

**NUTRITION – ORIENTED INTERVENTIONS IN SEFWI WIAWSO MUNICIPAL
ASSEMBLY, SECOND QUARTER 2024**

Nutrition Intervention sometimes called the **nutrition prescription** is the third and the most crucial step in the Nutrition Care Process (NCP). Nutrition interventions help to reach variety of goals, such as weight loss, healthier eating habits, managing stress and prevention of diseases. This may involve equipping one with tools for behaviour modification and adjusting their dietary approach. The Sefwi Wiawso Municipal Assembly and Sefwi Wiawso Health Directorate rolled out Nutrition Oriented Interventions in the Municipality such as:

1. Vitamin A supplementation
2. Sensitization and Advocacy of Exclusive Breastfeeding
3. Discussing Nutrition and Best Eating Habits with Clients
4. Introduction of Girls Iron Folate Tablet Supplementation GIFTS Programme
5. Nutrition-Friendly School Initiative (Egg, Fruit and Vegetable Day in schools)
6. Growth Monitoring and Evaluation
7. Advocacy for Regular Exercise

**MUNICIPAL COORDINATING DIRECTOR
SEFWI WIAWSO MUNICIPAL ASSEMBLY
SEFWI WIAWSO**