

Ablekuma Central Health Directorate

Nutrition Services

Healthier Eating for a Healthier Lifestyle

Proper nutrition is an important component of overall good health. The Ablekuma Central Health Directorate offers nutrition counseling (Medical Nutrition Therapy) to help you prevent or manage certain medical conditions. Meet with a Registered Dietitian to develop a personalized plan to help you prevent or better manage medical conditions or simply to improve the way you feel.

Services Offered

- Cholesterol
- Diabetes
- Feeding Issues in Children
- High Blood Pressure
- High Risk Pregnancy
- Weight Management
- Girls Iron-Folates Tablet Supplementation
- Nutrition – Friendly Schools Initiative
- Vitamin A Supplementation
- Food Demonstration
- Micronutrient Powder Supplementation

Availability of Services

Services are available to the following people:

- Residents
- Clients enrolled in clinic programs

Cost

Fees are charged on a sliding scale and may be covered by NHIS . Private facilities accepts Insurance and Cash. Other insurances may also cover nutrition. We are happy to check with other health insurance companies regarding coverage. Services are also provided in our Facilities and Private Providers

Making a Nutrition Referral

- Mamprobi Polyclinic : 03022449223
- Municipal Health Directorate : 0244012687

Diabetes Self-Management Education Program (DSME)

The Ablekuma Central Health Directorate offers Diabetes Self-Management Education (DSME) to help people with diabetes better manage their disease and prevent complications. Visit the [One of our Facilities](#) to learn more about the program and how to join.

Diabetes Prevention Program

This program is a 16-week class to help people who have pre-diabetes or who are at high risk for type 2 diabetes make realistic and achievable lifestyle changes that can cut their risk of developing Type 2 Diabetes by 50%. [TAKE THE PRE-DIABETES RISK TEST.](#)

Additional Resources

The health department collaborates with local organizations, community groups, and healthcare providers to provide nutrition-related programs, classes, and also to serve on coalitions and task forces related to nutrition, wellness and chronic disease.

Screening, assessment and reassessment: All in-patients who are nutritionally at risk are assessed by qualified clinical dietitians based on evaluation of various contributing factors to determine nutritional status, which includes medical and surgical history, diet history, anthropometric measurements, laboratory results, medications and cultural and personal preferences. Nutritional care plans and management are then placed accordingly.

Education and counseling: Education is the main role of the clinical dietitian using different kinds of educational tools and materials to help the patient with better understanding and compliance with their diet. Individual and Group Counseling on nutritional practices designed to prevent diseases and promote health is also done by the dietitian.

Community outreach programmes and activities: In addition, the Dietitians work in the community to increase the public awareness of nutrition and its role in preventing diseases and promoting health, this includes teaching classes, workshops, keep fit clubs, organizations and the general public through media (TV, radio, newspapers, etc.).

Monitoring progress: Dietitians monitor the progress of both in-patient and outpatients through follow-ups. As a result of the monitoring, dietitians are able to adjust the type or level of nutritional support, give amended dietary guidance or reinforce and set new goals for the patient.

Inpatient Dietary Services: The department has a diet kitchen manned by diet cooks that caters for the feeding of inpatients. Our department plans and supervises the preparation of therapeutic foods such as liquid diets such as F-75 and F-100; semi-solid and family foods or other diets for individuals or group in the hospital. We plan nutritionally adequate diet for the in-patient as recommended by the consultant. We ensure that appropriate diet planning is done consistent with patient's clinical requirement and diets are available on a regular basis. We provide guidelines to be able to serve inpatients' diet from the diet kitchen to in-patients bed table. We serve prompt and accurate meals to patients upon admission, and render diet counseling/nutrition promotion prior to discharge. We prepare a comprehensive diet chart which will help to maintain nutritional requirement for a patient according to the diagnosis.

Outpatient service: Apart from the in-patient food service, the diet clinic of outpatient service helps in wider use of dietary counseling and serves to extend and clarify diet instructions and have follow-ups.