


Policy Guideline for Preventive Vit A Supplementation for Children 6 - 59 Months

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Policy
Guideline



MINISTRY OF HEALTH

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Purpose of Vitamin A Supplementation

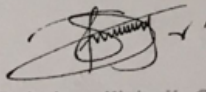
Vitamin A supplementation (VAS) prevents morbidity and mortality in children from 6 to 59 months of age. It is essential for growth and development of children and helps to prevent and decrease the severity of many infections.

Target group	Infants 6 -11 Months of age	Children 12-59 Months of age
Dosage	100,000 I.U (30mg Retinol Equivalent) Vitamin A	200,000 I.U (60mg Retinol Equivalent) Vitamin A
Frequency	Once	Twice a year (After Every six months)
Type of supplement	Oil based preparation capsule of Retinyl palmitate or retinyl acetate	
Administration	Oral, at any time (does not have to be taken with meals)	
Delivery approaches	(a) Routine contact points at Health Facility (b) Integration in Campaigns and Malezi Bora (c) Community Health Unit, Outreaches and Early Childhood Development Centres	

After administering Vitamin A, it should be recorded in the Mother-Child Health Handbook, Register and tally sheet

It is recommended that Vitamin A intake through diversified diets to meet recommended dietary intake remains as the key intervention to prevent deficiencies. Advice should be given to caregivers as follows;

- Children should be exclusively breastfed from birth up to six months and continue to breastfeed with appropriate complementary foods for at least 2 years
- Other foods rich in micronutrients should be introduced from 6 months to complement breastmilk
- Include vitamin A rich foods from both animal and plant sources (dark green leafy vegetables, orange and yellow coloured foods) for the whole family in all meals
- Use some oil in preparation of foods-fortified oils and fats are recommended



Dr Jackson Kioko K., OGW
 Director of Medical Services
 27th April 2017

