



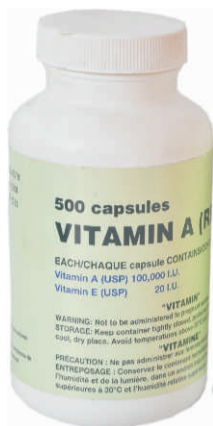
Federal Ministry of Health

# Nutrition Interventions

## Vitamin A Supplementation



- Teach mothers about Vitamin A and its benefits;
  - Good Vision
  - Growth and
  - Immunity
- Educate the mothers on the age children should receive vitamin A (from 6 months) and the intervals (every 6 months)



Vitamin A for Children between 6-11 months



Vitamin A for Children between 12 - 59 months

## Deworming



- Teach mothers about De-worming of their children and its benefits;
  - It kills worms to prevent anaemia and improve nutrition in children

### Dosage:

- 12 - 23 months - 200mg
- 24 - 59 months - 400mg

- Give de-worming medicine to children every six months (from 12 months of age)

## Nutrition Screening

Measure children between 6 months and 59 Months at every contact



### Mid-Upper Arm Circumference (MUAC) Tape

- ▶ MUAC tape has 3 colours

- GREEN - Well nourished
- YELLOW - Moderately Malnourished
- RED - Severely Malnourished



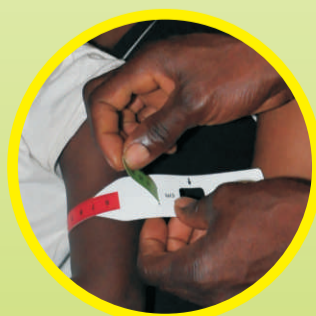
- ▶ Locate tip of left hand shoulder
- ▶ Locate the tip of left hand elbow



- ▶ Place tape at tip of shoulder
- ▶ Pull tape pass tip of bent elbow



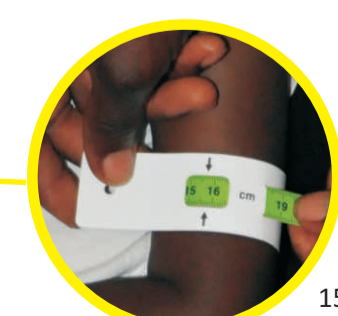
- ▶ Mark mid point (mid way between tip of the shoulder and tip of the elbow)



- ▶ Pass tape through the smaller hole and read off through the bigger hole



- ▶ Correct tape tension
- ▶ Read off MUAC tape using the two arrows



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