutrition assessment**
- ❖ **Nutrition Counselling**
- ❖ **Birth Registration**
- ❖ **Vitamin A supplementation**
- ❖ **Vaccination**
- ❖ **Deworming**
- ❖ **Insecticide Treated Net promotion**
- ❖ **Food Demonstration**
- ❖ **Health promotion and Education**
- ❖ **Reproductive Health (family planning) promotion**
- ❖ **Promotion of exclusive breastfeeding**
- ❖ **Identification and referral of at – risk children**

GENERAL MESSAGES

- **Send your child for regular weighing from birth till the child is five years old**
- **Ask the health worker about the growth of your child on each visit**



Nutrition officer and disease control officer on radio to discuss the activities that would be carried out during the CHPW celebration



CAMON 40 Pro

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Community Engagement at Dadoto



Food Demonstration during CHPW celebration at Dadoto

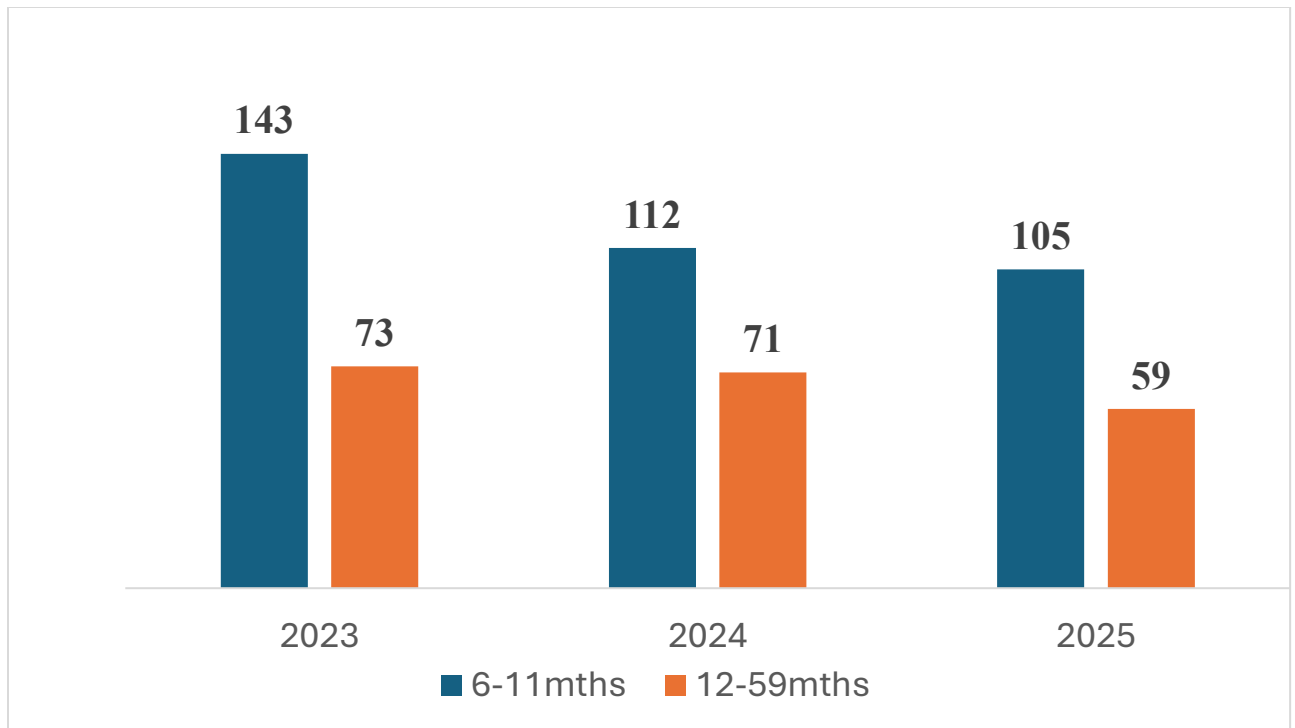
Micronutrient Control

Vitamin A Supplementation

The coverage for vitamin A, for children 6-11months has decreased from 112% in the first half of 2024 to 105% within the same period in 2025. The decreased was occasioned by intermittent of shortage Vitamin A capsules

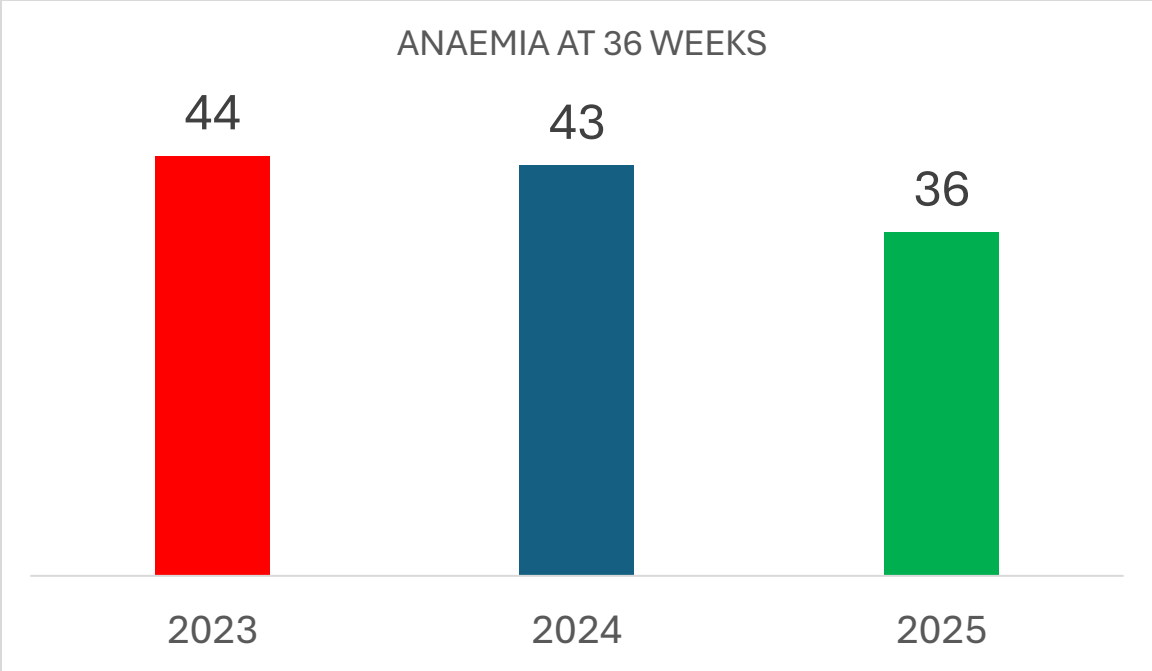
Also, the Municipality recorded a decreased from 71% to 59% for the first half years of 2024 and 2025 for children aged 12-59months respectively. The drop was due to the shortage of vitamin A capsules

Krachi East Municipality's Vitamin A supplementation coverage



Anaemia Control Program

Nutrition status of females especially pregnant women is important to both maternal & child survival outcome. As a result, the unit monitors the routine iron and folic acid supplementation to pregnant women attending ANC. The unit also checked the hemoglobin level of all pregnant women at registration and at 36weeks to help know the anaemia situation in the municipality. Over the years, anaemia has been a problem contributing to other outcomes like low birth weight and neonatal mortality. The unit has reduce anaemia among pregnant women at 36weeks from 43% in 2024 to 36% in 2025. The strategies used included; nutrition clinics by nutrition officers, education on 4 star diet in the various maternity units, food demonstrations, education at durbars and nutrition education program on radio stations available eg Oti and Kano respectively.



Pregnancy School at Dambai H/C

Nutrition Friendly School Initiative

Childhood and adolescence are known to be critical periods for health and development as the physiological need for nutrients increases and the consumption of diets of high nutritional quality is particularly important. Healthy dietary intake and improved physical activity during childhood and adolescence reduce the risk of immediate nutrition related health problems of primary concern to school children, namely under-nutrition, over-nutrition including obesity and dental caries. Additionally, a healthy, balanced lifestyle is particularly important for children. This is because optimal eating patterns and habits developed early in life are more likely to be maintained into adulthood. This will positively influence health and wellbeing which will lead to reduced risk of chronic ailments such as cardiovascular diseases, cancer, and type II diabetes among others. Evidence shows that good nutrition enhances academic performance and contributes to lifelong health and well-being and that ill health can be a catalyst for absenteeism or dropping out of school. Additionally it is recognized that healthy students are better learners. Schools must not only be centers for academic learning, but also supportive venues for the provision of essential health education and services.



Nutrition friendly school initiatives at the piloted schools- Krachi East

The project pilot begun in 6 six schools in Krachi East namely;

- ✓ R/C primary school
- ✓ Oldtown basic school,
- ✓ Girls model school-Dambai,
- ✓ Presbyterian basic school-Kparekpare and
- ✓ Lapass basic school.



Nutrition friendly school fruit day at Oldtown & girls model School, Dambai.

Supportive Supervision and Orientation

Supportive supervision and orientation of health staff in some facilities were carried out.

Participants were oriented on anthropometric measurements and Growth Monitoring and Promotion activities which include; weighing, plotting, interpretation of weight and length/ height measurements.

Key Issues Identified and Addressed During the Orientation Include;

- Poor data capture at some service delivery points
- Incomplete nutrition counseling table in the MCHRB.
- Inadequate nutrition counseling by some staff skills



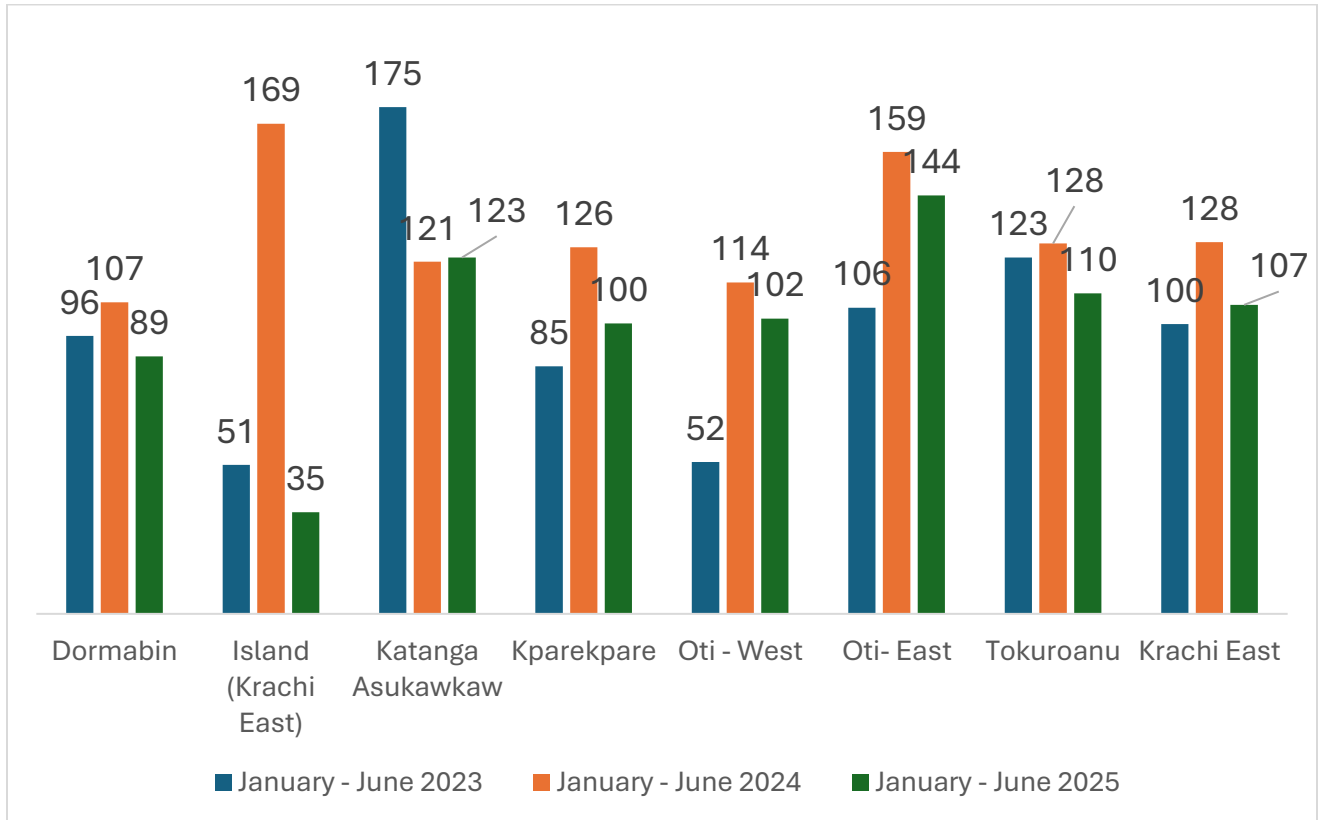
Supportive supervision by MHD staff at Katanga and Matamanu respectively

IMMUNIZATION (EPI).

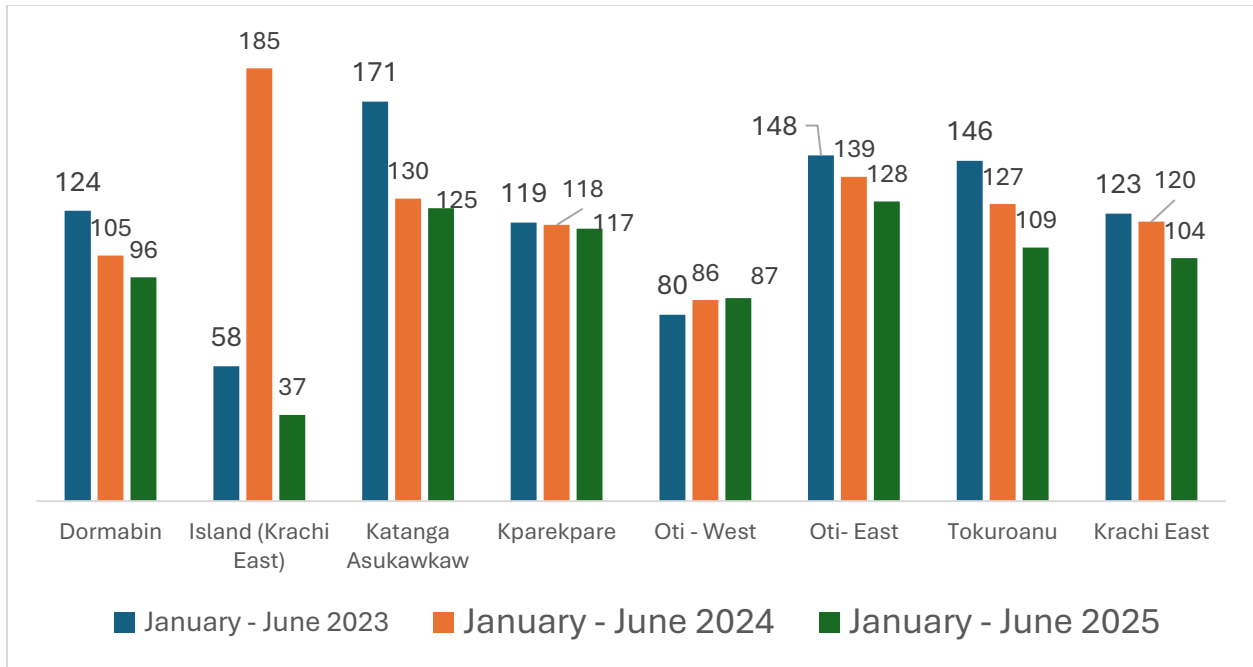
The municipal embarked on routine EPI activities and the graphs below indicate the coverage for the various antigens.

Routine EPI Coverage

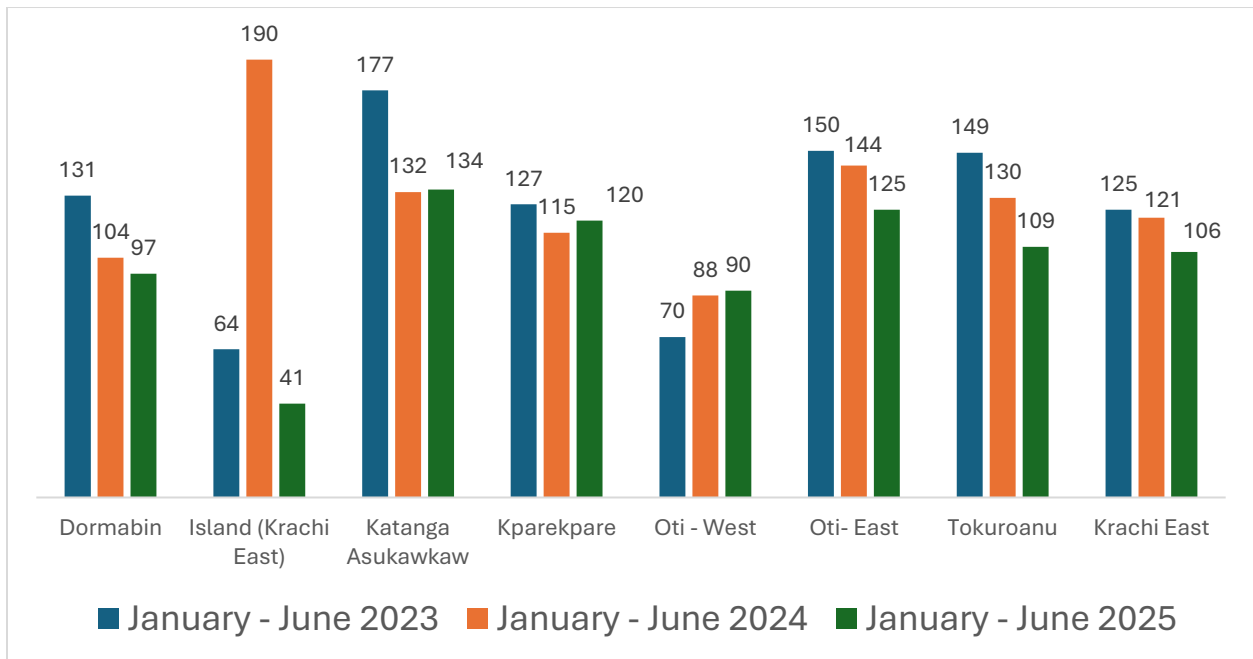
Figure 1: **BCG Coverage by Sub-Municipal**



Penta 1 Coverage by Sub-Municipal



Penta 3 Coverage by Sub-Municipal

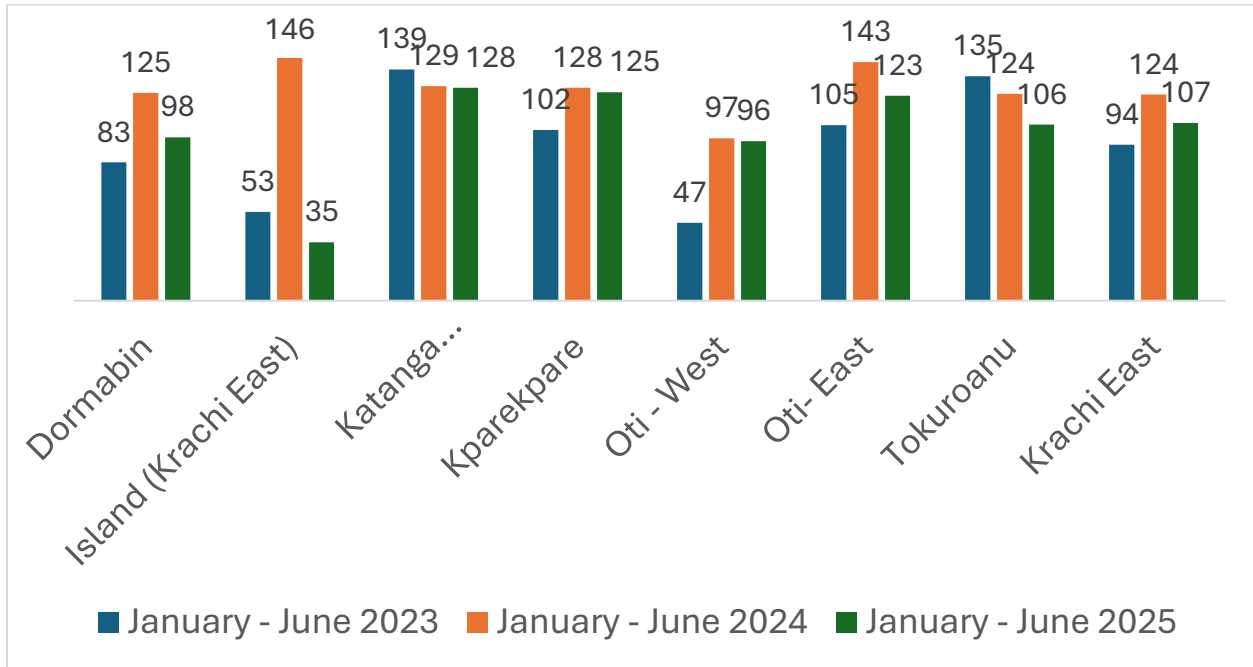


MR1

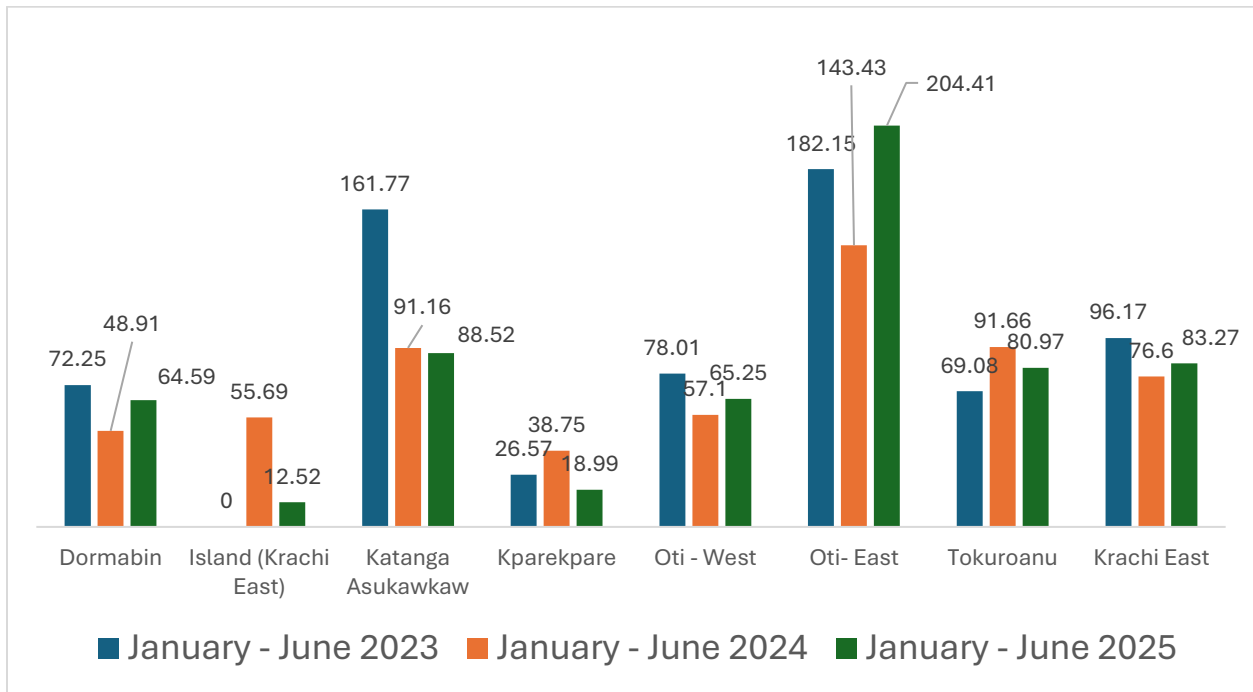
Coverage

by

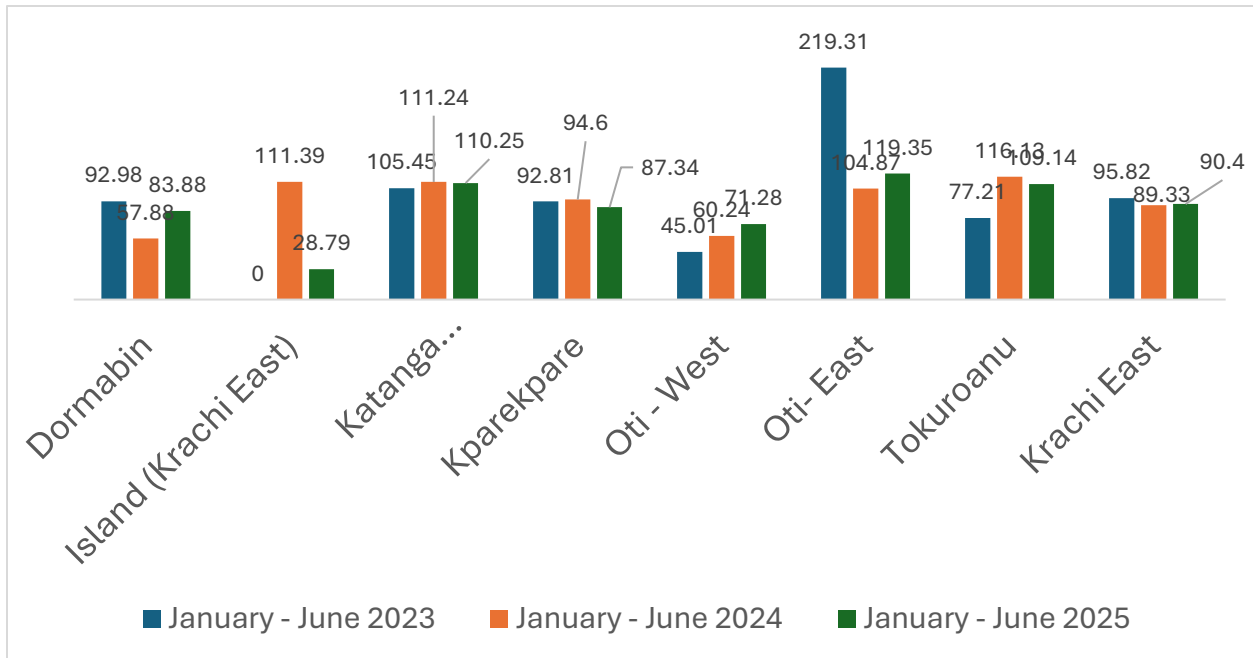
Sub-Municipal



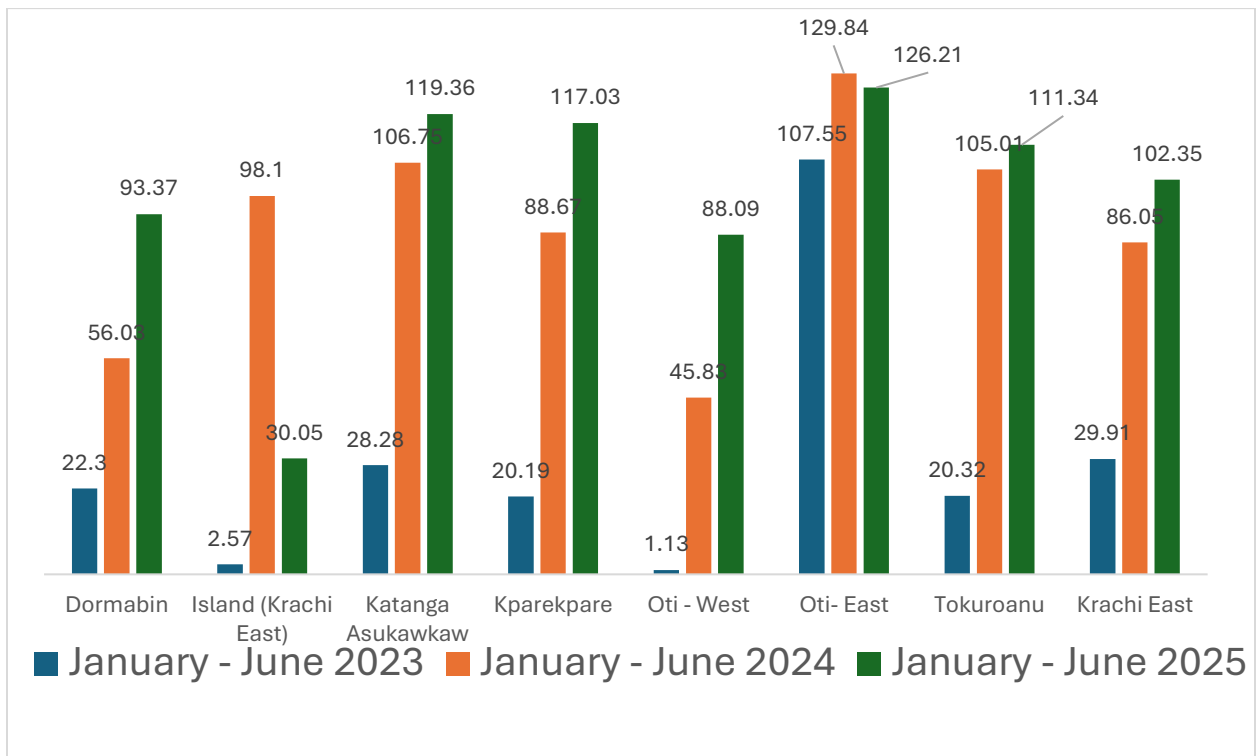
TD 2 Coverage by Sub-Municipal



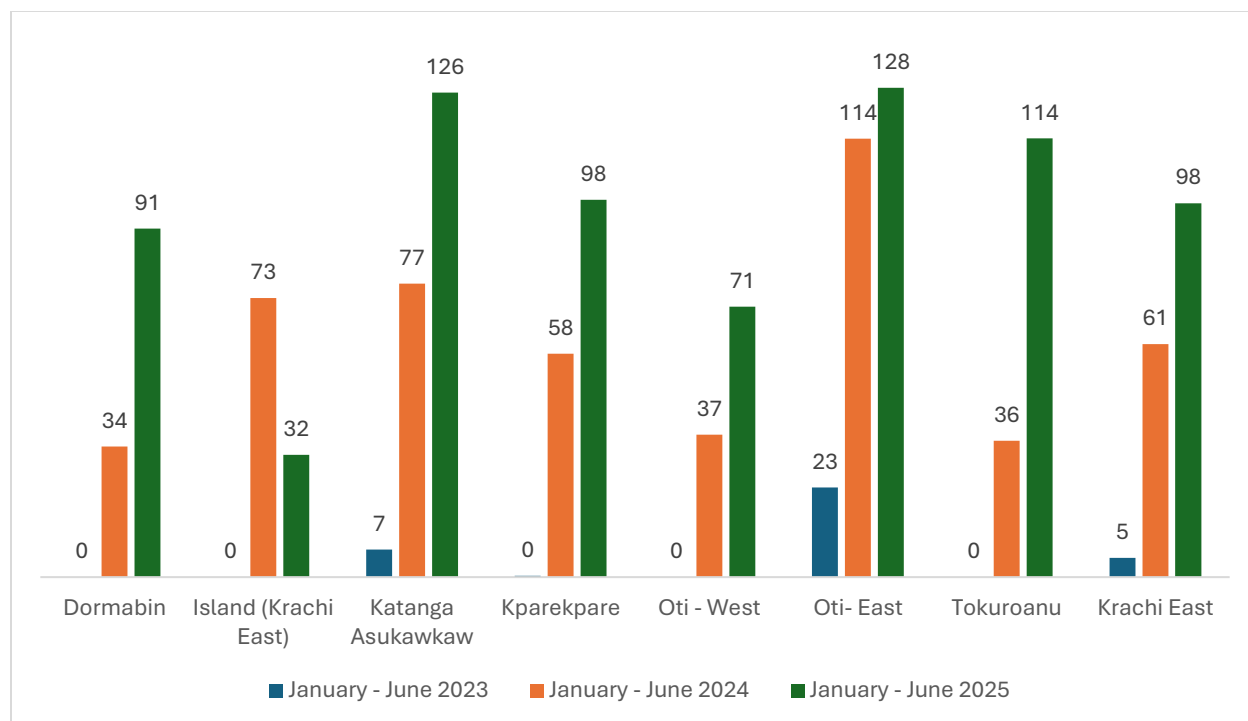
RTSS 1 Coverage by Sub-Municipal



RTSS 3 Coverage by Sub-Municipal



RTSS 4 Coverage by Sub-Municipal



MUNICIPAL SUMMARY OF ANTIGENS 2023 – 2025

Vaccines	Vaccinated	Coverage January - June 2023	Vaccinated	Coverage January - June 2024	Vaccinated	Coverage January - June 2025
BCG coverage under 1	2,281	100	2,969	128	2,496	107
PCV1 coverage under 1	2,698	118	2,801	121	2,445	104
PCV3 Coverage < 1 year	2,707	119	2,838	122	2,523	108
Measles-Rubella1 (MR-1) coverage under 1	2,136	94	2,890	124	2,542	107
Measles-Rubella2 (MR-2) coverage (18-59months)	1,973	86	2,771	120	2,442	104
Men A coverage (18-59months)	2,462	108	2,793	121	2,405	103

OPV1 coverage under 1	2,569	113	2,738	118	2,350	100
OPV3 coverage under 1	2,565	112	2,761	119	2,418	103
Penta1 coverage under 1	2,812	123	2,775	120	2,442	104
Penta3 coverage under 1	2,849	125	2,818	121	2,499	106
Rota1 coverage under 1	2,279	100	2,505	108	2,429	104
Rota3 coverage under 1	2,204	97	2,515	109	2,477	106
Yellow Fever coverage under 1	2,542	111	2,706	116	2,482	103
Td2+ coverage	2,087	96	1,737	77	1,903	83

SURVEILLANCE

Passive and active surveillance went on at all levels, which focused on facility and community-based surveillance activities. Areas such as Prayer camps, shrines, bonesetters were visited.

The unit played a lead role in compiling and submitting reports timely to the appropriate quarters. The timely submission of reports became possible because sub-Municipal did well to submit their respective reports appropriately and timely.

The collaborative effort among service providers and Community Based surveillance Volunteer regarding surveillance was very effective. Hence, all suspected cases that were captured in the communities were promptly detected by the CBSVs and specimens taken appropriately.

Table 1 shows the distribution of cases detected.

Cases	Sub Municipal	2023	2024	2025
Measles Cases	Krachi East	10	8	2
	Dormabin	8	6 (2+)	1
	Island (Krachi East)	0	0	0
	Katanga Asukawkaw	2	0	0

	Kparekpare	0	0	1
	Oti - West	0	0	0
	Oti- East	0	1	0
	Tokuroanu	0	1	0
Yellow fever Cases	Krachi East	2	6	2
	Dormabin	0	4	0
	Island (Krachi East)	0	0	0
	Katanga Asukawkaw	0	1	2
	Kparekpare	2	0	0
	Oti - West	0	0	0
	Oti- East	0	1	0
	Tokuroanu	0	0	0
AFP	Krachi East	2	2	1
	Dormabin	2	2	0
	Island (Krachi East)	0	0	0
	Katanga Asukawkaw	0	0	1
	Kparekpare	0	0	0
	Oti - West	0	0	0
	Oti- East	0	0	0
	Tokuroanu	0	0	0

TUBERCULOSIS

Sample transportation to Testing Site

S/N	FACILITY	No. Transported	% Transported
1	Kparekpare CHPS	18	13
2	Dambai HC	33	12
3	Katanga Hc	28	10

4	Dormabin HC	23	9
5	Tokuroano Hc	16	6
6	Kopah Clinic	11	4
7	Adumadum CHPS	5	4
8	Nyuietor CHPS	4	3
9	Adonkwanta CHPS	4	3
10	Yariga CHPS	3	2
11	Kpelema CHPS	2	1
12	Matamanu CHPS	2	1
13	Dadoto CHPS	2	1
14	Asukawkaw CHPS	2	1
15	Njare CHPS	2	1
16	Ayiremu CHPS	1	1
17	Cement CHPS	1	1
18	Ayirafie Battor CHPS	0	0
19	Okanease CHPS	0	0
20	Motorway CHPS	0	0
21	Ep Clinic	0	0
22	Kwame Akura CHPS	0	0
Krachi East		153	38

TB Case Notification by Facilities

S/N	FACILITY	Total Cases Detected
1	Dambai HC	21
2	Katanga Hc	6
3	Dormabin HC	3

4	Tokuroano Hc	1
5	Nyuietor CHPS	1
6	Kopa Clinic	0
7	Adumadam CHPS	0
8	Kparekpare CHPS	0
9	Adonkwanta CHPS	0
10	Yariga CHPS	0
11	Kpelema CHPS	0
12	Matamanu CHPS	0
13	Dadoto CHPS	0
14	Asukawkaw CHPS	0
15	Njare CHPS	0
16	Ayiremu CHPS	0
17	Cement CHPS	0
18	Ayirafie Battor CHPS	0
19	Okanease CHPS	0
20	Motorway CHPS	0
21	Kwame Akura CHPS	0
22	*NGO's	16
Krachi East		48

Municipal Assembly Support to Health Services

Renovation of OPD structure and construction of consulting rooms at Dambai Health center



Construction of consulting room and OPD shed at DHC

Rental of residential accommodation for medical officer at Dambai health center

Renovation of Adumadum Nurses bungalow

Supported typhoid awareness campaign

Donation of used chairs to municipal health directorate

Supported Kparekpare CHPS community initiated project with roofing sheet