

# **GHANA NUTRITION SITUATION**

## **FOOD SECURITY MEETING-BENIN**

**PRESENTATION BY:**

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# INTRODUCTION

- Area - 238540 sq. km
- Population - 22.6m (GSS 2007)
- Administrative regions - 10
- Mainly agricultural country - 70%
- U5 Mortality - 111 per thousand  
(MICS 2006)
- IMR - 71 per thousand  
(MICS 2006)

# MAP OF GHANA



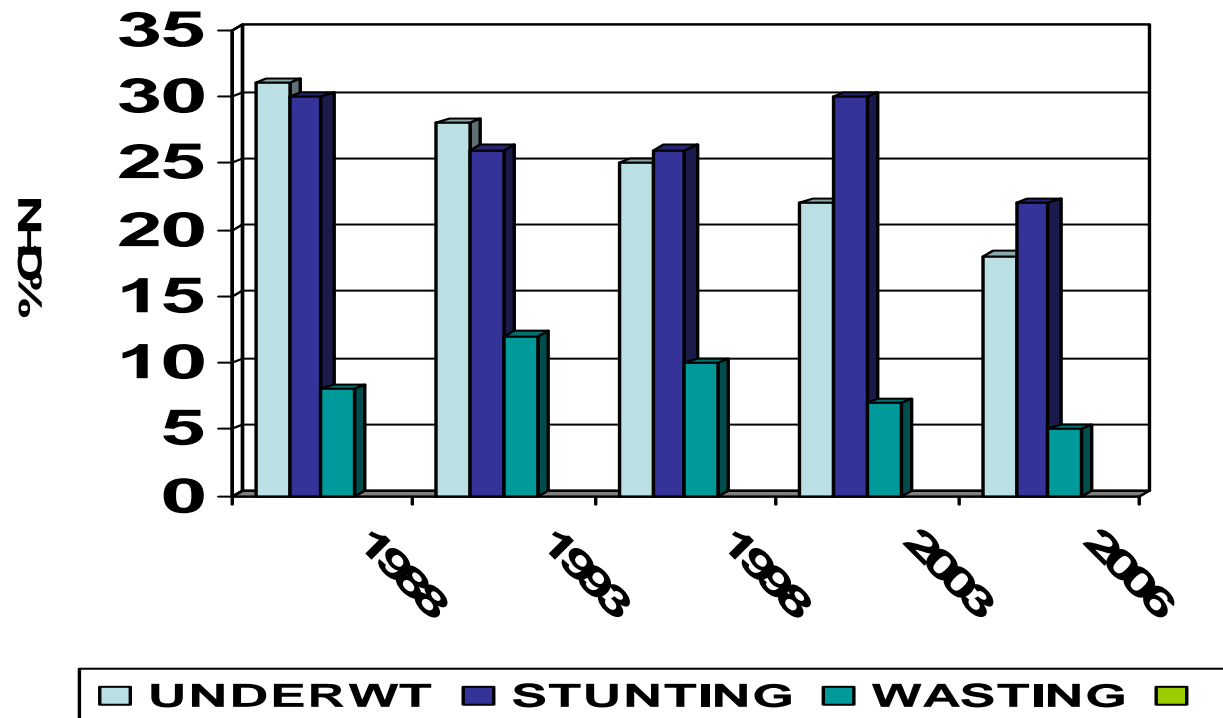
# Causes of childhood deaths

- malaria (26%)
- pneumonia (18%),
- diarrhea (18%)
- neonatal factors (38%)  
(MICS 2006)

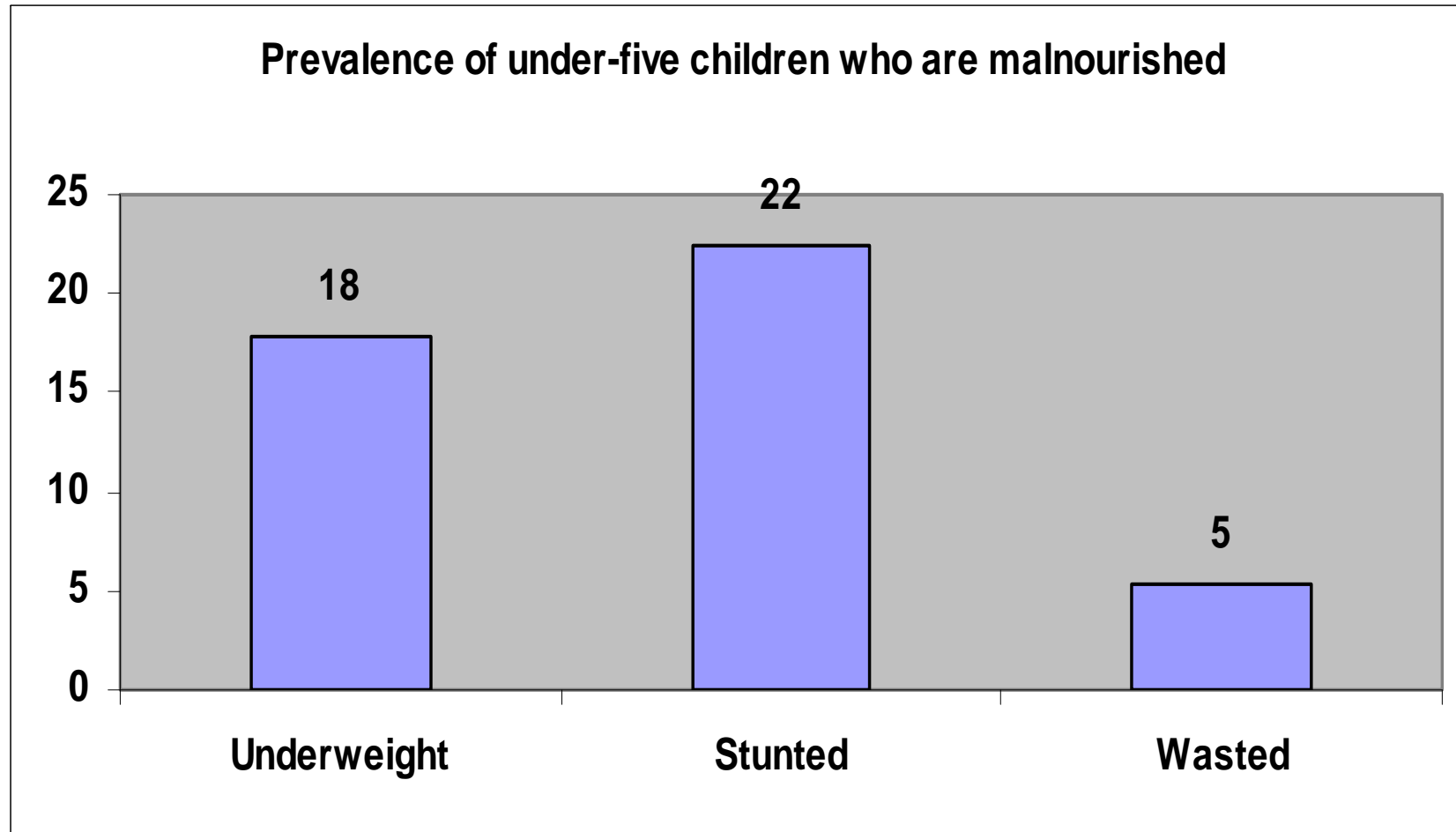
# Trends in Malnutrition Rates in Children 0-59 Months, Ghana. 1988-2006

Year	% Under-weight	% Stunting	% Wasting
1988*	31	30	8
1993*	28	26	12
1998*	25	26	10
2003* (GDHS)	22	30	7
2006 (MICS)	18	22	5

# Trends in Malnutrition Rates in Children 0-59 Months, Ghana. 1988-2006



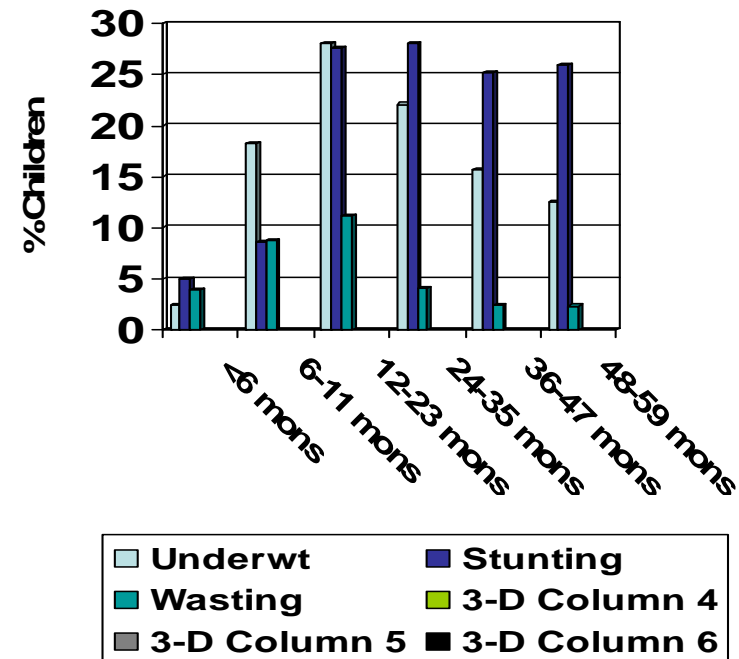
## How many Ghanaian children are malnourished today?



Source: Ghana Multiple Indicator Cluster Survey, 2006

# Prevalence of Malnutrition by ages of Children, Ghana (MICS 2006)

Age group (months)	Underwt % below -2SD	Stunting % below -2SD	Wasting % below -2SD
<6	2.4	5.0	3.9
6-11	18.2	8.6	8.7
12-23	28.1	27.6	11.1
24-35	22.1	28.1	4.1
36-47	15.7	25.2	2.4
48-59	12.5	26.0	2.3

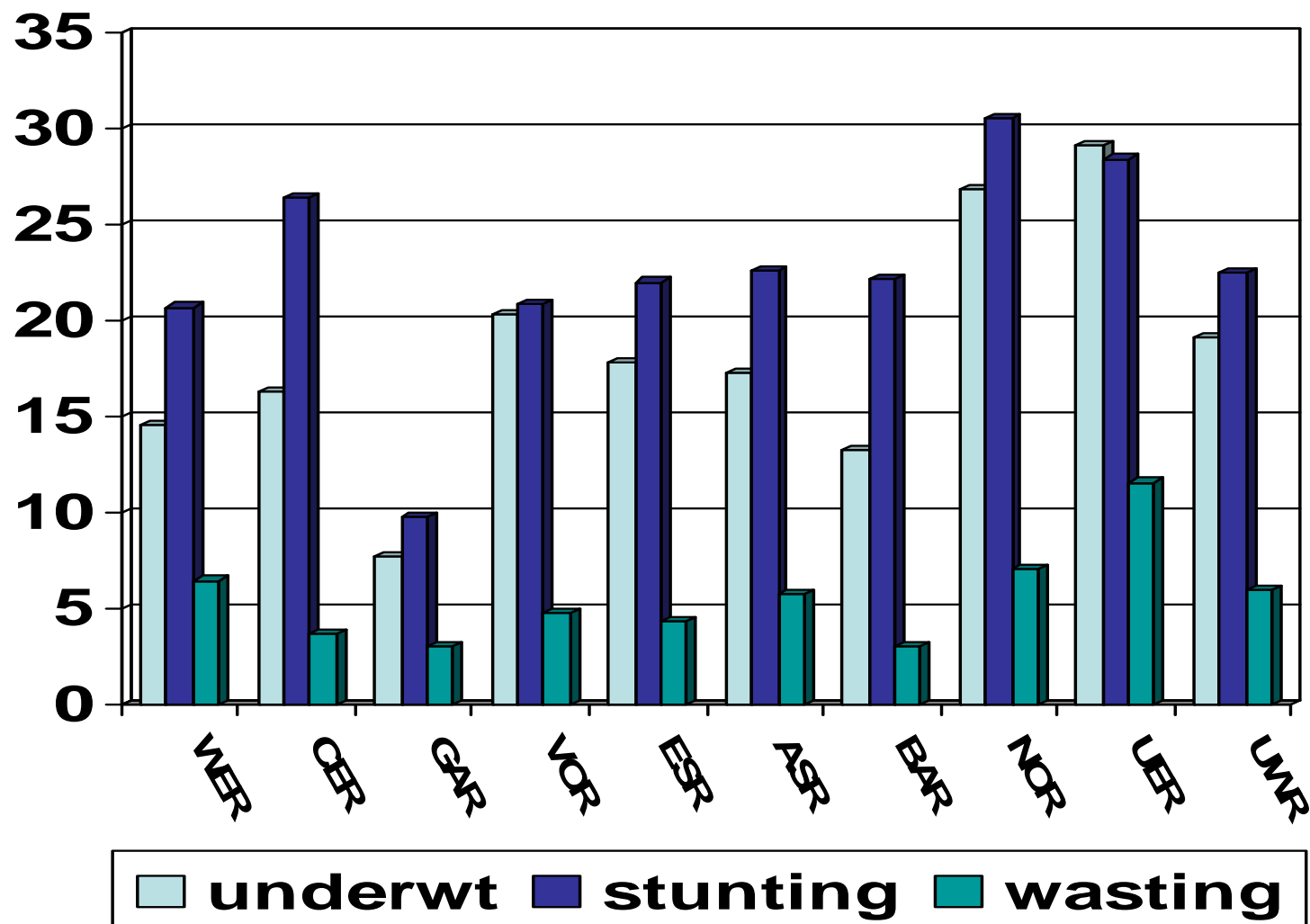


# Prevalence of Malnutrition Among Children 0-59 months by Region / Area, Ghana (MICS 2006)

Region	Underwt %< -2SD	Stunting %< -2SD	Wasting %< -2SD
Western	14.6	20.7	6.5
Central*	16.3	26.4	3.7
Greater Accra	7.7	9.8	3.1
Volta*	20.3	20.9	4.8
Eastern	17.8	22.0	4.4
Ashanti	17.3	22.6	5.9
Brong Ahafo	13.3	22.2	3.1
Northern* ++	26.8	30.5	7.1
Upper East* ++	29.1	28.4	11.6
Upper West	19.1	22.5	7.7
URBAN AREA	11.5	13.2	4.9
RURAL AREA	21.4	27.8	5.7
National	17.8	22.4	5.4

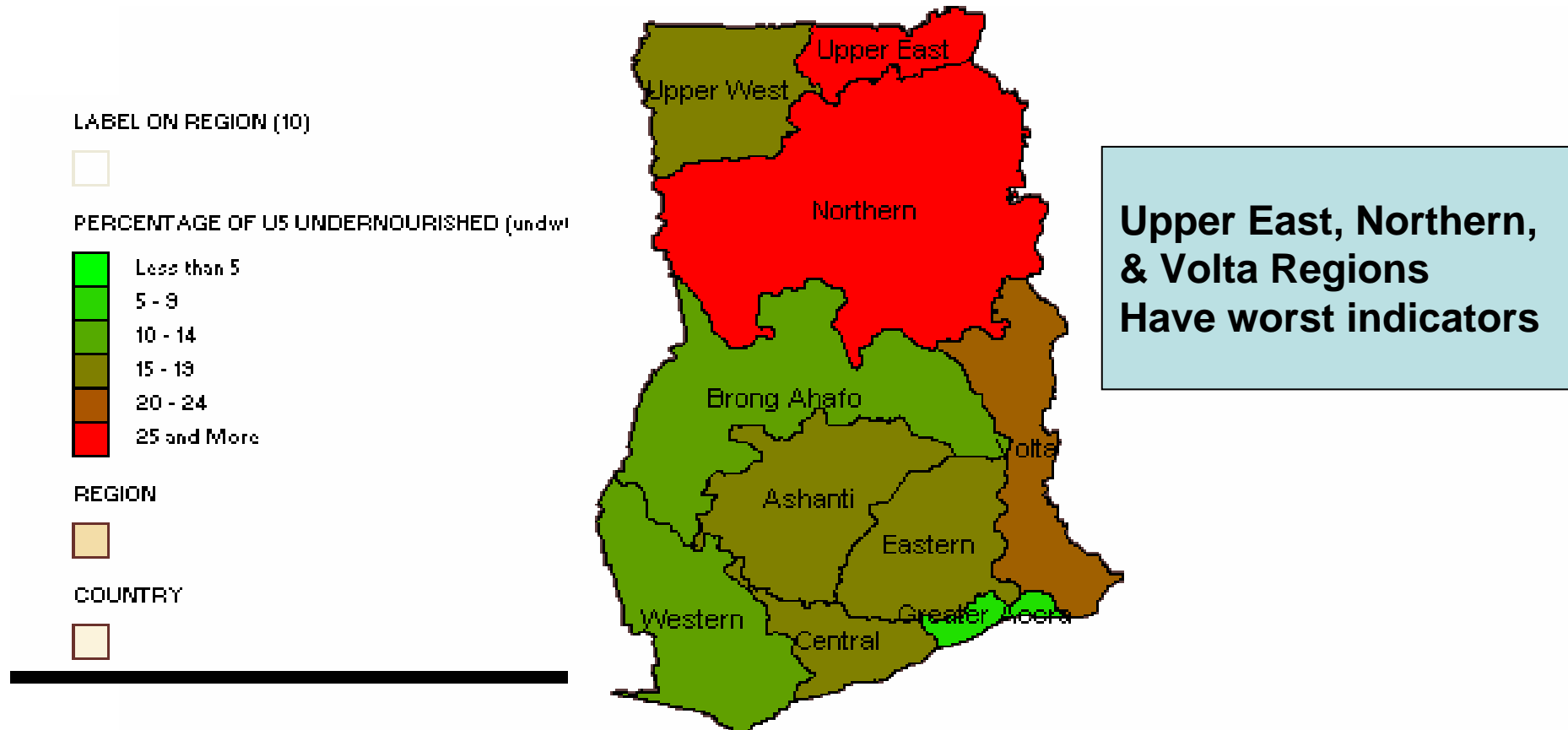
\* High malnutrition ++ children more likely to be underwt, stunted and wasted

# Prevalence of U5 Malnutrition by Region. Ghana (MICS 2006)

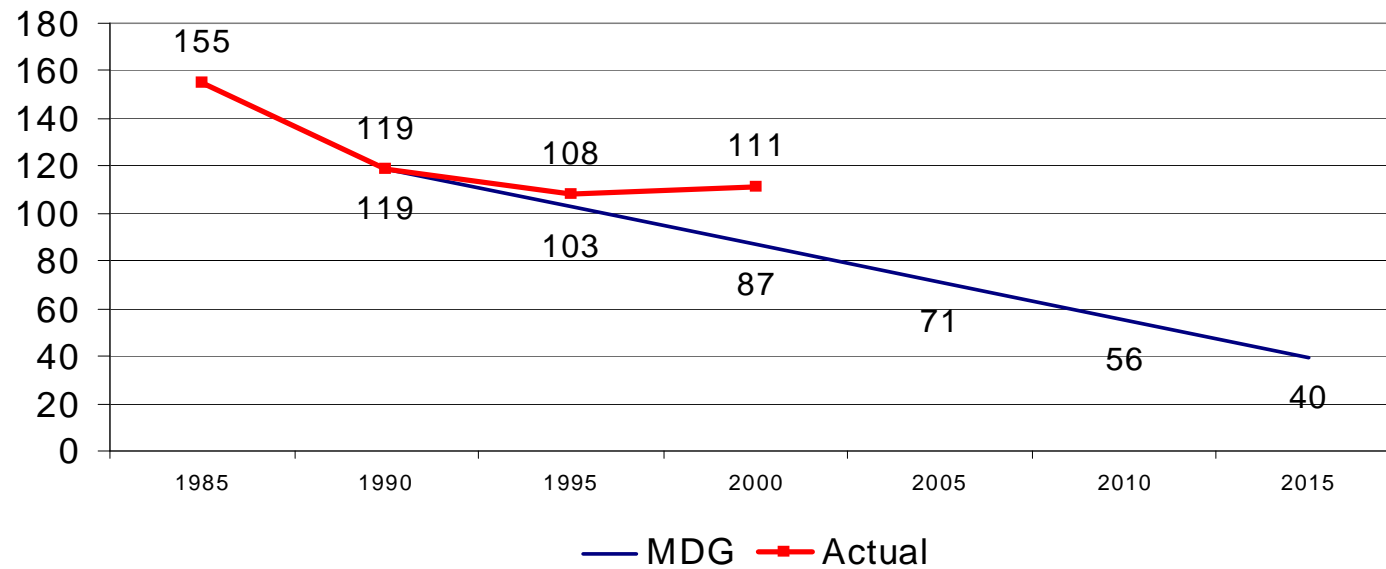


## Regional Disparity - further

### Percentage of children aged 0-59 months who are malnourished



## Ghana's Progress against a Millennium Development Goal: Two-Thirds Reduction in Under-Five Mortality, 1990 to 2015



# Nutritional Problems – Iron, Vitamin A Deficiency

- Anaemia is highly prevalent –

6-59months	-	83.5%
6-10years	-	64.5%

6% U5s are severely anaemic (DHS 2003)

## **Vitamin A**

- 65% of children in the North have low serum retinol levels (VAST, 1992)
- 37% of the population in Southern Ghana have low serum retinol levels ( NU. 1998)

# Nutritional Problems – Iron, Vitamin A Deficiency

## **Vitamin A deficiency**

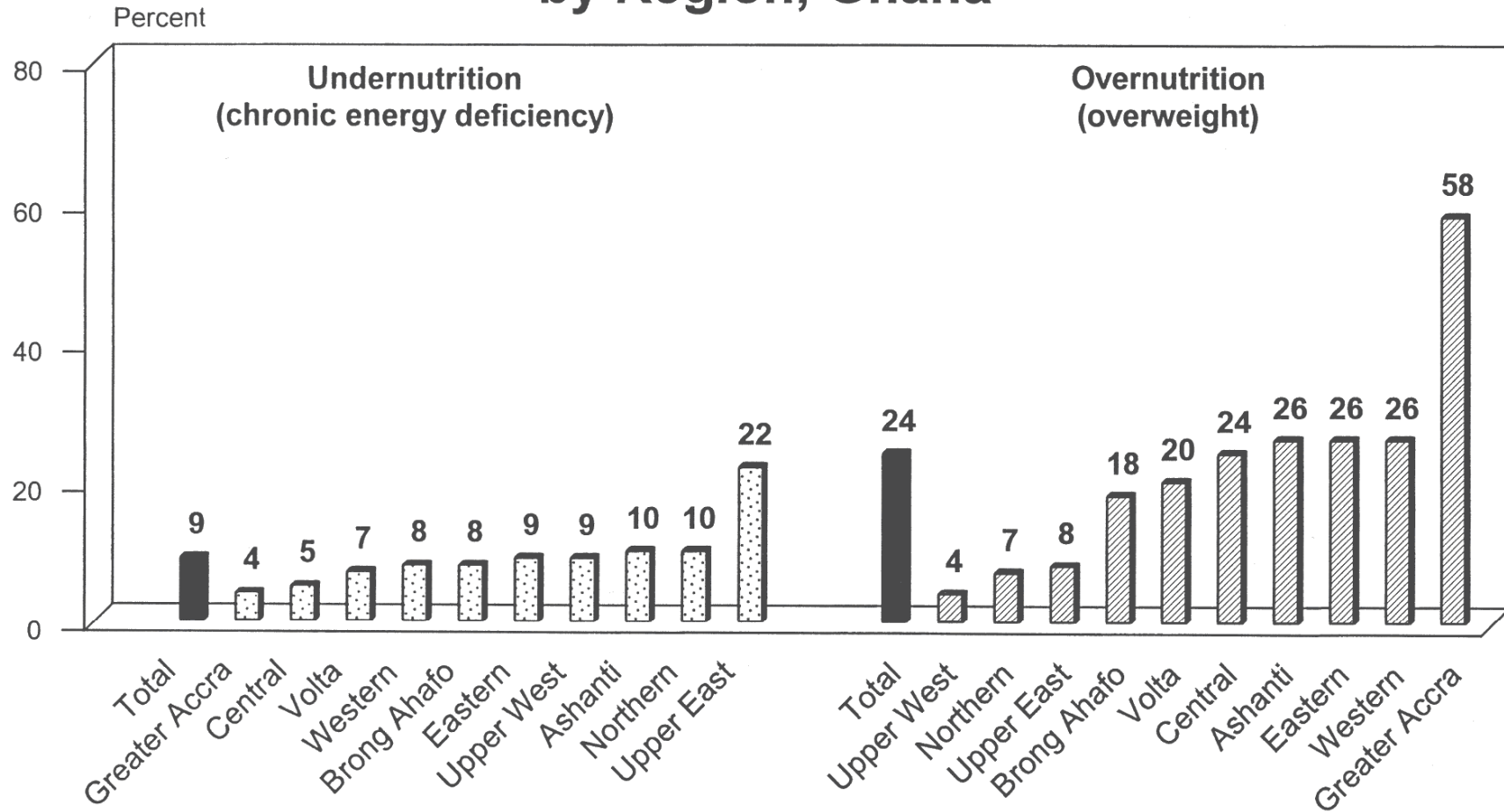
- affects 72% of the country's under- five population
- 12-24 months olds are most at risk.  
(Nutrition Unit/MOH data -1997)
- **6.7% of lactating women have low breastmilk retinol**

# Nutritional Problems – Iron, Vitamin A Deficiency

## **IDD**

- 33% of the 27 districts surveyed have serious IDD problems (MOH / UG in 1994)
- 54% have moderate levels of IDD
- 13% were considered normal.
- Severe iodine deficiency was found in Upper East and Upper West Regions, with 56.5% goitre prevalence.

# Malnutrition among Mothers of Children under Five Years by Region, Ghana



Note: Maternal undernutrition is the percentage of mothers whose BMI (kg/m<sup>2</sup>) is less than 18.5. Maternal overnutrition is the percentage of mothers whose BMI is greater than 25.

- Hypertension has a prevalence of 30% in the adult population.
- A study in Greater Accra Region (Amoah, 2003) reported that 26.3% men and 28.2% women have hypertension; in Ashanti Region, a prevalence of 32.9% among males and 24.1% among females (Cappucio, 2004)
- Diabetes has a prevalence of 13% in the adult population in Ghana.



Thank you for listening