

Promoting Orange Fleshed Sweet Potato to Reduce Vitamin A Deficiency in Ghana-Update

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Background

- ❑ High prevalence of about 72 percent (Ranging from 37percent to about 65% of children suffer moderate to severe Vitamin A Deficiency (VAD))
- ❑ Consequence: Increased childhood illness including blindness and death
- ❑ Causes: the immediate cause is inadequate intake which is as a result of insufficient food including those that are rich sources of micronutrient at the household level

Nutrition Projects/Programs: Requires a holistic approach



Background

- comprehensive strategy for the control of VAD and other micronutrients in a four Point intervention frame work developed to cover:
 - Periodic high dose supplementation,
 - Food based intervention, comprising
 - Food fortification of flour and vegetable oil
 - Dietary intervention involving production, utilization and consumption food commodities to address household food insecurity

Dietary Intervention

- Objective
 - Promote production and consumption of:
 - OFSP
 - Dark green leafy vegetable
 - orange/yellow fruits
 - Other micronutrient rich foods

 - Specific OFSP Objective
 - Promote production and consumption of orange fleshed sweet potato
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Activities Undertaken

- Following testing of orange fleshed sweet potato varieties with farmer participation
- Four districts selected for pilot work
 - Vitamin A rich food production and consumption promoted
 - Farm families inputs - provided with sweet potatoes cuttings, other sources such as mangoes seedlings, dark green leafy vegetables seeds
 - Farm families trained through demonstration sessions
 - Intensive behavior communication and demand creation to improve utilization and consumption
 - Scaling up to additional district being planned going

Focus:

Vitamin A-rich (high β -carotene) sweetpotato varieties (Orange-fleshed sweetpotato)



Promotion of OFSP

- Household utilization in some of the GHS selected districts for food-based approach to reduce vitamin A deficiency



Way Forward

- Increase dietary intake of β -carotene rich vegetables and OFSP through
 - increase awareness on nutritional benefit OFSP
 - get more partners on board
 - transfer knowledge to relevant government departments
 - Increase production / promotion OFSP
 - create links with departments
 - Promotion at growth monitoring sessions and other prevent health services that provided opportunity and Create a platform for nutrition activities
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Way Forward

Strategies

- Link with Breeding Program to scale up multiplication and dissemination of materials
 - Nutrition/Health Awareness and demand Creation Activities
 - Re-launch of OFSP at national and district level
 - Sweet potato festival
 - Development of manuals & tools on recipes and benefits , fact sheets
 - Community level promotion including food fairs and bazaar
 - Continue household utilization promotional programme
 - Radio and TV discussions
 - Orientation for media practitioners from rural stations
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Way Forward

- Issues for scaling up production, utilization and consumption.

 - Programing to improve household access and availability
 - Consensus building and advocacy for increased resource mobilization
 - Capacity and knowledge and skill of stakeholder
 - Develop or adapt local innovative recipes for increased utilization
 - Create awareness and generate demand
 - Establish mechanisms to integrate with other programs
 - Adoption study to assess coverage and impact
 - For large scale implementation all this must be strongly linked with the on going OFSP breeding program which among others aims to provide high beta-carotene, good yield, wide adaptability, good storability, drought tolerant ,disease and pest resistant
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