



MINISTRY OF HEALTH

SELECT ¹NUTRITION SERVICES STANDARDS AT HEALTH CENTERS II-IV

Glossary

BMI	Body Mass Index
DOT	Directly Observed Therapy
HMIS	Health Management Information Systems
IEC	Information, Education & Communication
ITNs	Insecticide Treated Nets
IYCF	Infant & Young Child Feeding
MUAC	Mid-Upper Arm Circumference
SOP	Standard Operating Procedures

SERVICE	Details on the Service	What Should be Available at the Health Center
Assessment for Nutrition Status	At every contact, all clients should be assessed for nutrition status. Assessments may include biochemical, dietary, clinical and anthropometry (weight, height/length, MUAC).	Age specific color-coded MUAC tapes, weighing scales, height/length boards/charts, BMI wheels, BMI charts, Z-score charts (weight/height, weight/length weight/age, height/age, BMI-for-age). In addition, facility/community contact points should have competent human resource (trained in key nutrition packages within the past 24months) to assess and categorize nutrition status, current

¹ Adopted from Nutrition Quality of Care standards, Quality statements and Indicators.

		policies, guidelines and SOPs on assessment and categorization to guide service provision.
Nutrition Education	<ul style="list-style-type: none"> - At least one nutrition education session should be conducted each week at every facility contact point targeting 50% of the clients. - Nutrition education should be integrated in all community activities such as outreaches, mass campaigns, home visits, dialogues, barazas, focus group discussions 	<ul style="list-style-type: none"> - Health workers in the different service points receive in-service training and regular refresher sessions at least once every 24 months on the appropriate nutrition behaviours and practices - Health facilities have adequate information, education and communication (IEC) materials used to educate clients/care takers on appropriate nutrition behaviours and practices. These may include posters, job aides, food demonstration materials, and digital platforms like TVs.
Vitamin A supplementation	All children 6 – 59months are given Vitamin A supplements every six months	<ul style="list-style-type: none"> - Supplies of vitamin A supplement. - SOPs for vitamin A supplementation. - SOPs for handling and storage of vitamin A supplements - Trained health workers to administer vitamin A supplements. - Mobilization/sensitization strategy - HMIS tools for documentation
Deworming	All children 1 -14 years are given deworming medicines once every year.	<ul style="list-style-type: none"> - Supplies of deworming medicines. - SOPs for administering of deworming medicines. - Trained health workers to administer deworming medicines. - Mobilization/sensitization strategy - HMIS tools for documentation
Initiation of breastfeeding	All healthy newborns are initiated on breastfeeding within 1 hour after birth	<ul style="list-style-type: none"> - Trained health workers to support initiation of breastfeeding. - Health/nutrition education to prepare women prior to delivery. - Essential IEC materials to support initiation of breastfeeding (such as positioning and attachment). - Breastfeeding demonstration materials. - Enabling environment such as presence of supportive spouse/attendant, health worker. - HMIS tools for timely and complete documentation.

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Growth Monitoring	All children below 2years are routinely monitored for growth.	<ul style="list-style-type: none"> - Trained health workers to conduct weight measurement, plotting on the child health card, provide appropriate nutrition support. - Age-appropriate weighing scales (graduated at 0.1Kg) - IEC materials on age-appropriate nutrition for children <2years - Child health cards
Counselling for Pregnant Women on IYCF	<p>All pregnant and lactating mothers receive IYCF counselling at every contact point</p> <ul style="list-style-type: none"> - Feeding of children less than two years to initiate breastfeeding within the first hour of life and to exclusively breastfeed their infants for the first six completed months of the infant's life. - Timely introduction of nutritionally adequate, safe, and appropriate complementary foods at six completed months of the infant's age while they continue breastfeeding for up to two years or beyond. - Feeding their children on a diversified diet from a variety of locally available foods from the main food groups (fresh fruits and vegetables, cereals and grains, proteins from plant or animal sources and vegetable oil). - Responsive feeding - Feeding a sick children and very small/low birth weight babies 	<ul style="list-style-type: none"> - Health workers in the different service points with pregnant and lactating women receive in-service training and regular refresher sessions at least once every 24 months on the appropriate nutrition behaviours and practices - Job aids and demonstration materials to enable counselling - IEC materials on IYCF - Data tools to support documentation
Maternal Nutrition Counselling	<p>All pregnant and lactating mothers receive maternal nutrition counselling at every contact point</p> <ul style="list-style-type: none"> - Physical activity/exercises during pregnancy, breastfeeding, and post-partum period 	<ul style="list-style-type: none"> - Health workers at contact point for pregnant and lactating women (facility and community) receive in-service training and regular refresher sessions at least once every 24 months on the appropriate nutrition behaviours and practices - Job aids and demonstration materials to enable counselling

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	<ul style="list-style-type: none"> - Folic acid and iron supplementation. - Consumption of foods rich in micronutrients and calcium (pumpkins, green leafy vegetables, soya beans, okra, pawpaw) and foods fortified with vitamin A like cooking oil and wheat flour fortified with iron. - Consumption of iodized salt to prevent Iodine deficiency - Sleeping under ITNs - Taking IPT with Fansidar (three tablets during the second trimester, and three tablets during the third trimester) as Directly Observed Therapy (DOT) 	<ul style="list-style-type: none"> - IEC materials on maternal nutrition - Data tools to support documentation
Anaemia testing	All pregnant women are tested for anaemia during pregnancy	<ul style="list-style-type: none"> - Trained health workers to test for anaemia - Equipment and supplies for testing - SOP for testing anaemia - Data tools to support documentation



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