

3. Nutrition- Nutrition Interventions

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5.

✓Nutrition

Overview of Other Nutritional Interventions

- Micronutrient supplementation
- Food supplementation
- Food fortification
- School feeding
- Growth monitoring
- Nutrition Surveillance
- Disease control
- Maternal and Child care
- Kitchen gardens and small animal husbandry
- Food aid and food for work
- De-worming
- Nutritional education
- Improving water supply
- Nutritional rehabilitation

Growth Monitoring and Promotion

- Purpose
 - Growth monitoring and promotion aims at detecting growth faltering in children through regular measurements of a child's weight and height
- Child Health and Nutrition Information System (CHANIS)
 - Where? Health centers offering maternal and child health services
 - Target - Children < 5 years
 - How? Measures of weight, height, age and gender
 - Used to compute nutrition Status Indicators

Nutrition Status Indicators

- Weight, Height, Age, Sex
- Weight for Age - underweight
- Height for Age - stunting
- Weight for height - wasting

Promotion of Breastfeeding and Complementary Feeding.

- Baby friendly Hospital Initiative (BFHI)
- Code for Marketing of breastmilk substitutes
- Baby friendly community initiative
 - Mother support groups
 - Engagement of key household influencers - men and grandmothers

Health Related Service

- Even in the absence of specific nutrition interventions, general health measures can have an important impact on nutritional status
- E.g. incidences of gastro-intestinal infection and parasitic infections can be significantly reduced by improved sanitation and provision of safe drinking water

- Malaria control and immunization against childhood diseases will reduce negative influences on nutritional status
- Vitamin A delivery with immunization services
- Promoting breastfeeding during diarrhea
- Oral Rehydration Therapy and Zinc Supplementation

Nutrition Education

- Delivered through group education sessions, one-on-one counseling, using EIC and media
- Antenatal clinic, Intra-partum and well baby clinic, mother support groups

Themes

- Recommended breastfeeding and complementary feeding practices
- Maternal nutrition
- Nutrition supplementation
- Importance of growth monitoring
- De-worming
- Importance of WASH

Measures to Improve Household food security

- Promotion of small scale agricultural production including traditional foods
- Income generating projects including livestock and non-farm activities
- Initiation of credit programmes
- Food price stabilization
- Free distribution of food to selected groups - e.g. supplementary feeding
- Timely warning and intervention programs
- Food quality and safety control
- Public stock-piling of food