

## **NUTRITION DEPARTMENT – GHANA HEALTH SERVICE ACTIVITY REPORT**

**REGION: VOLTA DISTRICT: NORTH TONGU SUB-DISTRICTS: JUAPONG-  
PODOE, VOLO/DORFOR ADIDOME, BATTOR AND MEPE DATE: SEPTEMBER –  
DECEMBER 2022**

**TYPE OF ACTIVITY: SCHOOL AGE NUTRITION AND GIFTS SBCC CAMPAIGN**

**Key activities carried out include;**

- ❖ Float
- ❖ Engagement of stakeholders
- ❖ Nutrition School Health
- ❖ Media Engagement
- ❖ Talk with religious organization
- ❖ Engagement of mothers visiting C.W.C
- ❖ Community Durbar
- ❖ Presentation of Learning Materials

### **DESCRIPTION OF ACTIVITY**

#### **Float**

Procession of school children from Volo D/A, E/P primary and R/C on the street of Volo with a banner and placards as behaviour change communication material. Fruit demonstration was done at the end of the float and a brief talk was giving by the District Nutrition Officer.

#### **Stakeholder and community sensitization**

As part of efforts to make the NFSI a program well accepted by the community especially parents, a sensitization program was organized at the Juapong health centre and volo health centre, Kosive, Afaode and Volo community to communicate to parents present the need to good nutrition among children, Parents were made to understand the importance of nutrition and why the Ghana Health Service is collaborating with the Ghana Education Service to improve nutrition among school children. During the sensitization program, parents were encouraged to support the program anytime they are also called upon to support. Also, they were encouraged to support their children with the needed food for health growth. To better help parents appreciated the need to eat healthy diet, some statistics of non-communicable diseases were communicated to the parents after which a talk on four-star diet was given to help them avoid foods that may increase their risk of certain diet related non-communicable diseases.

### **School engagement and sensitization**

A visit was paid to one of the schools in some schools in the district to educate and sensitize teachers and students on the need for good nutrition. Students were gathered at the assembly grounds and an interactive nutrition education and sensitization session was conducted. Students were thought what a four-star diet was and also the other important things to do to maintain good nutrition. After the session students and teachers were encouraged to ask questions. Brilliant questions from students were well answered to satisfaction.

### **Media engagement and publicity**

A radio talk was hosted at Ana FM in the Juapong-podoe sub-district, CICs in Volo- Dorfor Adidome sub-district, Mepe and Battor sub-district to discuss the need to good nutrition among our school children. The 30 minutes radio talked spanned from discussions on the genesis of NFSI and how well it's currently being executed in the district. Community Information centers were also used by our health staff to discussed the genesis of NFSI and how well it's currently being executed in the district. More light was also thrown on the GIFTS program. The need for aneamia to be reduced among adolescent girls was described as the need for the GIFTS program.

### **RATIONALE FOR ACTIVITY**

#### **Stakeholder and community sensitization**

Stakeholder and community sensitization was important to champion the program because for the program to be successful, important stakeholders like parents need to be aware. After the education feedback from parents indicated the appreciation for the program and they agreed to encourage their school children to embark on all NFSI activities that the schools may come up with.

#### **School engagement and sensitization**

School authorities in all NFSI schools and some selected schools were met few days ahead of the event to inform them on our intention to organize a sensitization talk for the students on NFSI and GIFT. This was important to prepare the minds of the children for good nutrition. Which is intended to be with them till they are old so that they can also pass it down to the younger generation that comes after them. The students were asked a lot of questions before the education and after. From the assessment it was concluded that the sensitization program has been fruitful. In 20 schools were visited.

### **Media engagement and publicity**

A Community information center engagement and radio program were hosted to further sensitize the public on the nutrition friendly school initiative. The radio has a wide coverage capability, it was important for all other stakeholders to be reached through the platform. The sensitization was successful on radio and jingles on the program were also aired both on the radio and CIC.

### **OPENING REMARKS**

The NFSI program is a program that is very important to help alleviate the problem of poor nutrition among our school-aged children. Issues such as non-communicable diseases have the tendency to cripple the human resource of the country and it is for this, we intent to carry out this program to prepare the minds of school children on the need for good nutrition. A number of activities in the district were organized in order to carry out the program. Important stakeholders such parents, teachers, GES directorate staff and health officers were all engaged.

### **OBJECTIVE(S)**

1. To educate and increase the awareness in GIFTS program in the district.
2. To educate and sensitize community members and students on what NFSI generally is about.

### **PARTICIPANTS**

*Table 1 participants present at the float during SBCC activities*

No	Name of participant	Male	Female	Total
1	Nutrition Officer	2	2	4
2	Public Health Nurse	1	0	1
3	SHEP coordinator	1	0	1
4	Physician Assistant	0	1	1
5	Community Health Nurse	0	2	2
6	Registered Community Health Nurse	0	1	1
7	Enroll Nurse	2	2	4
8	Teachers	6	7	13
9	Student	50	80	130
	Total	62	95	157

Table 2 Participant Information for School engagement and sensitization

No	Name of participant	Male	Female	Total
1	Nutrition Officer	2	2	4
2	Community Health Nurse	1	4	5
3	Registered Community Health Nurse	0	1	1
4	Enroll Nurse	0	2	2
5	Health promotion Officer	1	0	1
6	Teaches	15	20	35
7	Student	50	60	110
	Total	69	89	158

Table 3 Participant information on engagement with stakeholder and community sensitization

No	Name of participant	Male	Female	Total
1	Nutrition Officer	2	2	4
2	Health promotion Officer	1	1	1
3	Community Health Nurse	1	1	2
4	Registered Community Health Nurse	0	0	0
5	Community members	60	106	166
	Total	64	110	174

Table 4 Participant information on engagement with GES director and other GES staff

No	Name of participant	Male	Female	Total
1	Nutrition Officer	1	1	2
2	Public Health Nurse	1	4	5
3	SHEP Coordinator	0	1	1
4	GES director	0	1	1
5	Other staff GES	3	0	3
	Total	5	7	12

## **METHODOLOGY:**

### **Stakeholder and community sensitization**

A sensitization program was organized in the district to communicate to parents present the need to good nutrition among children, Parents were made to understand the importance of nutrition and why the Ghana Health Service is collaborating with the Ghana Education Service to improve nutrition among school children. During the sensitization program, parents were encouraged to support the program anytime they are also called upon to support. Also, they were encouraged to support their children with the needed food for health growth. To better help parents appreciated the need to eat healthy diet, some statistics of non-communicable diseases were communicated to the parents after which a talk on four-star diet was given to help them avoid foods that may increase their risk of certain diet related non-communicable diseases.

### **School engagement and sensitization**

Students were gathered at the assembly grounds and an interactive nutrition education and sensitization session was conducted. Students were thought what a four-star diet was and also the other important things to do to maintain good nutrition. After the session students and teachers were encouraged to ask questions. Brilliant questions from students were well answered to satisfaction.

### **Media engagement and publicity**

A Community information center engagement and radio program were hosted to further sensitize the public on the nutrition friendly school initiative. The radio has a wide coverage capability, it was important for all other stakeholders to be reached through the platform. The sensitization was successful on radio and jingles on the program were also aired both on the radio and CIC.

## **DESCRIPTION OF ACTIVITIES:**

### **Stakeholder and community sensitization**

The engagement focused on discussions around NFSI activities such as school egg day, fruit day, GIFTS day etc. This was to enable stakeholders appreciate the components of the program. In all 10 communities were engaged across the district.



Figure 1 pictures on stakeholder and community sensitization

### **School engagement and sensitization**

The school sensitization program focused mainly on what four-star diet is and what junk food is. A single overriding communication objective was set to help students remember the components of a four-star diet. In all 20 schools across the district were reached with SBCC activities.





Figure 2 pictures on School engagement and sensitization

### **Media engagement and publicity**

Jingles in English, twi and ewe were played on air before the program was started. After which a discussion was started to talk about how poor nutrition causes non-communicable diseases, the nutrition friendly school initiative agenda and GIFTS were the main topic for discussed. In all 1 radio station and five CICs were engaged across the district.





*Figure 3 pictures on media engagement and publicity*

### **Engagement with religious organisation**

A talk was given after eid-ul Adha prayers with key messages on adolescent nutrition and addressing the misconception on the intake of IFA tablet among adolescent girls. Some parents requested to have a look at the tablet which was shown to them. Adults were advised to visit the nearest chemical shop to purchase Folic acid tablet and to be taken once daily for six month.



*Figure 4 pictures on engagement with religious organisation*



### **Engagement with mothers visiting C.W.C**

Mothers bringing their wards to Child Welfare Clinic (C.W.C) were engaged by creating awareness on Girls Iron and Folic Acid Tablet Supplementation (GIFTS) and to encourage their children to take when given in school. Also, they were educated on the need for a four (4) star diet for both mother and children, and to try their possible best to provide fruits and vegetables to their kids rather than giving sweets in order to promote a healthy living.



*Figure 5 pictures on engagement with mothers visiting C.W.C*

### **Community Durbar on NFSI and GIFT**

A community durbar was organised at Korsive to sensitise the community on adolescent nutrition and the need for gardening. This was spearheaded by District Nutrition Officer, District Public Health Nurse, Sub-district Head, Nutrition Officer, Mental Health Nurses and Community Health Nurses. The parents were task to provide fowls to their children to help them sustained egg day celebration. In all 90 school pupils and 50 community members were reached.



Figure 6 pictures on community durbar NFSI

### **Presentation of learning materials to schools**

Learning materials on School-aged Nutrition were presented all the 10 selected schools implementing the Nutrition Friendly Schools initiative students and teachers were taken through few of these materials. One of the materials designed as a game of ludo were played by some teachers and students as each stage explained to them.



Figure 7 pictures on presentation of learning materials to schools

## FLOAT

Procession of school children from Volo D/A, E/P primary and R/C on the street of Volo with a banner and placards as behaviour change communication material. Fruit demonstration was done at the end of the float and a brief talk was giving by the District Nutrition Officer.





Figure 8 FLOAT

### **Engagement with GES directorate**

The district nutrition officer and the district public health nurse met with GES directors and her staff to brief the team the need to support GIFT and Nutrition Friendly School Initiative program.



Figure 9 pictures on engagement with GES directorate

### **FOLLOW-UP ACTIONS AND ADD TIMELINES FOR THESE ACTIONS**

Key discussion point	Follow-up action	Timeline	Provide feedback to participants
1. to improve anaemia situation among adolescent girls	1. check on gifts registers in schools as often as possible	1. every Wednesday 2. monthly school monitoring programs	1. Weekly feedback will be given to teachers and termly

<p>2. To reduce consumption of unhealthy drinks and foods</p> <p>3. To encourage personal hygiene among students.</p>	<p>2. vendors in schools will be encouraged to top selling unhealthy food</p>		<p>reports will be given to parents.</p> <p>2. Feedback to be given to parents and education directorate</p>
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**CHALLENGES**

1. Sudden strike of teacher unions. Making it difficult to meet some public schools
2. Monitoring and supervision problems
3. Lack of enough funds
4. Some students do not take the IFA tablet due to lack of money to buy food
5. Egg day not observed by some students due to financial constraint
6. Few students observe fruits and vegetables day as there is no market in the community and others complaint of their parent not giving enough money to buy them even when available.

**KEY RECOMMENDATIONS**

1. More support is needed from all stakeholders to improve the program
2. Supervision and monitoring should be beefed up
3. The education directorate should be actively involved to the program stand.
4. Ghana Education Service and the District Assembly help to introduce the school feeding program in schools that are unprivileged.

**CLOSING REMARKS/CONCLUSIONS**

The NFSI is a program that if well-coordinated will enable the country alleviated most of the issues concerning adolescent nutrition. Younger ones may grow and develop into healthy adults whereas the generations that come after them will also follow up the good trend.