

PRIORITY AREA 8: NUTRITION AND FOOD SAFETY

Topics

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Injectable Form of Iodine Supplementation among High versus Low Priority Kavre population and Factors affecting it (1997)

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Background

Iodine injection was initiated during early eighties and continued for almost ten years covering 42 districts. As single injection protected injection receiving for four years, IOI used to be repeated every fifth year. Within these ten years of time several districts have undergone two or three cycles of IOI for prevention of Iodine Deficiency Disorder among the high risk groups of children and women of reproductive age. This survey was conducted to identify the factors associated with under coverage of IOI in priority groups of individuals in the district and reasons of deviation of available IOI to non-priority group.

Methods

A cross-sectional survey of 600 households in the identified cluster using structured, pre tested questionnaire was done. A total of 20 sites within the 10 clusters were surveyed. Focused group discussion was carried out with program personnel, health workers/officials in the district and other community key informant to find out program attributes, community participation and mobilization for the success of the program.

Results

It was found in this survey that 48% priority population was covered by IOI in Kavre. Within this priority population, 55% of women in their reproductive age and 29% children below 15 years were covered. Compared to priority group, 16% non-priority group appeared covered in the IOI campaign in the district.

Conclusions

It is essential to supplement iodine by guaranteed method until awareness of iodine penetrates deep into the household in every corner of Nepalese village.

Keywords: children; Injectable oil; iodine; iodine deficiency disorder; non-priority group; priority group; women.

Study on Nutrition Situation of Children and Mother in Mid Western Region of Nepal (2002)

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Background

Malnutrition is a major public health problem in Nepal. No integrated survey had ever been undertaken to review the overall nutrition and micro nutrient status, food safety and availability of food in household level and anti nutritional factors found in food consumed by the population. Therefore, this study aimed to investigate the current nutritional status of representative population like pre-school children, school-aged children and pregnant/lactating mothers.

Methods

A total of 1200 households of Mid-western region of Nepal were surveyed. The study is conducted among the women of reproductive age, pre-school children and school aged children residing in Banke district during 2002. The household were selected by the means of systematic sampling. Structured questionnaire, clinical examination of goiter, Vitamin A deficiency and estimation of iodine in salt constituted the data collection tools.

Results

Nutritional status of pre-school children was observed as malnourished (50.94%), chronic malnourished (41.78%) and severe malnourished (7.75%). Similarly higher percentage (31.68%) of malnourished was found in 14.1-16.0 years school age children and adolescence. Likewise prevalence of goiter was higher in 14.1-16.0 years school age children and adolescence. Prevalence of Vitamin A deficiency in school aged children and adolescence was found to be 4.81% (6.0-8.0 years), 2.32% (8.1-10.0 years), 4.04% (10.1-12.0 years), 1.67% (12.1-14.0 years) and 4.35% (14.1-16.0 years). Prevalence of Vitamin A deficiency in lactating and pregnant mother was 8.95% and 7.56% whereas prevalence of goiter was 41.28% and 37.84% respectively.

Conclusions

Health education program should be emphasized to prevent malnutrition among the pre-school children, school children and pregnant and lactating mothers.

Keywords: adolescence; goiter; lactating mother; malnourished; nutritional status; pregnant mother; prevalence; pre-school children; school children; vitamin A deficiency.

A Comparative Study of Changing Trends of Acute Poisoning Cases Admitted in the Internal Medicine Department of TUTH and Bharatpur District Hospital, between 1990-1992 and 2000-2002 (2003)

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Background

Acute poisoning is a common and a medical emergency in all developed and many developing countries of the world. Several studies conducted in different parts of the world have shown that since 1960 the suicide rate due to acute poisoning for young adults has increased and among the elderly similar trends are appearing. It has been found that the number of cases also increase as the country gets developed. Therefore, it is gradually emerging as one of the major medical problems in a developing country like Nepal.

Methods

The study was a retrospective type. The study included a total of 102 poisoning cases during 1990-1992 and 150 during 2000-2002 at Tribhuvan University Teaching Hospital and 308 cases during 2000-2002 at Bhaktapur District Hospital. The data were recorded in checklist and entered into their respective dummy tables. Finally a master table was prepared and the result was analyzed and compared with each other.

Results

Majority of poisoning cases admitted at Tribhuvan University Teaching Hospital consisted of female in both period of time however the number of male cases was increasing. In both the period more than 65% of cases were of age group 16-25. There is relative increase in the number of death cases during 2000-2002. Comparison between the two hospitals during 2000-2002 found female as the predominant cases in both hospitals. In Bhaktapur District Hospital, most of the admitted cases were of below 15 years age group whereas in Tribhuvan University Teaching Hospital 16-25 remained predominant age group. In contrast to that of Tribhuvan University Teaching Hospital organophosphates poisoning was maximum, rodenticide use was at the top among the cases at Bhaktapur District Hospital. The use of drug as a poison however is more at Tribhuvan University Teaching Hospital (30.66%).

In both hospitals most of the cases got recovered however at Tribhuvan University Teaching Hospital more cases of death, disability and Leave Against Medical Advice were found.

Conclusions

Acute poisoning was on rise among males. Rodenticides and drug use as a poison were at the top at Bhaktapur District Hospital and Tribhuvan University Teaching Hospital respectively. Most of the cases got recovered in both period of time.

Keywords: accidental; disability; drugs; homicidal; pesticides; poisoning; recovery; rodenticides; suicidal.

Report on Maternal Nutrition Practices in Rural Nepal (2014)

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Background

Maternal nutrition refers to the nutritional needs of women during the antenatal and postnatal period (i.e., when they are pregnant and breastfeeding) and also may refer to the time period before conception (i.e. adolescence). Now, Government of Nepal is developing a maternal nutritional strategy and searching some intervention on focusing maternal nutrition but limited research have been conducted on maternal nutrition practices during pregnant and lactation. The purpose of this study was to document current maternal nutrition practices, motivation and barriers.

Methods

This was a cross sectional study conducted in 6 districts representing three eco regions of Nepal. Mixed method (qualitative and quantitative) was used in this study and carried out in fiscal year 2069/070. Pregnant and lactating mothers were taken as a respondent for quantitative information from each district. Similarly, Female Community Health Volunteer (FCHV), Health center in charge and nutrition focal person of District Public Health Office (DPHO) were taken for qualitative information. Multistage sampling was applied in this study. 80 pregnant and 80 lactating mothers were taken for quantitative information from each district (16 pregnant and 16 lactating mothers from each VDC). So, all together 480 pregnant and 480 lactating mothers were included in the study for quantitative study. Similarly, from each District, 2 FGD with mothers (1 with pregnant and 1 with lactating), 1 FGD with FCHV, 1 KII with DPHO/DHO and 1 KII with health center incharge from each selected VDC were done. So, altogether, there were 12 FGDs with mother, 6 FGDs with FCHVs, 27 KIIs with health center in charge and 6 KIIs with DPHO for qualitative information. Data was entered in Epidata and analyzed in SPSS.

Results

The study revealed that there was no change in the dietary quantity and quality during lactating and pregnancy period. Lowest percentage of women from Sarlahi, Jumla and Achham were taking fruits, vegetables and animal products more than usual in their pregnancy and lactation. Only forty one percent women consumed food 4 and more times in a day during their pregnancy. Most of the people of Sarlahi (99.4%), Achham (89.4%), and Jumla (81.9%) used untreated drinking water in comparison to other districts. Almost 80% respondents were unknown about to take vitamin A dose up to 42 days after delivery. Mostly nutrition programme are focused for under 5 children in the district. There was provision of distributing iron tablets, albendazole and TT injection to pregnant women and vitamin A to postnatal women as well as nutrition education. There was shortage of iron tablets in most of the health centers due to the low supply form the central level. Health workers felt the need of organization of nutrition training.

Conclusions

Health education activities should be conducted for husband and other family member. Nutritional education training, visual aids and information booklets for health worker and female community health volunteer need to be provided.

Keywords: barriers; lactation; maternal nutrition; motivation; nutrition; practices; pregnant women.