The University of Ghana, McGill University, and World Vision are working with the local District Assembly, the Ministry of Food and Agriculture (MOFA), Ghana Health Service, and the Ghana Education Service in the Upper Manya Krobo District (UMKD) of Ghana to strengthen local resources and services that will help improve health, nutrition, economic well-being, and food security in rural communities.

**ANTHROPOMETRY**

- Anthropometry is an easy but powerful tool to assess nutritional status. It can be used to determine both the nutritional status of an individual or a population.
- The most common anthropometric indicators used for children under five years of age are:
  - **Underweight** - low weight for age
  - **Stunting** - low height for age
  - **Wasting** - low weight for height
- The most common anthropometric indicator used for adults is the body mass index (BMI), which takes into consideration the person’s weight and height (kg/m²).
  - **Underweight** < 18.5
  - **Normal Weight** 18.5 - 24.9
  - **Overweight** 25.0 - 29.9
  - **Obese** ≥30.0
- Child malnutrition continues to be a public health problem in Ghana. According to the 2014 Demographic and Health Survey, both underweight and stunting were present in approximately 8% of children less than 12 months of age, and wasting was present in 9%.

Reference: Ghana Statistical Service (GSS), Ghana Health Service (GHS), and ICF International. 2015. Ghana Demographic and Health Survey 2014. Rockville, Maryland, USA: GSS, GHS, and ICF International.

**NEWS FROM THE FIELD**

Among Upper Manya Krobo children, 11% were considered underweight, 10% stunted, and 6% wasted.

What is the nutritional status among UMKD children (0-13 months)?

The nutritional status of children varied across sub-districts with Anyaboni recording the highest prevalence of underweight (16.4%) and wasting (8.8%). Dzaman and Sekesua recorded the highest prevalence of stunting (13.6%).

Data source: Baseline Infant Cohort, 2013, n = 1063
**NEWS FROM THE FIELD**

What is the nutritional status among UMKD caregivers?

![Chart: Nutritional status of caregivers in UMKD](chart1.png)

**Nutritional status of caregivers by sub-district**

![Chart: Nutritional status of caregivers by sub-district](chart2.png)

Over one-quarter of caregivers were either overweight (21%) or obese (6%). The highest prevalence of overweight (28%) and obesity (11%) was recorded in the Asesewa sub-district. Overweight and obesity were significantly associated with being older, married, and having more household assets (p<0.05).

Data source: Baseline Infant Cohort, 2013, n = 1069

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**PROJECT ACTIVITIES**

To improve the nutritional status of caregivers and children in the UMKD, the *Nutrition Links Project* is addressing both over- and under-nutrition in this population.

The ongoing agricultural intervention activities encourage households to grow a greater variety of nutrient rich plants in their home gardens, while the ongoing cooking demonstration sessions in communities support caregivers in their efforts to improve their diets and prepare more varied and micronutrient rich meals for their families. In addition to the agricultural activities, children, caregivers, and their families benefit from the income-generating activity of poultry raising in a number of ways. Firstly, eggs are an excellent source of protein and important micronutrients, and secondly, the profits from the egg production and sale enable households to purchase nutrient-rich market foods, including animal source foods.

These sustainable agricultural activities are supported by Heifer-Ghana, the University of Ghana, Ministry of Food and Agriculture, and World Vision.

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Website: http://www.mcgill.ca/cine/research/building-capacity-sustainable-livelihoods-and-health-ghana

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