

School health and nutrition in Zambia

Paper presentation by the Zambia delegation at the first Eastern and Southern African Milk Conference held from 27-30 September 2005 in Kampala, Uganda.



introduction

At independence in 1964, Zambia's economic was still doing very fine. Through the Ministry of Health, the government provided a comprehensive health services to school going children.

- physical examination
- referrals and treatment of ailments
- inspection of immunization scars
- provision of micronutrients supplements through food, mainly milk and burns.



Introduction continues

In the last 10 years however, school health and Nutrition services declined in terms of

- accessibility
- Availability
- Quality

Therefore school going children were rarely examined, treated and referred.

As for Food supplementation it ceased in the early 1970s.



Introduction continues

Factors contributing to the decline

- Poor economy
- Lack of appreciation of the role that health and nutrition contributed to learning achievements
- Poor storage facilities.



Introduction continues (BESSIP)

- In Zambia through the Ministry of Education the government implemented the Basic Education Sub-sector Investment Programme (BESSIP 2000-2003)
- During the implementation of BESSIP school health and nutrition was considered a special issue among others.
- The idea was to face squarely the challenges the ministry was faced with among others ,absenteeism, low attendance, low retention and progression rates and also poor academic performance.



Introduction continues

In trying to address this situation, in July 2003 the Ministry Education, with the support from WFP started implementing School Feeding Programme in Siavonga, Gwembe and Sinazongwe districts covering a total of 30 schools. At present, Livingstone, Lusaka and Chadiza have been included on the feeding programme bringing to a total of 51 schools.



Introduction continues

- ✓ It is a well known fact that the ability to learn and obtain maximum benefit from the learning environment is compromised by the nutritional deficiencies among others.

- ✓ At the present moment most rural depend on natural and locally grown traditional food stuffs.

The main reasons are:

Sustainability of providing milk and ghorji's to school going children.

Lack of appropriate storage facilities and rural schools these facilities are not even there.

- ✓ Therefore, it has been realised that using the locally grown foods which are simple, safe, familiar, cheap and easy to access and store can effectively address the problem of nutrition among the school going children in corners of the country.



VISION, OBJECTIVES AND POLICY STATEMENTS

Vision

- To promote and provide quality and cost effective health and nutrition services to all learners in order to improve learning.



Policy Objectives

- Promote and improve nutrition status of learners in order to enhance and sustain their physical, social and mental well-being.
- Promote and maintain the health status of learners through the initiation of effective health promoting activities.



Policy Objectives continues

- Improve collaboration among line ministries in planning and implementation of SHN interventions.
- Strengthening school and community based health and nutrition activities.
- Provide health and nutrition education and promotion of activities at all levels of the education system.



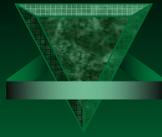
Policy Objectives continues

- Promote and sustain a safe and healthy learning environment.
- Ensure capacity building among stakeholders



School health and nutrition objective

- The overall objective.
- To improve the learning and equity among the children attending basic education through integrated health and nutrition intervention in collaboration with the community and inter-sectoral partners



School health and nutrition theme.

- A healthy child in a health school environment.



Implementation strategy

- ✓ Focusing resources on an effective school health. (FRESH)



Government commitment on pupils Nutrition

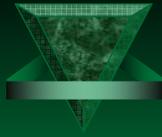
In order to reduce the high levels of malnutrition the Government shall ensure that:

- health and nutrition education is institutionalised at all levels of the school system;
- eligible learners receive micronutrient supplements;



Government commitment on pupils Nutrition

- a school de-worming programme is established;
- food production units are revitalised in all learning institutions;



Government commitment on pupils Nutrition

- the school feeding services are initiated and communities are involved; and
- growth monitoring and promotion is institutionalised and implemented;



Pupils accessing milk as a food supplement

17,200 are currently receiving 1 packet of 250ml long life milk and a sachet of 100 grams of Gorji's protemin which is made into Instant Meal Powder per school day.

The idea is ensure that the porridge sustains the child for the period of time the spend at school.



What does the recent monitoring exercise reveal

The recent monitoring exercise has revealed that storage rooms in most schools are not appropriate for milk resulting in high number of damages especially the packets of life long milk. Only Gorji's protemin Instant Meal powder is since being given to the pupils.

The instant meal powder is being mixed with boiled water to make a paste



Due to poor road network in rural areas and transportation costs Some of food stuff (Gorji's and milk) may reach the intended station when the life span is almost expiring.



Life skills

- ✓ Zambia's approach to health, hygiene and nutrition education is focused at developing knowledge, attitude, values and life skills in children that they will need to make health and nutrition related decisions through out their life.



Impact of school feeding programme

The major impact of the Feeding Programme in schools:

- Improvement in school Enrolment and daily class attendance.

Enrolments and Attendance has almost double due to this Programme

OVCs are able to attend school regularly and on a daily basis.



THE END OF THE
PRESENTATION.

✓ THANKS FOR YOUR ATTENTION