

Establishing Nutrition Counseling Services as a part of routine Maternal and Child Health services in Ghana

Why Nutrition Counseling Services?

Importance of nutrition in first 1000 days
The nutrition woman and child receive from the start of pregnancy through child's second birthday is critical for a child's growth and development and for building foundation for a healthy and productive future

High burden of maternal and child malnutrition in Ghana (DHS 2014)

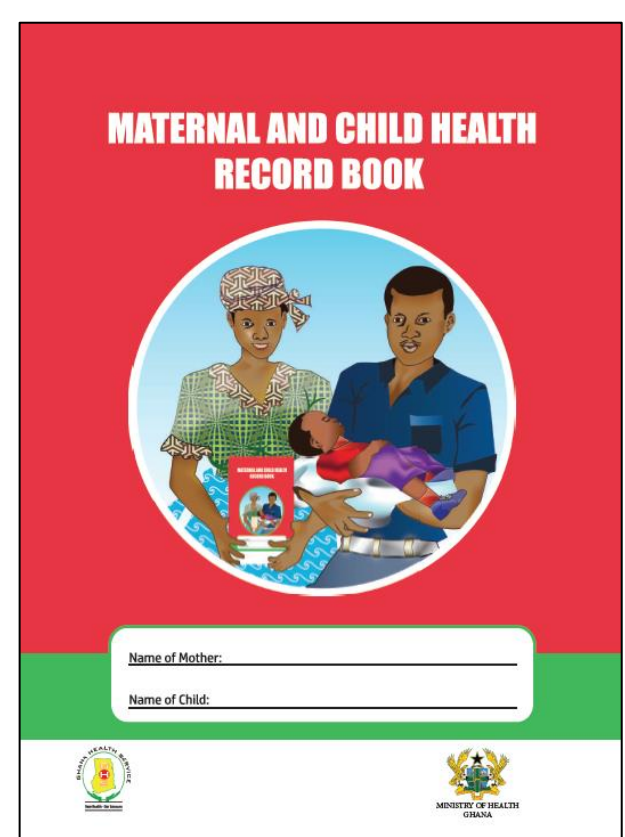
Stunting: 19% of children under 5
Anaemia: 66% of children under 5

Overweight & Obesity: nearly 40% of WRA (15-49 years)
Anaemia: 42% of WRA

Evidence: Nutrition counseling improve optimal gestational weight gain, reduce risk of anaemia, improve the birth outcomes and reduce child malnutrition

Strength: High ANC coverage (coverage of ANC1 is 98% in 2017), Nutrition officers in health system

Opportunity: National roll-out of new MCH Record Book, the book contains lots of nutrition contents.



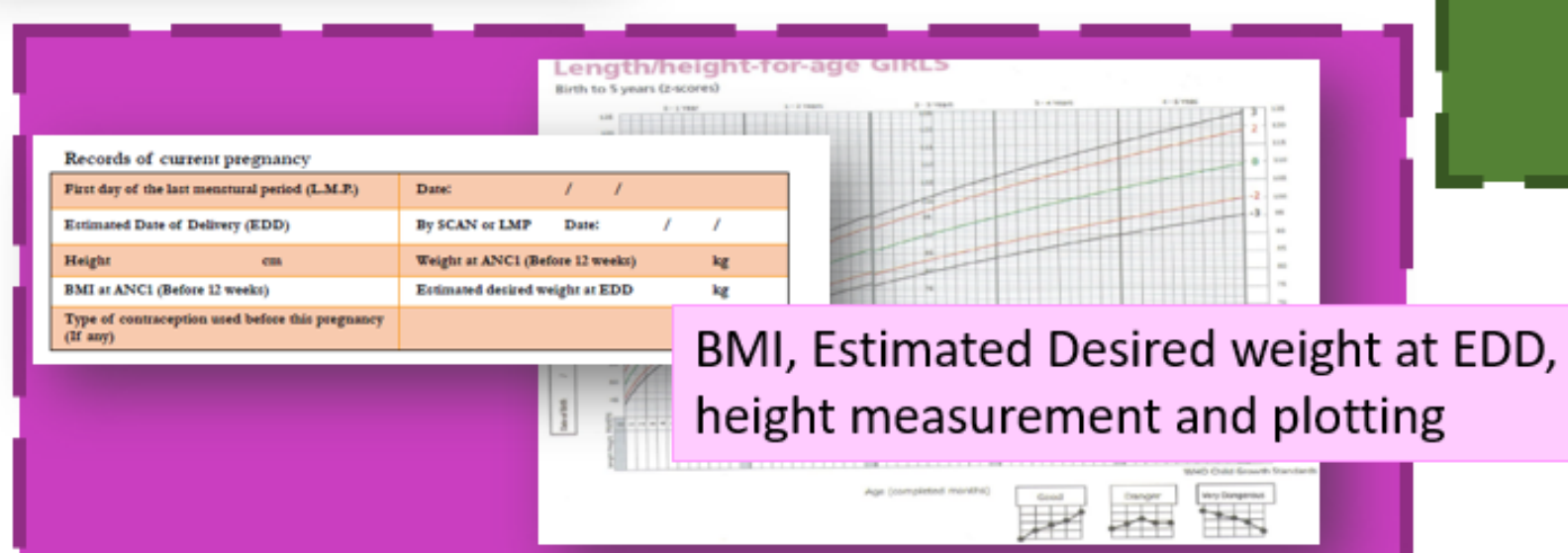
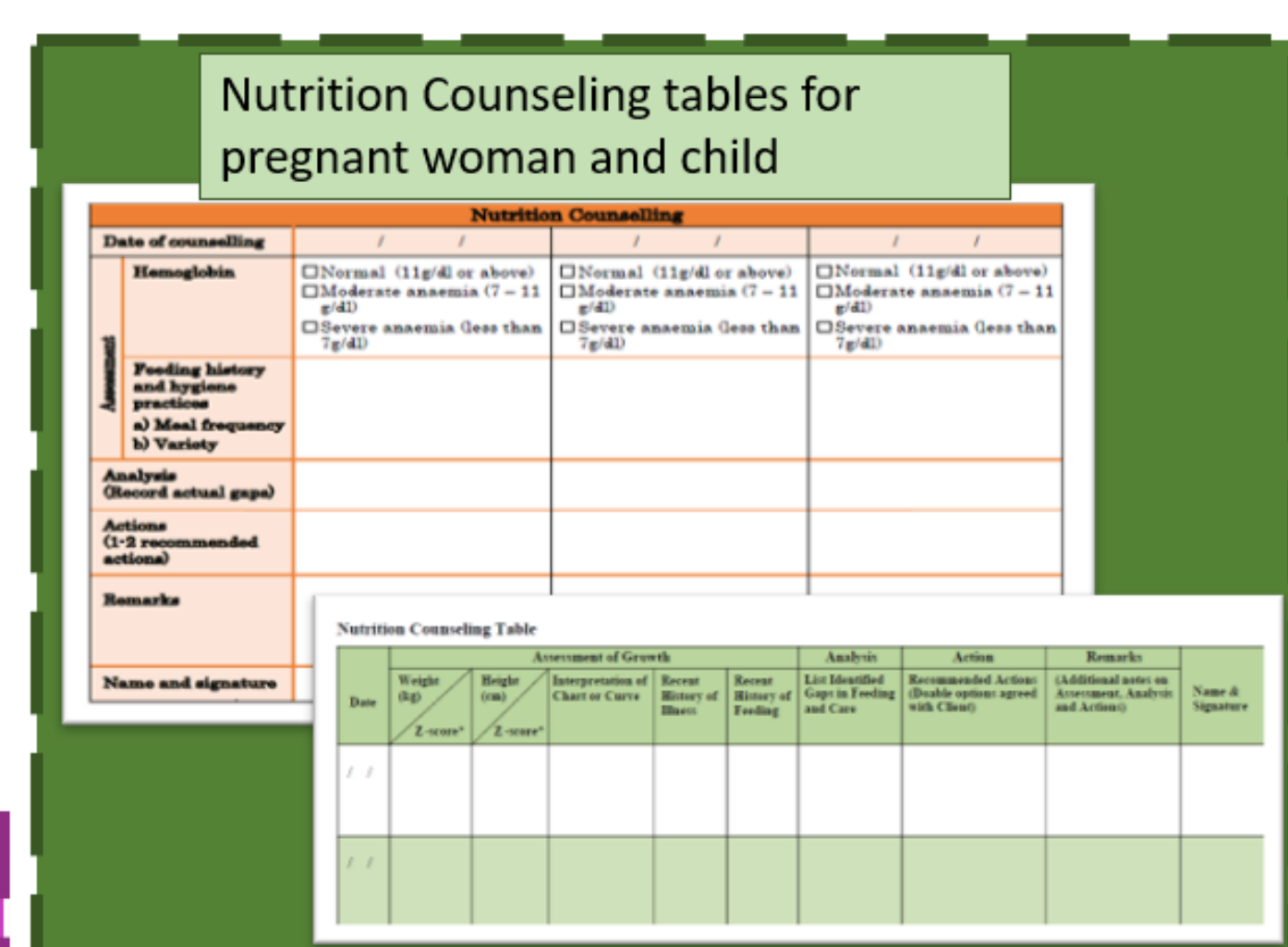
The availability of MCHRB offers a great opportunity for improving the delivery of integrated MCH and Nutrition services and strengthening continuum of care.



Objective of Nutrition Counseling Services

To equip caregivers and entire population to adopt optimal nutrition practices and other nutrition-related behaviours to ensure the optimal health, survival and wellbeing of pregnant women and children.

* Nutrition-related essential features of Ghana MCH Record Book *



Operational Guidelines and Training Materials

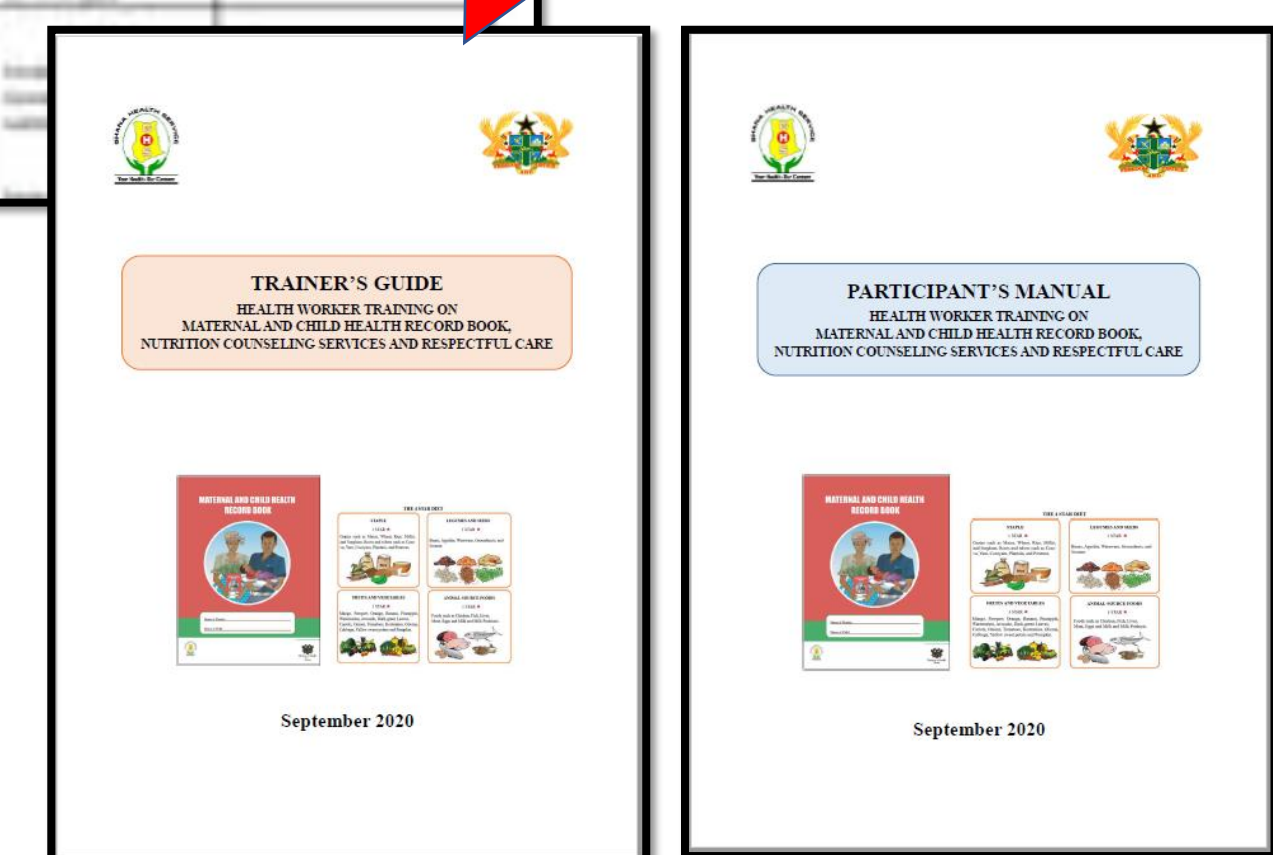
A package of Training Materials were developed to equip Health workers to provide Nutrition Counseling Services

- Interactive communication based on 3A steps to find out best solution
- Utilize MCHRB record and information
- Encourage mothers to act
- With respectful manners
- Utilization of locally available food items

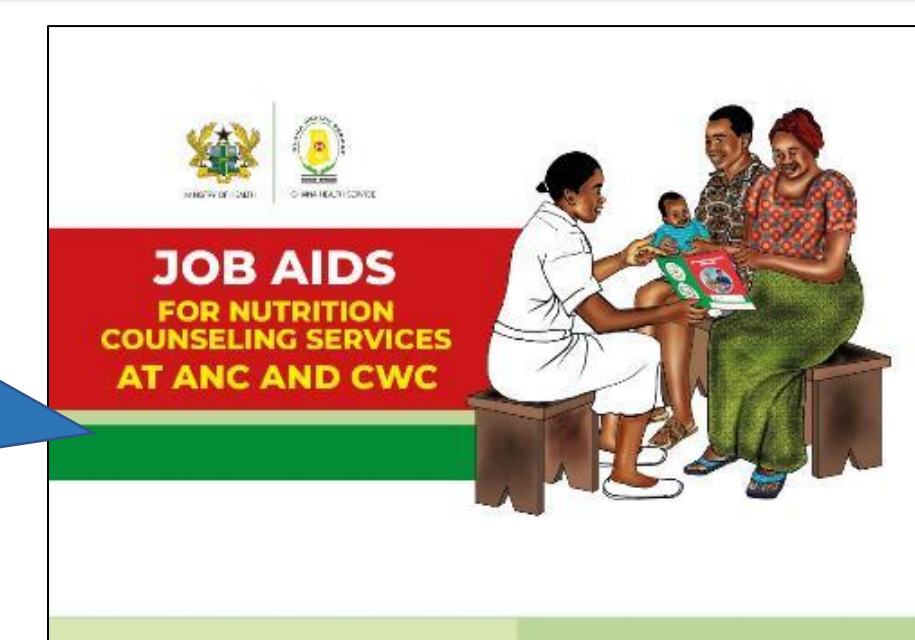
Algorithm: 3A (Assessment, Analysis, Action) based process flow of NCS



Trainer's Guide and Participant's Manual



Flip chart including algorithm and BMI table

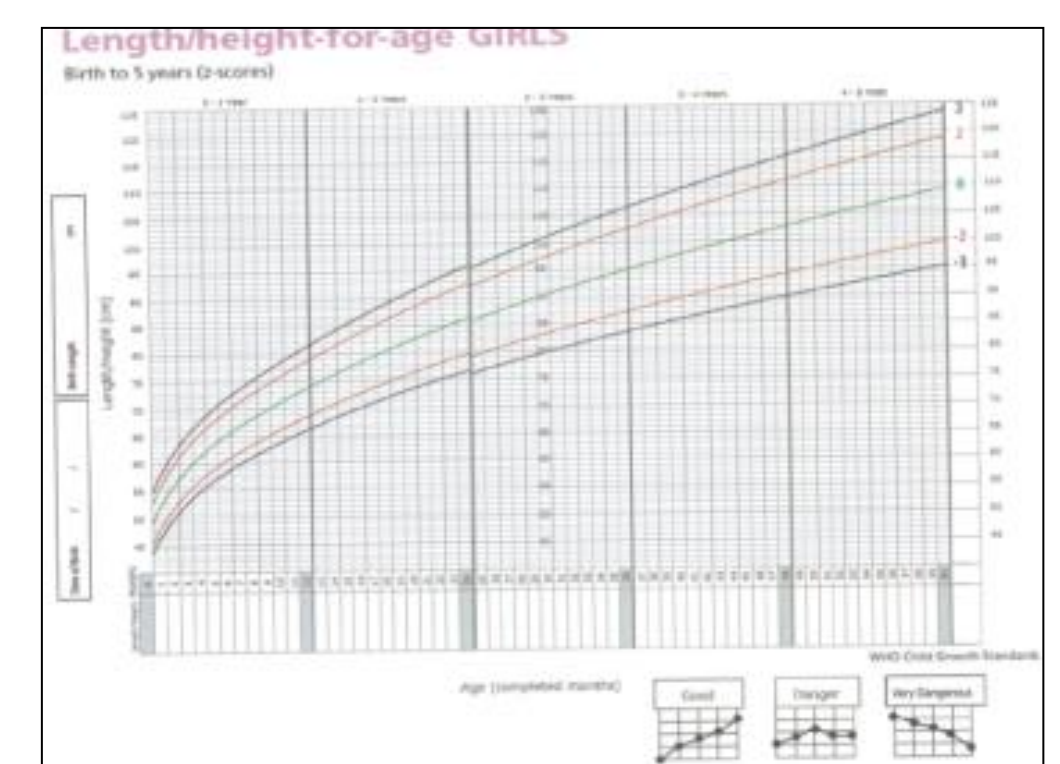


National Roll-out of Training

Measurement of length



Plotting on Growth Chart



Nutrition Messages and illustrations in the book



Counseling with 3A steps (assessment, analysis, action)



Learn utilization of local food for nutritious diet



Date of counseling	Nutrition Counseling		
	1	2	3
Assessment	<input type="checkbox"/> Normal (11.4g/dl or above) <input type="checkbox"/> Moderate anaemia (7 - 11.4g/dl) <input type="checkbox"/> Severe anaemia (less than 7g/dl)	<input type="checkbox"/> Normal (11.4g/dl or above) <input type="checkbox"/> Moderate anaemia (7 - 11.4g/dl) <input type="checkbox"/> Severe anaemia (less than 7g/dl)	<input type="checkbox"/> Normal (11.4g/dl or above) <input type="checkbox"/> Moderate anaemia (7 - 11.4g/dl) <input type="checkbox"/> Severe anaemia (less than 7g/dl)
Feeding history and behavior			
Assessment of Meal Frequency & Variety			
Assessment of Breastfeeding status			
Assessment of Complementary feeding			
Remarks			
Name and signature			

1st M&S in focus districts of Ashanti Region

- ◆ 77.5% of the visited facilities (129) indicate that they made change in the organization of CWC and ANC to provide nutrition counseling services.
- ◆ 90% of mothers at ANC and CWC responded that they were told how to eat well by health workers (111 mothers responded)
- ◆ Some health workers reported that the counseling services helped in improving dietary and feeding practices of clients, and/or helped to improve their nutritional status.

"It works. Mothers are able to prepare variety of food for their babies using four-star diet. There is weight gain in subsequent visit."

