East Mamprusi Municipal Assembly
Environmental Health and Sanitation Unit

Report on Nutrition-Oriented Intervention Activities

Compiled

By

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1.1 Overview

This year, the East Mamprusi Municipal Assembly initiated a series of nutrition-oriented intervention activities aimed at improving the health and nutritional status of the community. This report outlines the objectives, implementation, and outcomes of these activities.

1.2 Activities Conducted

1. **Medical Screening for Food Vendors and School Feeding Cooks**
    - **Objective**: To assess the health status of food vendors and cooks, ensuring they meet health standards to prevent foodborne illnesses.
    - **Outcome**: Identification of health issues requiring further attention and improvement in food safety practices.
2. **Household Water Treatment and Safe Storage**
    - **Objective**: To educate households on the importance of treating and safely storing water to prevent waterborne diseases.
    - **Outcome**: Increased awareness and implementation of safe water practices.
3. **Implementation of WASH Behaviour Change through Community Led Total Sanitation**
    - **Objective**: To foster sustainable sanitation practices in the community, promoting hygiene and sanitation improvements.
    - **Outcome**: Enhanced community participation in sanitation efforts, resulting in improved environmental health.
4. **Food and Cooking Demonstrations in Communities and Health Facilities**
    - **Objective**: To provide hands-on training on nutritious food preparation and cooking techniques.
    - **Outcome**: Improved knowledge of nutritious meal preparation among community members.
5. **Training on Balanced Diet, Food Hygiene, and Food Safety**
    - **Objective**: To educate the community on the principles of a balanced diet and good food hygiene practices.
    - **Outcome**: Increased understanding of dietary needs leading to improved nutritional choices.
6. **Food Preservation Education for Food Vendors and School Feeding Caterers**

- **Objective**: To equip vendors and caterers with skills to preserve food safely, extending its shelf life and reducing waste.
- **Outcome**: Enhanced food preservation techniques leading to better food quality and safety.

7. **Distribution of Aqua-Tabs**
   - **Objective**: To provide communities with water purification tablets to ensure access to safe drinking water.
   - **Outcome**: Improved water quality in households using Aqua-Tabs.
8. **Provision of Iron and Folic Acid for Pregnant Women**
   - **Objective**: To address iron deficiency and support maternal health during pregnancy.
   - **Outcome**: Increase in the intake of essential nutrients among pregnant women, contributing to better health outcomes.

1.3 Participants

The intervention activities involved the participation of:

- Community members
- Environmental Health Officers
- Food vendors and school feeding cooks
- Women, particularly pregnant women

1.4 Conclusion

The nutrition-oriented intervention activities carried out by the East Mamprusi Municipal Assembly have had a significant impact on the health and nutritional status of the community. The comprehensive approach, addressing both food safety and dietary education, has fostered better health practices among participants. Continuous monitoring and follow-up will be essential to sustain these improvements and address any emerging challenges.

1.5 Recommendations

1. **Ongoing Education**: Implement periodic training sessions to reinforce the learned practices.
2. **Community Engagement**: Increase community involvement to sustain sanitation and nutritional practices.

3. **Assessment and Monitoring**: Conduct regular assessments to evaluate the long-term impact of these interventions.