

BIA WEST DISTRICT ASSEMBLY

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PRIVATE MAIL BAG,
ESSAM-DEBISO
TELEPHONE: 0303943027
DIGITAL ADDRESS: WD-0144-5470

DATE: 21TH December, 2025.

SUBMISSION OF REPORT ON NUTRITION SERVICES PROVIDED IN THE BIA WEST DISTRICT FOR THE YEAR 2025.

We hereby submit for your perusal and necessary action on the nutrition services provided jointly by the Environmental Health and Sanitation Unit, and the District Nutritionist of the Health Directorate, Bia West District.

JOHN TETTEH DOKU
DISTRICT ENVIRONMENTAL HEALTH ANALYST
FOR: DISTRICT CHIEF EXECUTIVE

BIA WEST DISTRICT HEALTH DIRECTORATE

NUTRITION ORIENTED INTERVENTIONS ONGOING IN THE BIA WEST DISTRICT FOR THE YEAR (2025)

As part of our core mandate to provide equal opportunities of life through the delivery of quality health care and optimized nutrition, the nutrition unit under the GHS administration of Bia West partnered with various units under the District Assembly to provide education and practical ways to improve and protect health in the district.

These are some of the major activities performed during the year under review.

❖ ROUTINE SCREENING FOR FOOD VENDORS

Food service providers can be major source of disease outbreak and distribution. The unit in collaboration with the environmental health unit of the assembly together with qualified lab technicians screened and certified food vendors in the Bia West District, from 05th December, 2025 to 21st December, 2025. They were also oriented on the importance of nutritional values in cooked food.

❖ UNDER FIVE (5) CHILD WELFARE CLINICS.

This is a service that is being rendered at the health facility and community level by health workers to monitor the growth and health status of babies from birth to five years of the child age, this service helps to track the feeding status and the nutritional status of the child, also health education is given to the nursing mothers, vaccination of the child when due for against a particular disease, vitamin A supplementation and as well do registration by taking the particulars of the child.

❖ MATERNAL NUTRITION

Maternal Nutrition refers to the nutritional needs of women prior to conception and during antenatal and postnatal care periods and this takes into account nutrition before pregnancy, during pregnancy, while breastfeeding and all of these when practiced well help reduce both maternal and infant morbidity and mortality.

❖ START RIGHT FEED RIGHT

This is an infant and young children feeding campaign that starts from birth up to two years of the child age and this campaign aims at increasing early initiation of breastfeeding within 1 hour after delivery, increase exclusive breastfeeding at 6 months and also increase the percentage of children fed the minimum acceptable diet.

❖ **GIFTS (GIRLS IRON – FOLATE SUPPLEMENTATION)**

The programme is currently undergoing re-strategizing due to its low performance girls of school going age.

❖ **NFSI (NUTRITION FRIENDLY SCHOOLS INITIATION)**

NFSI is an initiative implementation package which incorporates interventions such as the intake of fruits and vegetables days by the school children, health inspection days, general cleaning of school compounds, physical activities day, Girls’ Iron and Folic Acid tablet supplementation, nutrition education.

❖ **DIETARY RELATED DISEASE CLINICS**

This is a service that focuses on giving health education and support on emerging non-communicable disease such as hypertension, stroke, diabetes etc.

❖ **COMMUNITY FOOD DEMONSTRATION**

The unit together with CARE Ghana undertook community food demonstration exercise to give practical demonstration on cooking methods that optimize food nutrients. Education on eating from the various food groups common referred to as the Four-Star Diet was advocated.

❖ **STRATEGIES USED AND TO BE USED.**

1. Radio program every Monday evening on vision FM on nutrition and public health related issues targeted at improving the quality of nutritional status of the populace.
2. Nutrition education for aggregate groups during routine services such as CWC, ANC and PNC etc.
3. In partnership with Care Ghana to sensitize communities and mini settlement on nutrition through food demonstration.
4. Collaboration with District Assembly to coordinates GIFTS activities in schools.

SN	ACTIVITY	TARGETED GROUP
1	UNDER FIVE (5) CHILD WELFARE CLINICS	All children under 5 years within the district.
2	MATERNAL NUTRITION	All Reproductive women especially pregnant and nursing mothers.
3	START RIGHT FEED RIGHT	Babies from birth to 2 years.
4	GIFTS (GIRLS IRON- FOLATE SUPPLEMENTATION	Adolescents age 10 – 19 years.
5	NFSI (NUTRITION FRIENDLY SCHOOLS INVITATION)	All selected Schools children

6	DIETRY RELATED DISEASE CLINICS	All Aged and Vulnerable person especially all diabetics and hypertensive clients etc.
7	ORIENTATION OF FOOD VENDORS / SCHOOLS FEEDING CATERERS.	All food vendors and school feeding caterers / cooks.







