



NUTRITION

Annual Report

2020

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Introduction

Tema Metropolis is one of the populated areas in the country. Health service is delivered through 3 public facilities and 19 CHPS.



| 2020 Target Population (Selected Indicators) | No. |
|--|--------|
| WIFA Population - Women in fertility age group | 52,629 |
| Population < 1 year | 8,772 |
| Population < 5 years | 43,859 |
| Population 6-59 months | 39,483 |
| Population 10-19 years | 49,121 |

Key issues for consideration at the beginning of the year included anaemia in pregnancy, vitamin A supplementation and CMAM case search.

- Throughout the year, nutrition clinics (focus nutrition counselling of pregnant women on their Hb results) were done.
- Also Mass distribution of Vitamin A was done during the mOPV vaccination in October, 2020.
- From November to December 2020, 20 children were identified through active case search conducted throughout the metropolis for SAM.

MATERNAL NUTRITION

Trends of IFA 3 and IFA 6

| Facility | Percentage of ANC registrants receiving IFA for 3months | | | Percentage of ANC registrants receiving IFA for 6 or more months | | |
|-------------|---|-------|-------|--|-------|-------|
| | 2020 | 2019 | 2018 | 2020 | 2019 | 2018 |
| Community 1 | 327.2 | 370.6 | 126 | 316 | 475.5 | 147.7 |
| Manhean | 127.5 | 100.1 | 90.7 | 87.1 | 42.9 | 46.7 |
| Tema North | 204.1 | 168.7 | 126.1 | 112.8 | 103.3 | 107.4 |
| Tema South | 59.3 | 44.1 | 37 | 64.9 | 43.3 | 32.8 |
| Tema | 103  | 80.3 | 56.4 | 89.9  | 69.5 | 47.5 |



There was 22.7% and 20.4% increase in IFA supplementation among ANC registrant for 3 and 6 months respectively.

Total number of pregnant women registered and total counselled (Nutrition counselling Clinics)

| Facility | Total number of pregnant women | Gestation | | | First visit HB(g/dl) | | | Repeat visit HB(g/dl) | | |
|----------------------|--------------------------------|-----------|----------|----------|-----------------------|---------------------------|----------------|-----------------------|---------------------------|----------------|
| | | 1st Trim | 2nd Trim | 3rd Trim | Severe Anaemia <7g/dl | Moderate Anaemia 7-11g/dl | Normal >11g/dl | Severe Anaemia <7g/dl | Moderate Anaemia 7-11g/dl | Normal >11g/dl |
| Tema North & South | 1472 | 41 | 377 | 1054 | 3 | 881 | 83 | 5 | 251 | 148 |
| Manhean Polyclinic | 78 | 5 | 31 | 42 | 0 | 37 | 4 | 0 | 46 | 13 |
| TMA Maternity Clinic | 89 | 45 | 23 | 56 | 0 | 19 | 10 | 1 | 29 | 30 |
| Metro | 1639 | 91 | 431 | 1152 | 3 | 937 | 97 | 6 | 326 | 191 |



Out of all the ANC attendants, 1,639 of them were counselled their Hb status and nutrition

Trends of % HB testing and anaemia at registration

| Facility | Percentage of ANC registrants with HB checked | | | Percentage of ANC registrants Anaemic at registration | | |
|-------------|--|------|------|---|------|------|
| | 2020 | 2019 | 2018 | 2020 | 2019 | 2018 |
| Community 1 | 99.8 | 100 | 100 | 25.3 | 35.2 | 44.7 |
| Manhean | 100 | 100 | 100 | 14.5 | 14.5 | 19.6 |
| Tema North | 96.1 | 99.9 | 97 | 29.5 | 41.5 | 50.3 |
| Tema South | 93.6 | 98.2 | 98.9 | 21.8 | 27.7 | 22.6 |
| Tema | 96.5  | 99.1 | 98.9 | 21.7  | 27.7 | 28.7 |


Anaemia in among ANC registrant reduced by 6%. However, there was a 2.6% reduction in anaemia among ANC registrants.

Trends of % HB testing and anaemia at 36 weeks of Pregnancy

| Facility | Percentage HB checked at 36 weeks | | | Percentage of Pregnant Women Anaemic at 36 weeks | | |
|-------------|--|-------|-------|--|------|------|
| | 2020 | 2019 | 2018 | 2020 | 2019 | 2018 |
| Community 1 | 104.5 | 97.6 | 132.2 | 17.3 | 21.6 | 43.8 |
| Manhean | 112 | 63.9 | 78.7 | 10.4 | 14.4 | 23.4 |
| Tema North | 99.8 | 118.5 | 300.2 | 34.4 | 38.9 | 55.3 |
| Tema South | 72 | 93.6 | 91.3 | 32.8 | 37.1 | 21.7 |
| Tema | 93.9  | 87.7 | 130.7 | 23.7  | 29.7 | 38.4 |

Anaemia at 36 weeks reduced by 6% whiles Hb checked at 36 weeks increased by 6.2%.

Trends in IFA at PNC (%)

| Facility | 2020 | 2019 | 2018 |
|-------------|--|------|------|
| Community 1 | 98 | 40 | 62 |
| Manhean | 29 | 14 | 29 |
| Tema North | 83 | 76 | 45 |
| Tema South | 96 | 114 | 56 |
| Tema | 85  | 75 | 81 |

Manhean recorded the lowest coverage of IFA distribution, 29% whiles 85% was the metro coverage. This is a 10% increase over the previous year.

IYCF INTERVENTIONS

Trends in Early skin-to-skin contact and initiation of breastfeeding

| Sub-Metros | 2020 | 2019 | 2018 |
|-------------|------|------|-------|
| Community 1 | 96.1 | 85.1 | 166.3 |
| Manhean | 92.4 | 93.9 | 119.8 |
| Tema North | 58.6 | 63 | 88.8 |
| Tema South | 64.3 | 64.4 | 72.1 |
| Tema | 68.9 | 68.9 | 81.6 |

There was a 11% increase in early initiation of breastfeeding in Community 1. However, all the remaining sub-metros had reductions in the rates of early initiation while the metro rate remained the same.

Trend of infants 0-3months exclusively breastfeeding

| Sub-Metro | 2020 | 2019 | 2018 |
|-------------|------|------|------|
| Community 1 | 88.2 | 83.9 | 72.9 |
| Manhean | 81.8 | 86.8 | 65.6 |
| Tema North | 73.2 | 83.2 | 70 |
| Tema South | 73.7 | 87.2 | 87.6 |
| Tema | 77.8 | 85.8 | 72.9 |

Apart from Community 1 which had 4.3% increase, all sub-metros had significantly reduced rates ranging from 5% to 13.5% due to reasons yet to be explored.

Trend of continued breastfeeding at 1 year

| Sub-Metro | 2020 | 2019 | 2018 |
|-------------|------|------|------|
| Community 1 | 1.4 | 1.2 | - |
| Manhean | 1.8 | 3.5 | - |
| Tema North | 1.5 | 1.2 | 0.24 |
| Tema South | 1.1 | 1.4 | 0.39 |
| Tema | 1.7 | 2.2 | 0.24 |

Manhean had a 1.7% decrease with Tema North recording a 0.3% increase.

Trends in timing of initiation of complementary feeding

| Facility | Timely initiation of complementary feeding | | |
|------------|--|------|------|
| | 2020 | 2019 | 2018 |
| Tema South | 68.3 | 58.5 | 67.5 |
| Tema North | 73.3 | 76.4 | 78.4 |
| Comm. 1 | 51.5 | 35.7 | 37.7 |
| Manhean | 45 | 48.9 | 68.4 |
| Tema | 60.9 | 56.9 | 68.9 |

Timely initiation of complementary feeding increased by 4% in the metro. However, Manhean had a 3.8% reduction. This could be a cause of undernutrition (underweight).

CMAM

Trend of Out-Patient Care(OPC)

| Period | CMAM Cure rate (OPC) | CMAM Death rate (OPC) | CMAM Defaulter rate (OPC) | Total CMAM Cases Discharged-OPC |
|--------|-------------------------|--------------------------|------------------------------|------------------------------------|
| | >75.0 | <10.0 | >15.0 | |
| 2020 | 47.8 | 2.2 | 39.1 | 35 |
| 2019 | 16.3 | 3.5 | 72.1 | 86 |
| 2018 | 27.6 | 4.6 | 42.5 | 87 |

There was a 31.5% increase in the OPC cure rate and a 33% decrease in defaulter rates.

Trend of Out-Patient Care(OPC) by Sub-Metros

| Facility | CMAM Cure rate (OPC) | CMAM Death rate (OPC) | CMAM Defaulter rate (OPC) |
|-------------|----------------------|--------------------------|------------------------------|
| | >75.0 | <10.0 | >15.0 |
| Community 1 | 33.3 | - | 66.7 |
| Manhean | 4.9 | - | 78 |
| Tema North | - | - | - |
| Tema South | 26.2 | 7.0 | 66.7 |
| Metro | 47.8 | 2.2 | 39.1 |

Manhean sub-metro has the highest default rate 78%. Socio-economic factors among other cultural issues have been identified as the as contributors to the high defaulter rate.

In-Patient Care(IPC)

| Period | CMAM IPC Cure rate | CMAM IPC Death rate | CMAM IPC Defaulter rate |
|--------|-----------------------|------------------------|----------------------------|
| | >75.0 | <10.0 | >15.0 |
| 2020 | 27.3 | 63.6 | 9.1 |
| 2019 | 46.7 | 53.3 | 0 |
| 2018 | 71.4 | 28.6 | 0 |

Death rate increased more than 50% above the target while cure rate decreased by almost 20%. Default at IPC which is a rare occurrence has risen up to 9.1%.

GROWTH PROMOTION AND MONITORING

Underweight

Trend of Underweight among Registrants

| Period | Total Weighed | % Sever Underweight | % Moderate Underweight |
|--------|---------------|---------------------|------------------------|
| 2020 | 6,200 | 0 | 1.2 |
| 2019 | 10,783 | 0 | 2 |
| 2018 | 11,574 | 0 | 4.7 |

There was a 0.8% reduction in moderate underweight apparently. However, comparing the total number of registrants weighed, in 2019, there was actually a little increase.

Trend of Underweight among Attendants

| Period | Total Weighed | % Sever Underweight | % Moderate Underweight |
|--------|---------------|---------------------|------------------------|
| 2020 | 73,697 | 0.3 | 2.0 |
| 2019 | 103,096 | 0.3 | 3.5 |
| 2018 | 93,101 | 0.2 | 2.3 |

There was 1.5% reduction in moderate underweight among attendants though the rate of severe underweight remained the same.

Trend of Stunting among Attendants

| Period | % Measured for stunting | Sever stunting | Moderate stunting |
|--------|-------------------------|----------------|-------------------|
| 2020 | 31.3 | 0.4 | 0.38 |
| 2019 | 16.2 | 0.09 | 1.0 |
| 2018 | 2.5 | 0.09 | 3.6 |

The measurement for stunting has generally increased by about 100% from 16.2% to 32.5%

Trend of Stunting among Attendants by Sub-Metros

| Period | Sub-Metro | Percentage Severe Stunting 0-59 months | Percentage Moderate Stunting 0-59 months | % children 0-59 months measured for Stunting |
|--------|-------------|--|--|--|
| 2020 | Community 1 | 0.52 | 4.3 | 18.3 |
| | Manhean | 0.04 | 0.63 | 6.7 |
| | Tema North | - | 0.12 | 34.4 |
| | Tema South | 0.01 | - | 85.7 |
| 2019 | Community 1 | - | 1.6 | 34.2 |
| | Manhean | 0.26 | 0.91 | 3.7 |
| | Tema North | 0.14 | 0.91 | 27.7 |
| | Tema South | 0.07 | 0.57 | 16.6 |
| 2018 | Community 1 | - | - | - |
| | Manhean | - | - | - |
| | Tema North | - | - | 0.5 |
| | Tema South | 0.09 | 3.8 | 9.4 |

Manhean over the years has recorded the least rate of measurement for stunting.

MICRONUTRIENT DEFICIENCY CONTROL

Coverage of Vitamin A Supplementation 1st and 2nd semesters for 6-11months and 12-59 months

| 1 st Semesters | | | 2 nd Semesters | | |
|---------------------------|---|---|---------------------------|---|---|
| Period | Routine Vitamin A coverage (6-11months) | Routine Vitamin A coverage (12-59 months) | Period | Routine Vitamin A coverage (6-11months) | Routine Vitamin A coverage (12-59 months) |
| Jan to Jun 2020 | 58.1 | 19.8 | Jul to Dec 2020 | 42.1 | 13.7 |
| Jan to Jun 2019 | 62.3 | 18.7 | Jul to Dec 2019 | 87.7 | 28 |
| Jan to Jun 2018 | 62.5 | 31.8 | Jul to Dec 2018 | 44.9 | 10.3 |

With the exception of the coverage among children aged 12 to 59 months in the 1st semester of 2020, all other age groups had significant reduction in coverage for all age groups.

GIRLS IRON FOLATE TABLETS SUPPLEMENTATION (GIFTS)

GIFTS (In-school)

| Facility/ Sub-Metro | Number of girls screened for anaemia this month | Number of girls anaemic this month | Number of girls registered this month (New) | Number of girls in the register (Old + New) |
|------------------------|--|--|---|--|
| Community 1 | 15 | - | 87 | 1 770 |
| Manhean | 151 | 10 | 144 | 1 950 |
| Tema North | 28 | 5 | 102 | 861 |
| Tema South | 745 | - | 808 | 3 634 |
| Tema | 939 | 15 | 1 141 | 8 215 |

The coverage of GIFTS (In-School) was low due to the closure of schools because of COVID 19.

Trend of GIFTS (Out-of-school) by Sub-Metros

| Sub-Metro | Expected No. of Adolescents to be registered | | | Actual No. of Adolescents Registered | | Actual No. of Adolescents given Supplements(IFA) | |
|--------------------|--|-------------|-------------|--|-------------|--|-------------|
| | 2019 | 2020 | 2021 | 2019 | 2020 | 2019 | 2020 |
| Community 1 | 648 | 649 | 650 | 31 | 87 | 31 | 118 |
| Tema North | 1926 | 1929 | 1931 | 655 | 102 | 655 | 757 |
| Tema South | 825 | 826 | 828 | 164 | 808 | 164 | 972 |
| Manhean | 2415 | 2417 | 2423 | 277 | 144 | 277 | 421 |
| Tema Metro | 5814 | 5821 | 5832 | 1127 | 1141 | 1127 | 2268 |

There was a small margin of improvement, 0.6% with respect to the adolescents registered in 2020 in comparison with those registered in 2019.

OTHER ACTIVITIES

MONITORING /SUPPORTIVE SUPERVISION

GIFT (In-School)

Thirteen schools within Tema Metropolis were visited during a supportive supervision on GIFTS (In-School) from 27th January to 31st January, 2020. Forty-six (46) bottles of IFA and 48 registers were distributed during the visits. Also, orientation was given to some selected teachers on logistics management and records keeping.

GIFT (Out-of-School)

All four (4) sub-metros were visited during the exercise which was conducted from 30th March to 3rd April, 2020. It was observed that coverage of the programme during that period was very low. This was found to be partly due to the pulse on home visiting because of the COVID-19 scare and well as the low attendance to all services.

Manhean

A visit was paid to Manhean sub-metro on 9th June, 2020. U-Compound, Manhean Polyclinic nutrition unit and static CWC site. Poor documentation and non adherence to directives to measure length/height were discussed during the visit.

President's Hot Meals Initiative

Eight(8) JHS including 6 private schools were monitored from 7th to 11th September, 2020. The following was observed during the exercise;

Availability of portable water was 75% and observed cleanliness of the serving staff was 87.5%. About eighty-seven percent(87.5%) mark was observed for the use of menus in cooking. According to the teachers, Caterers' were punctual most of the time, about 87% which according to them was ok. The pupils give a fifty percent(50%) mark for the quantity of the food. This clearly indicates that most of the caterers were not serving according to the size 4 pack size as recommended. However, the pupils mentioned that the caterers were most of the times punctual(87.5%) and served very nutritious meals(87.5%).

SURVEYS

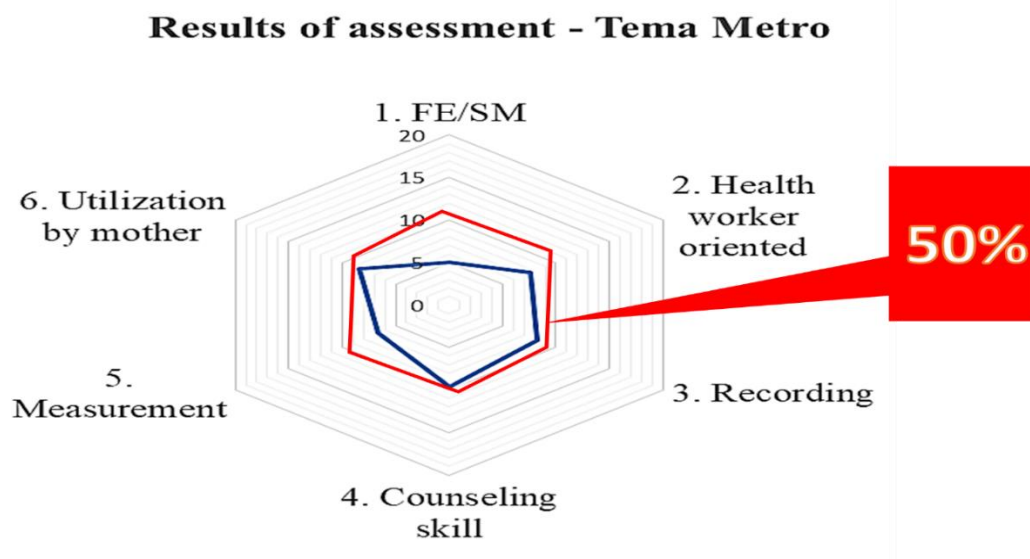
GIFTS (In-School) Survey

A survey was conducted on GIFTS (In-School) from 20th to 24th January, 2020 and the following was observed in the schools selected;

Knowledge gap in the GIFTS programme on the part of some teachers. Documentation of activities among logistics management was also not the best. A supportive visits was conducted to refresh teachers' on the GIFTS programme and records keeping as an intervention

MCHRB Survey

A baseline survey was carried out on the Maternal and Child Health Record Book (MCHRB) from 8th to 9th June, 2020. Data collected from 20 facilities which included CHPS, a polyclinic and a hospital was analysed as follows;



Results of assessment of MCH RB in Tema Metro

For management of facility equipment among other logistics, Tema scored 25%. This shows that most of our facilities either do not have the equipment to work with or they are out of use. Non-availability of the MCH RB was found as a major contributory factor

Recording was rated at an average of 40%. This could explain the impact of partial training and non-availability of the MCH RB.

Facilities scores for measurement was around 35%. Most of the facilities had no equipment especially for length and height measurement

TRAINING

MCHRB

A three(3) day training on the MCHRB was done for selected RCH staff from 22nd to 24th June, 2020. This was a joint session for Tema and Kpone-Katamanso.

Training in Data Management

Fifteen Nutrition staff were taken through the various aspects of the nutrition dataset in the DHIMS on 3rd September, 2020

During the meeting, nutrition data for January to June 2020 was assessed as well as the performance of nutrition indicators for the period.

Nutrition staff were trained in basic DHIMS analysis and the application of validation rules

CMAM/IYCF

A downstream training in CMAM and IYCF was organized from 16th to 17th December, 2020. Forty-Two staff from the various cadre in child health were trained.

MEDIA ADVOCACY

- Public sensitization on infant and young child feeding in the COVID 19 era was done on an English programme; Question Time on Obonu 96.5 FM on 11th May, 2020, 10:00 am to 11:00 am. This was during the Child Health Promotion Week 2020.
- Through a regional initiative, we had a session on 'Start-Right-Feed Right; from birth to 2 years and beyond' on GTV Adult Education programme aired on 5th August 2020 5:30 pm to 6:00 pm. This was part of public sensitization during the Breastfeeding Week 2020.
- On 28th November, 2020, a discussion on 'Undernutrition among children' was done during the health segment on Plan 'B' 104.5 FM from 8:00 am to 10:00 am. This was part of an arrangement of the health directorate to communicate health to the people in Tema.
- There was a session on Healthy Eating in the COVID 19 era 22nd December, 2020 10:30am – 11:00am.

CHID HEALTH PROMOTION WEEK CELEBRATION

The 2020 Celebration of the Child Health Promotion week was observed throughout the month of May. During the month several community sensitization was done with emphasis on Infant and Young Child Feeding(IYCF) and health in the COVID 19 era.

BREASTFEEDING WEEK CELEBRATION

Breastfeeding week was also observed all month through ie from 1st to 31st August, 2020.

INNOVATION

In collaboration with the Adolescent Health programme and in partnership with Youth – for – Christ an NGO, 11 girls were trained in GIFTS and deployed as peer educators. Forty-five(45) were registered through their efforts.

CHALLENGES

- Poor data management has been identified as a major challenge.
- Inadequate support from facility and CHPS supervisors especially on Out-of-School GIFTS and the measurement of length/height.
- Inadequate support for follow-up and home visit ie transportation and call credit.
- Unsupportive flow of ANC services that makes nutrition counselling optional and left at the discretion of clients.

RECOMMENDATIONS /WAY FORWARD

- Adequate support from supervisors would go a long way to ensure quality work output and clean data as evidence thereof.
- Facility managers should ensure budgets include support for follow-up call, home visits and defaulter tracing especially for anaemic pregnant women and malnourished children.
- ANC service package should be re-mapped to make nutrition counselling an integral part ie any client who visits should see the nutrition staff after receiving their IFA and to return to the midwife for the rest of the services. On seeing the midwife clients who have not yet seen the nutrition staff should be asked to do so before being attended to.



Some activities during the Child Health Promotion Week



Training of Youth for Christ Volunteers 21/08/2020



Radio Presentation at Obonu 12/05/2020



Radio Presentation at Plan B 28/11/2020

