



# NNS Newsletter

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July - September 2021



বিশ্ব মাতৃদুগ্ধ সপ্তাহ- ২০২১  
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স্বাস্থ্য সেবা বিভাগ, স্বাস্থ্য ও পরিবার কল্যাণ মন্ত্রণালয়



স্বাস্থ্য ও পরিবার কল্যাণ মন্ত্রণালয়

National Nutrition Services (NNS)  
Institute of Public Health Nutrition (IPHN)  
Directorate General of Health Services (DGHS)  
Ministry of Health and Family welfare (MoH&FW)

National  
Nutrition  
Services



## Editorial

Dr. S M Mustafizur Rahman  
Line Director  
National Nutrition Services (NNS)  
Institute of Public Health Nutrition (IPHN)  
Directorate General of Health Services (DGHS)  
Ministry of Health and Family Welfare

It is a gratification for me to know that National Nutrition Services (NNS) is going to publish 23 issue of its newsletter. This newsletter gives some programmatic information to understand the current nutrition information and intervention of NNS across the country. Policy makers, stakeholders, partners can be helpful in formulating effective plans for nutrition services in Bangladesh.

National Nutrition Services (NNS) one of the operational plans of the HPNSP, which plays a significant role to mainstreaming and scaling-up the implementation of nutrition intervention into the health (DGHS) and (DGFP) services. The maternal and child nutrition rate in Bangladesh is still remaining high though some remarkable progress has been made in recent years. NNS is trying to meet the targets and then it will be an enormous achievement and milestone for our country.

This newsletter presents all the activities and information done by NNS on July-September 2021. The World Breastfeeding Week Celebration, Maternal Nutrition, Adolescent Nutrition, Severe Acute Malnutrition (SAM), Nutrition Information & Planning Unit (NIPU) Planning workshop etc. are also covered in this issue.

I would like to acknowledge the commitment and efforts of the hard working professional of Nutrition Information & Planning Unit (NIPU) in making this newsletter a successful monitoring knowledge & information sharing and advocacy tool for improving the nutritional activities for the population of Bangladesh.

I express my heartfelt thanks to UNICEF for their continuous support to published this newsletter. Hoping for the next issue in time with resourceful contents.

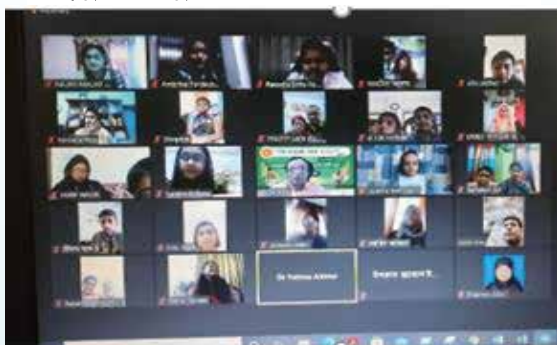
Dr. S M Mustafizur Rahman  
Line Director  
National Nutrition Services (NNS)  
Institute of Public Health Nutrition (IPHN)  
Directorate General of Health Services (DGHS)

## Celebrated World Breastfeeding Week 2021



Every year, ‘**World Breastfeeding Week (WBW)**’ is observed to promote Breastfeeding practices and improve the health of babies all over the world. In collaboration with the Ministry of Health and Family Welfare, (MoHFW), National Nutrition Services (NNS), Institute of Public Health Nutrition (IPHN), Bangladesh Breastfeeding Foundation (BBF), and other partner organizations, World Breastfeeding Week was successfully observed in Bangladesh.

In 2009, 2010, 2011, and 2014, **Honorable Prime Minister Sheikh Hasina** inaugurated World Breastfeeding Week. Bangladesh observed World Breastfeeding Week 2021 from August 1 to 7, with the theme ‘**Protect Breastfeeding: A Shared Responsibility.**’ (‘মাতৃদুগ্ধদান সুরক্ষায়: সকলের সম্মিলিত দায়’)



*Picture: Winners announcement program Art & Essay Competition*

This yearly event serves as a reminder of the importance of breastfeeding as well as lobbying for its protection, promotion, and support.

This year the Honorable Minister, Mr. Zahid Maleque, MP, Ministry of Health and Family Welfare (MoHFW), virtually participated in the inaugural session of the ‘World Breastfeeding Week’ from his office. Due to the COVID-19 situation, an invitation was made to Division, District, and Upazila levels using the communication tool zoom to participate the officials in the inauguration ceremony electronically.

This year many activities had been happening for celebrating the ‘World Breastfeeding Week’ such as stakeholder meetings, press conferences, facebook live seminars with mothers who successfully breastfed their babies, various forums and multisectoral organizations for promoting breastfeeding, National and International webinars, workshops on the BMS act and promotion of breastfeeding were held in every community clinic, UHC, district, divisional level, and medical colleges to commemorate WBW 2021. Breastfeeding related messages were also disseminated via social media.

## NIPU Annual Planning Workshop

National Nutrition Services (NNS) organised a workshop on 'Annual Planning Workshop' on 18th August 2021 at Six Seasons Hotel, Gulshan-2, Dhaka. In that workshop important discussions were held on regarding the Nutrition Information System (NIS) and strategic priorities for upcoming work its years. Respected Program Manager/ Deputy Program Manager of MIS (DGHS), NNS and relevant OPs, represented from mPower and other related organization and all NIPU team members were present physically and virtually in the meeting through zoom platform.



*Special guests in NIPU Annual Meeting, organized by NNS*

The event was hosted by Dr. Mahfuza Haque, Deputy Program Manager, NNS. In the inaugural session the welcome speech has given by Dr. SM Mustafizur Rahman, Line Director, NNS, IPHN. At his speech he mentioned that aim of this meeting is to acquire nutrition related quality data from all level of services including urban area. Chief MIS, DGHS mentioned that MIS has become a strong instated today, because of their capacity, dynamism. MIS will assist the various operational plans to materialize the mechanisms and this relation among different OPs and MIS should be in-built so that upcoming generations can make a good use of it.



*Dr. Mahfuza Haque, DPM, NNS, IPHN*

Following the speech by Line Director, DPM of NIS informed that current systems are NNS-OP website, MUKTO Dashboard and ENIS Portal will be handed over to MIS server which. This will follow a step by step process:

1. Registration of domain
2. Transfer of source code
3. Server setup and system administration
4. System installation of domains in new server and
5. Quality assurance

She also mentioned that the Domain registration is already in the process, and other steps will also be processes soon.

In the meeting Director of MIS, DGHS described the server transfer procedure. He mentioned that a raw server will be provided to NNS, with an access for hosting facility and all necessary arrangement for hosting purpose will be provided. MIS will allow NNS in transferring the server.



*MIS, DGHS representative interacting with Line Director, NNS*



The second session was conducted by Pragya Mathema, Nutrition Specialist, UNICEF Bangladesh. He presented the current scenario of Nutrition information data, before 2015 only 15% of facilities were recorded data but now the number has been increased to 90%. He also informed that previously then data reports were recorded but not reported. NIPU team are supporting NNS technically including-set nutrition indicators, CBT, Nutrition data, NNS operational plan. The biggest achievement is that now we can use the data. Many participants were also present online via zoom

platform in this workshop.

*Picture: Pragma Mathema, Nutrition Specialist, UNICEF, Bangladesh*



*Picture: Participants of the workshop*

In the session the Landscape Analysis by mPower Social Enterprises Ltd was presented where he described the findings of the landscape assessment. A group work was conducted where all the participants were distributed in three groups and assigned in a particular topic to find out the milestone, indicators and necessary activities. The topics were for Group 1: Institutionalization & sustainability of NIS data management, reporting and dissemination; Group 2: NIS Platforms and Tools Enhancements; Group 3: Capacity building for data collection, supervision and data usage. After the group work, the findings of each group were presented by the representative.

## CCTN Post Training Review Workshop



*Picture: Dr Mohammad Sarif, Director (MCH services) and LD (MCRAH), DGFP; Prof. Nasir Uddin Mahmud, Director IPHN; Dr Md. Abdul Alim, Asst. Professor and DPM, NNS, IPHN.*

National Nutrition Services (NNS) organized a two days' workshop regarding on CCTN (Comprehensive Competency Training on Nutrition) on 28 September 2021 at the Conference Room, IPH building.

First day of the CCTN post training review workshop was inaugurated by Line Director Dr. SM Mustafizur Rahman. Through his welcome speech he shared about how CCTN is enhancing the capacity of field level workers and supervisors. He also said that the developing partners contribution to NNS-OP to successfully run the CCTN program across the country. Dr. Abdul Alim, Deputy Program Manager (CCTN) presented the evolution of CCTN from CBT.

CCTN is operated by NNS-OP with the association of NIPSOM, ICMH and developing partners. DPM shared the present coverage of CCTN and reviewed the overall year and district wise training participants. He also shared the plan how CCTN will reach all of the 64 districts by the year 2023.

Dr. Rasheda Sultana, Director of Institute of Public Health (IPH) greeted everyone. She wished good luck for the upcoming phase of CCTN and its successful completion of training for health workers from community level. Prof. Dr. K.M Baizid Amin, Lecturer, NIPSOM presented the coverage of CCTN by NIPSOM. He said the methodology of NIPSOM which they are using in CCTN and also mentioned how they were trained Master Trainers, District trainers, Health and FP care providers before implementing the program on field level.

He also shared the Target and Achievement of NIPSOM on CCTN phase-4. In Module 1 and Module 2 they trained 2475 and 456 participants. NIPSOM achieved 80% of the trainee's target for module-1 and 87% for module-2. NIPSOM believes that skilled trainers can help to reduce Maternal and adolescent malnutrition.

Prof. Dr. Md. Abidul Haque, Master Trainer of CCTN, ICMH-I presented the coverage of CCTN coordinate by ICMH. He talked about the CBT background and uniqueness of CCTN. In the presentation he also shared that they had trained 82% front line ,13% 1<sup>st</sup> line ,4% 2<sup>nd</sup> line,1% 3<sup>rd</sup> line participants. CCTN participants' target for IMCH was 3621 and they covered 1750.

Foyzul Bari Himel , Country Director , Think Through Consulting shared the findings of CCTN post training assessment which was conducted a few days ago in four districts name Chattogram, Natore, Jamalpur, Rajshahi. Best performing district of this post training assessment was Natore scoring 93% and lowest performing district was Jamalpur scoring 82% over 60%.

Dr. Mohammad Sarif, Director (MCH services) and LD (MCRAH), DGFP said that maternal and child mortality rates have been dropped in recent years. DGHS and DGFP will be working together on nutrition.

### CCTN post training assessment

Thematic Area	Best Score	Lowest Score
IYCF	Rajshahi, 68%	Jamalpur, 65%
Adolescent and Maternal Nutrition	Natore, 82%	Chattogram, 74%
Growth assessment	Natore ,69%	Rajshahi, 57%



Picture: Some participants were present through zoom platform

‘CCTN Post Training Review Workshop’ 2<sup>nd</sup> day was inaugurated by Dr. SM Mustafizur Rahman, Line Director, Dr. Md. Maniruzzaman Program Manager, NNS, briefed draft planning of CCTN Phase-5. He shared proposed districts, budget, work plan with the development partners and partners. Deputy Program Manager Dr. Abdul Alim shared details about CCTN work plan.

He said, the total target of phase-5 is 100 upazila from 12 districts and have to train 14000 Service Providers, Supervisors. He also shared the list of new proposed districts - Gopalganj, Bhola, Barisal, Khulna, Kurigram Magura, Narail, Narsingdi, Narayanganj, Mymensingh, Rangpur, Sunamganj & Chittagong. UNICEF committed to cover eight (8) districts out of 12 which are: Bhola, Chattogram (2 remaining Upazilas), Narail, Khulna, Mymensingh, Sunamganj, Narayanganj, Kurigram. Piyali Mustaphi, Chief, Nutrition, UNICEF Bangladesh; Mayang Sari, Nutrition Specialist, UNICEF Bangladesh was given her opinion in this regard. Golam Mohiuddin Khan Sadi, Nutrition Specialist, UNICEF Bangladesh. Dr Zeba Mahmud Country Director Alive & Thrive, Dr. Shuvro Program officer, NI Bangladesh were presented in the workshop virtually through zoom.

Prof. Nasir Uddin Mahmud, director of IPHN, gave the closing remarks. He thanked the Bangladesh government for re-opening community clinics which impact bigger to change the treatment mentality of the root level people. NNS has achieved to run Nutrition related projects all over the country. CCTN is a good initiative to teach nutrition related activity to community health workers. It also has a good monitoring system. These kinds of training are really important for capacity building of service providers.

#### The proposed districts for CCTN phase 5 were divided between NIPSOM and ICMH

NIPSOM	Gopalganj, Mymensingh, Magura, Narail, Sylhet, and Kurigram.
ICMH	Rangpur, Bhola, Narsingdi, Barisal, Khulna, and Narayanganj.

## National Event on "ভালো খাবো ভালো থাকবো" Campaign

The "Bhalo Khabo Bhalo Thakbo" campaign, conducted by the Global Alliance for Improved Nutrition (GAIN) and the National Nutrition Services (NNS), is a novel social campaign for adolescence. This multidimensional social campaign is being run in two steps. First, to induce interest in adolescents to eat nutritious food. Second, to encourage businesses entities involved in this sector to provide nutritious food at higher value and at affordable prices. This initiative has been taken on a large scale across the country with the participation of adolescents to make their lives more beautiful and health. Under this campaign, 1 million adolescents have taken a pledge which has proved to be a milestone. A unique e-learning platform has also been launched to make healthy, nutritious, and safe food more enjoyable for adolescents. Participants can evaluate themselves by watching these videos and get a certificate online

by participating in the quiz and share it on social media. The main theme of the e-learning campaign under the campaign titled "Bhalo Khabo Bhalo Thakbo" is: 'E-learning based on audiovisual tools.'



More about e-learning platform: <https://elearning.bhalokhabobhalothakbo.com/>

Various achievements of "Bhalo Khabo Bhalo Thakbo":

1. Pledge of 1 million adolescents to eat nutritious food
2. The teachers themselves have joined and encouraged the students to take nutritious food
3. Adolescents have also realized the importance of getting nutritious food within reach
4. Food suppliers are also encouraged to contribute

For more details: <https://www.bhalokhabobhalothakbo.com/>

The "Food and Nutrition Competition" - a new but novel event, has been introduced by the National Nutrition Services (NNS) and the Global Alliance for Improved Nutrition (GAIN). For the past two years, GAIN has been running the "Bhalo Khabo Bhalo Thakbo" campaign to make nutritious food readily available and to encourage Bangladeshi adolescents to eat regular nutritious food. The campaign will be taken forward by an online nutrition-based competition called "Bhalo Khabo Bhalo Thakbo Nutrileader's Hunt" to find such promising adolescents. Any adolescents between the ages of 10-19 can participate in this competition. The competition is completely virtual; as a result, it is possible to participate from anywhere in the country. Schools and colleges have been closed for a long time due to the global pandemic.

The organizers of this competition hope that this unique initiative will play a significant and positive role in cutting the monotony of the lives of teenagers. We will soon find the leaders of this campaign to make unadulterated and nutritious food available and affordable in the country. The "Bhalo Khabo Bhalo Thakbo" campaign will continue on a larger scale with the new initiatives. Bangladesh will be stronger, more promising. Adolescents will take the helm of this country in the future. So holding their hands and helping them move forward with encouragement means ensuring the development of the country.

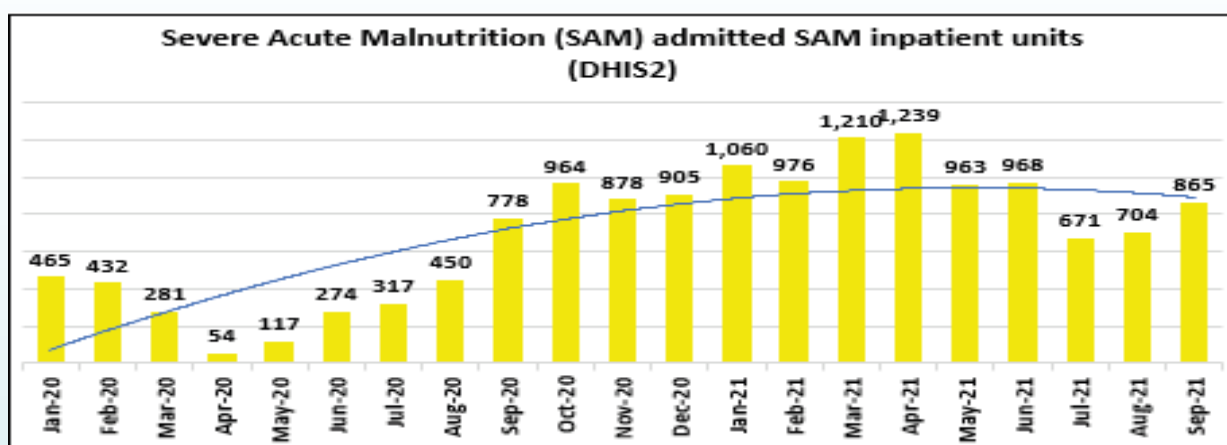
*Report: Sharmin Kawser  
Information and Planning Officer, Nutrition  
Information and Planning Unit (NIPU),  
NNS, IPHN.*



## Update on Priority Nutrition Results and Indicator: September 2021

Under the dynamic leadership and guidance of our Honourable Minister, respectable Secretary, Health Service Division, Ministry of Health and Family welfare and respectable Director General of DGHS, Prof. Dr. Abul Bashar Mohammad Khurshid Alam, MIS department and National Nutrition Services (NNS), IPHN is releasing the 3rd quarter NNS PNRI report card. This score is derived from four Priority Nutrition Results Indicators (PNRI) that are reported through DHIS2 monthly. website where more information can be accessed, including upazilla status. PNRI trends up to September'21 presented below. Web link: ([https://nnsop.org/en\\_US/](https://nnsop.org/en_US/))

Reporting Period	PNRI functional data					PNRI service data						
	% of facilities reporting on complete nutrition indicator	% of facilities providing IYCF counselling to caregivers	% of pregnant women weighted during clinic visit (Cumulative)	% of children screened for SAM at facility	Composite Index	No of children screened for SAM at facility	No of Children Identified with SAM	No of SAM children admitted	No of PLW receiving IFA	No of caregiver receiving nutrition counselling	SAM Status by Screening	Admission Rate
Jan-20	52%	94%	62%	34%	0.60	145,968	1,432	485	296,778	548,711	1%	34%
Feb-20	52%	95%	65%	33%	0.61	168,029	1,563	432	289,769	578,015	1%	28%
Mar-20	49%	91%	59%	35%	0.58	125,083	1,664	281	252,980	459,694	1%	17%
Apr-20	43%	88%	59%	31%	0.55	27,832	938	54	204,488	233,132	3%	6%
May-20	43%	88%	Data is not available	39%	0.57	30,344	1,030	117	189,272	200,833	3%	11%
Jun-20	45%	89%	59%	52%	0.61	49,294	368	274	243,109	255,611	1%	74%
Jul-20	46%	89%	59%	51%	0.61	57,726	443	317	248,284	306,115	1%	72%
Aug-20	49%	91%	59%	54%	0.63	79,837	578	450	221,750	355,343	1%	78%
Sep-20	51%	92%	52%	57%	0.63	124,871	1,047	778	283,330	460,319	1%	74%
Oct-20	52%	93%	52%	57%	0.63	143,896	1,483	964	296,312	489,117	1%	65%
Nov-20	54%	93%	84%	63%	0.73	170,317	1,118	878	300,780	518,520	1%	79%
Dec-20	53%	92%	93%	60%	0.75	167,433	1,219	905	277,529	508,366	1%	74%
Jan-21	52%	91%	112%	49%	0.76	164,778	1,317	1,060	269,831	343,938	1%	80%
Feb-21	53%	92%	104%	50%	0.75	149,779	1,062	976	259,568	364,470	1%	92%
Mar-21	53%	91%	98%	54%	0.74	179,421	1,527	1,210	267,549	470,530	1%	79%
Apr-21	53%	92%	96%	56%	0.74	129,015	1,322	1,239	254,877	325,472	1%	94%
May-21	52%	91%	96%	55%	0.74	120,111	1,248	963	237,200	337,258	1%	77%
Jun-21	53%	91%	97%	65%	0.77	145,394	1,188	968	271,817	343,621	1%	81%
Jul-21	51%	90%	97%	67%	0.76	126,554	1,010	671	242,517	275,571	1%	66%
Aug-21	56%	92%	91%	59%	0.75	155,478	1,615	704	288,609	351,397	1%	44%
Sep-21	60%	93%	102%	56%	0.78	252,475	1,669	865	310,912	497,028	1%	52%



- Analysis of routine data shows that admission of children for Severe Acute Malnutrition (SAM) treatment increased to 865 from the previous month (704). Also, the admission rate calculated in September is slightly increased 52% in comparison to the admission rate 44% observed in August.
- In September'21, the highest service coverage for SAM screening (252,475), SAM identification (1,669), IFA distribution (310,912) and nutrition counseling (497,028) has been observed in a month.
- Significantly increased caregiver receiving nutrition counselling has been introduced in an effort to eliminate the existing deficit. In September'21 the highest coverage was 497,028.

### Dissemination of PNRI Report at Chandpur District



*Picture: Dissemination meeting of PNRI Report at Chandpur District*

A meeting on Priority Nutrition Results Indicators & District based nutrition activities was organized by National Nutrition Services (NNS) on September 26, 2021, at the Civil Surgeon Office, Chandpur.

The objective of this meeting was to encourage non-regular service providers to provide their monthly report by addressing the benefits of regular reporting specially for low performing districts as per PNRI monthly report findings.

During this meeting, a keynote presentation on “PNRI report of August’21” reflected that admission of children for SAM treatment was declined & admission rate shown lower than March 2021. IYCF counseling and IFA distribution to pregnant women were decreased.

For instance, caregivers receiving IYCF counselling was declined from 470,530 caregivers (March) to 351,397 caregivers (August). Some efforts were speculated in the number of IFA distribution increased from 267,549(March) to 288,609 (August).

In this meeting Zakia Parveen, Deputy Secretary (Per-2), Department of Health Services, Ministry of Health and Family Welfare was attended as the Chief Guest and Dr. S M Mustafizur Rahman, Line Director, National Nutrition Services (NNS) delivered the welcome address. Dr. Md. Sakhawat Ullah, Civil Surgeon Chandpur, Dr. Nandalal Sutradhar, Deputy Program Manager, National Nutrition Service (NNS) delivered Kakali Das Poddar, Planning Officer, Nutrition Information & Planning Unit (NIPU), NNS was presented the PNRI presentation.

## Status of Essential Nutrition Services in Sylhet and Chattogram Divisions on September 2021

### Districts and Upazilas covered:

District	Upazilas
Sylhet	Sadar, Jaintiapur
Sunamganj	Tahirpur, Sulla
B.Baria	Kosba, Nobinagar
Hobiganj	Sadar, Ajmiriganj
Moulovibazar	Kamalganj, Juri
Rangamati	Rajasthali, Belai Chhari
Bandarban	Naikhongchhari, Rowangchhari
Chattogram	Anwara, Bashkali
Khagrachari	Matiranga, Panchhari
Cox'sBazar	Teknaf, Moheskhal
Noakhali	Hatia, Kobirhat, Senbag
Feni	Fulgazi, Porsuram
Lakshmipur	Sadar, Raipur
Cumilla	South Sadar, chaddogram
Chadpur	Matlab South, Matlab North

Number of Civil Surgeons covered: 15

Number of UH&FPOs covered: 42

Number of CHCPs covered: 240

### Key Findings:

- ❖ The pandemic has significantly affected the number of eligible pregnant women and mothers of children (0-23 months) seeking essential nutrition services. Despite the withdrawal of the lockdown and reduction in COVID-19 cases, the numbers seeking services has not improved notably between August and September 2021.
- ❖ Some CHCPs have expressed concerns regarding service-seekers not following Covid-19 health guidelines (e.g. not wearing mask, maintaining physical distancing etc.)
- ❖ Maternal and age-appropriate child nutrition services are being provided to eligible registered members and data is being entered into the DHIS-2 system.
- ❖ Upazila level managers are being motivated to continue providing essential nutrition services.
- ❖ CHCPs are motivated by upazila managers to use appropriate counselling tools, list of messages and avoid excessive detail while providing counselling.
- ❖ IFA and calcium supplements are being provided to pregnant women and lactating mothers. No shortage found of IFA and calcium supplements and basic medicines.
- ❖ Some CHCPs have been playing a key part in the COVID-19 vaccine rollout at the union level. Subsequently the CC activities (including nutrition services) are being provided by FWA & HA in their absence.
- ❖ District and upazila level managers are informed and have been furnished with the monthly performance report of maternal and child nutrition services. Zero-reporting CC have also been notified of their status to take corrective action.

## Report on “Training of Trainers (ToT) on FWA Initiative for strengthening MIYCN Services”



<p>A 3-days ToT on “FWA initiative for strengthening MIYCN services” took place from 20-22 September 2021 at IPHN Conference Room, Mohakhali, Dhaka maintaining COVID 19 national guideline. National Nutrition Services (NNS) lead to organize the ToT jointly with Directorate General of Family Planning (DGFP) and Alive &amp; Thrive (A&amp;T). A total number of 13 participants from DGFP, NNS, FP officers from Rajnagar and Banskhali upazilas and A&amp;T participated in the training. The report showed that despite the challenges of the pandemic,</p>	<p>the ToT went very well, and the planned activities were completed and achieved. The objective of ToT is to capacitate national/upazila level Family Planning (FP) managers/NNS managers technically on FWA initiative (on improvement of MIYCN services utilizing FWAs through community awareness raising activities) to conduct training before roll-out the field level training for the FWAs and Family Planning Inspectors (FPIs).</p>
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The following were the participants in said ToT:

S.L#	Name	Designation	Place of posting
1	Md. Rashidul Hasan	UFPO	Rajnagar, Moulavibazar
2	Dr. Rajib Debnath	MOMCH-FP	Rajnagar, Moulavibazar
3	Dr. Shamoli Das	MOMCH-FP	Banskhali, Chattogram
4	Dr. Shaheli Nargis	MOMCH-FP	MO-CC, Chattogram
5	Mohitush Mazumder	AUFPO	Rajnagar, Moulavibazar
6	Dr. Rozalina Tithi Mrong	Medical Officer, MCH-FP	MCH Services Unit, DGFP
7	Dr. Mahfuza Haque Dalia	DPM	NNS
8	Dr. Supta Chowdhury	DPM	NNS
9	Saydur Rahman Siddiqui	Govt. Liaison Specialist	A&T
10	Idris Ali Khan	Divisional Manager, Chattogram	A&T
11	Zakaria Chowdhury	Divisional Manager, Sylhet	A&T
12	Dukul Barua	UNEO, Chattogram	A&T
13	Suronjit Chowdhury	UNEO, Sylhet	A&T

# Provision and Utilization of Health and Nutrition Services During the COVID-19 Pandemic in Urban Bangladesh



## Objectives

The COVID-19 pandemic is expected to have extensive effects on healthcare systems. The Government of Bangladesh has concerns about diminished coverage and quality of maternal and child health services, but little published information exists on service provision, utilization, and adaptations. We examined changes to maternal and child health and nutrition service delivery and utilization in urban Bangladesh during and after the enforcement of COVID-19 restrictions and identified adaptations and potential solutions to strengthen service delivery and uptake.

## Methods

We conducted longitudinal surveys with health care providers ( $n = 45$ ), pregnant women ( $n = 40$ ), and mothers of children  $< 2$  years ( $n = 387$ ) in February 2020 (in-person) and September 2020 (by phone). We used Wilcoxon matched-pairs signed-rank tests to compare the changes before and during the pandemic.

## Results

Most services for pregnant women remained available during COVID-19 restrictions, with the provision of antenatal care (ANC) services falling by 6.6 percentage points (pp). Services for women and children which require proximity, however, were more severely affected; weight and height measurements fell by 20–29pp for pregnant women and 37–57pp for children, and child immunizations fell by 38pp. Declines in service utilization were large, including drops in facility visitations (35pp among pregnant women and 67pp among mothers), health and nutrition counseling (up to 73pp), child weight measurements (50pp), and immunizations (61pp). The primary method of adaptation was provision of services over phone (37% for ANC services and 44–49% for counselling of pregnant women or mothers with young children).

## Conclusions

Despite adaptations to service provisions, continued availability of routine maternal and child health services did not translate into service utilization. Further investments are needed to provide timely and accurate information on COVID-19 to the public, improve COVID-19 training and provide incentives for health care providers, and ensure availability of personal protective equipment for both providers and beneficiaries.

## Funding Sources

Bill & Melinda Gates Foundation through POSHAN, led by International Food Policy Research Institute; and Bill & Melinda Gates Foundation, through Alive & Thrive, managed by FHI Solutions.

**Author** :Celeste Sununtnasuk, Phuong Nguyen, Anjali Pant, Lan Mai Tran, Shivani Kachwaha, Deborah Ash, Mohsin Ali, Santhia Ireen, Kristen Kappos, Jessica Escobar-Alegria, Purnima Menon

*Current Developments in Nutrition*, Volume 5, Issue Supplement\_2, June 2021, Page

## Bangladesh National Nutrition Council (BNNC) Unveils Special Publication and Launches ‘Online Monitoring System’



Picture: Online Monitoring System event

Bangladesh National Nutrition Council (BNNC) organized a national event in Dhaka on September 23rd, 2021, to unveil a special publication on “BNNC: Towards Improved Nutrition,” highlighting the overall nutritional improvement since independence along with the national launching of **Online Monitoring System for National and Sub-national level**. The **Online Monitoring System** has been developed by the Joint Action for Nutrition Outcome (JANO) project. JANO is funded by the European Union (EU) and co-funded by the Austrian Development Agency (ADA) and being implemented by CARE Bangladesh, Plan International Bangladesh, and ESDO. This online platform will enable the multi-sectoral stakeholders to use the system for better information flow and nutrition planning by District and Upazilla Nutrition Coordination Committees (DNCC & UNCC).



Picture: Zahid Maleque, MP, Honorable Minister, Ministry of Health and Family Welfare.

Zahid Maleque, MP, Honorable Minister, Ministry of Health and Family Welfare, attended the event as Chief Guest, and unveiled the Special Publication and launched the Digital Monitoring System.

Prof. Dr. Abul Bashir Mohammad Khurshid Alam, Director General, Directorate General of Health Services, emphasized on working in an inclusive way to achieve SDG nutrition targets.

Lokman Hossain Mia, Senior Secretary, Health Services Division, Ministry of Health and Family Welfare, attended the event as the Chairperson, expressed his gratitude to BNNC and all connected partners, and shared his willingness to be with any future endeavors.

Dr. Md. Khalilur Rahman, Director General, BNNC, delivered the welcome speech and shared a brief presentation on the achievements of BNNC. At the event, the ‘Digital Monitoring System’ was presented by Dr. Akhter Imam, Deputy Director, BNNC. Dr. Khainoor Zahan, Deputy Director, BNNC, also delivered a presentation on “Nutrition in Making the Vision 2041” Along with other dignitaries, Prof. Dr. Iqbal Arslan, President, Shadhinota Chikitschok Parishad;

Prof. Dr. Md. Abdul Aziz, Secretary General, Shadhinota Chikitshok Parishad, Hans Lambrecht, First Secretary, Team Leader, Human Capital Development, European Union, John Warburton, Team Leader, Climate Change and Environment, FCDO, British High Commission, and Ms. Piyali Mustaphi, Chair, SUN UN Network attended the event as Special Guests and spoke on occasion.

Syed Mojibul Huq, Additional Secretary, Health Services Division, Ministry of Health and Family Welfare, conveyed a vote of thanks to all.

JANO project-CARE Bangladesh, CONCERN Bangladesh, SUCHANA Project- Save the Children, GAIN, UN agencies, EU, and NI/UKAID were the other partners who supported making the event successful.

## Current Activities of Scaling Up Nutrition (SUN)

### The SUN Movement celebrates 2021 World Breastfeeding Week

Two webinars focused attention on the International Code of Marketing of Breastmilk Substitutes, in light of restrictions on movement and gatherings due to COVID-19. The events involved the Bangladesh Pediatrics Association (BPA) and the Obs/Gyn Society of Bangladesh (OGSB) and served as a platform to dissemination of briefs on adherence to the country's BMS Act. Leaders of both associations are influential advocates for breastfeeding and upholding the BMS Act.

## Central and South Asia launch SUN Movement Strategy for 2021-2025



On 25 August 2021, a Central and South Asia virtual regional event, attended by some 120 participants from all over the world, took place to launch the SUN Movement Strategy for its third phase (2021-2025). Hosted by Dr Kiran Rupakhetee, Joint Secretary of the National Planning Commission and SUN Country Coordinator of Nepal, who also acts as a SUN Movement Executive Committee member, the event brought together a range of SUN Coordinators/Focal Points from countries including Bangladesh, Pakistan, and Yemen, in addition to representatives from the SUN Business Network, the SUN Civil Society Network, UN Nutrition and the Youth Leaders for Nutrition. A full list of speakers can be found below. Following a brief introduction about the Strategy – what it is and what it aims to achieve – SUN Movement Coordinator Gerda Verburg facilitated an interactive panel discussion, to discuss, in practice, how the region will take forward this new strategy, aiming to eradicate all forms of malnutrition and achieve the Sustainable Development Goals (SDGs) by 2030.

690, [https://doi.org/10.1093/cdn/nzab045\\_072](https://doi.org/10.1093/cdn/nzab045_072)

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## কোভিড-১৯ মহামারীর সময়ে শিশুর খাবার ও পুষ্টি বার্তা

আপনি যদি স্বাস্থ্যকর্মী হন এবং

মা ও শিশু স্বাস্থ্যসেবার সাথে জড়িত থাকেন তবে

কোভিড-১৯ সংক্রমণে শনাক্তকৃত গর্ভবতী নারী এবং নবজাতক ও ছোট শিশু রয়েছে এমন মায়াদেরকে স্তন্যদান বিষয়ক পরামর্শ সেবা, মানসিক স্বাস্থ্য সুরক্ষায় সহায়তা এবং স্তন্যদান বিষয়ক ব্যবহারিক সহায়তা দিন;

মা অথবা তার শিশু কোভিড-১৯ সংক্রমণে সম্ভাব্য বা শনাক্তকৃত যে অবস্থাতেই থাকুক না কেন তাদেরকে বিশেষত প্রসবের পরপরই স্তন্যদানের অভ্যাস গড়ে ওঠার সময়গুলোতে একসাথে রাখা, ত্বকের সাথে ত্বকের নিবিড় সংস্পর্শে রাখা, ক্যান্ডার মাদার পস্থা অবলম্বন এবং দিন-রাত পাশাপাশি রাখা ও এর অভ্যাস গড়ে তোলার সুযোগ করে দিন;

মায়ের দুধের বিকল্পকে উৎসাহিত করবেন না। দুধের বোতল বা শিশুকে সান্ত্বনাদায়ক কোনো উপকরণ (যেমন : চুঘনি) দিবেন না। প্রয়োজনে রেজিস্টার্ড চিকিৎসকের পরামর্শ অনুযায়ী ব্যবস্থা নিন;

কোভিড-১৯ নিয়ে মারাত্মক অসুস্থতা বা অন্যান্য জটিলতার কারণে যদি কোনো মা তার বাচ্চার যত্ন নিতে বা সরাসরি স্তন্যদান চালিয়ে যেতে না পারে তবে, সেসব মাকে যথাযথভাবে বুকের দুধ গালিয়ে নিয়ে নিরাপদে বাচ্চাকে খাওয়াতে উৎসাহিত করুন এবং সম্ভব হলে প্রয়োজনীয় সহায়তা দিন। এক্ষেত্রে একজন সুস্থ অর্থাৎ অন্য কোনো রোগে আক্রান্ত নন এমন অপেক্ষাকৃত কম বয়স্ক সাহায্যকারী/স্বাস্থ্যকর্মী দায়িত্ব নিন এবং সংক্রমণ রোধে দরকারি পদক্ষেপ গ্রহণ করুন (মাস্ক পরুন, মাকে স্পর্শ করার পরে হাত ভালো করে সাবান ও পানি দিয়ে ২০ সেকেন্ড ধুয়ে অথবা অ্যালকোহল যুক্ত হ্যান্ড স্যানিটাইজার দিয়ে পরিষ্কার করে নিন)। প্রয়োজনে রেজিস্টার্ড চিকিৎসকের পরামর্শ অনুযায়ী ব্যবস্থা নিন।

করোনা ভাইরাসের লক্ষণসমূহ দেখা দিলে অতিসূত্র নিকটস্থ সরকারি স্বাস্থ্যকেন্দ্রে যোগাযোগ করুন বা হটলাইনে ( ১৬২৬৩৩, ৩৩৩ ) কল করুন।





## কোভিড-১৯ মহামারীর সময়ে শিশুর খাবার ও পুষ্টি বার্তা

### ৩ মাস থেকে ৫ বছর বয়সী শিশুর খাবার ও পুষ্টি বিষয়ক তথ্য

- শিশুর দৈনিক খাবারে পর্যাপ্ত পরিমাণে 'ভিটামিন সি' সমৃদ্ধ খাবার রাখুন। পেয়ারা, আমলকি, আমড়া, কমলা জাম্বুরা, মিষ্টি আলু, টমেটো ইত্যাদিসহ মৌসুমী ফলমূল ও রঙিন শাকসবজি (দিনে কমপক্ষে একধরনের ফল ও দুই ধরনের শাকসবজি) খেতে দিন;
- লকডাউনের সময়ে তাজা শাকসবজি ও ফলমূল যদি সহজলভ্য না হয় সেক্ষেত্রে বিকল্প পুষ্টিকর খাবার বেছে নিন (যেমন : লাগ আটার রুটি বা ভাত, ভিন্ন ভিন্ন ডালের মিশ্রণ, বাদাম ইত্যাদি);
- প্রক্রিয়াজাত খাবার (যেমন : চিপস, চানাচুর ইত্যাদি), বোতলজাতীয় পানীয়, কৃত্রিম জুস, অতিরিক্ত লবন, চিনি ও চর্বিযুক্ত খাবার এবং ফাস্ট ফুড দেয়া থেকে বিরত থাকুন;
- সম্ভব হলে শিশুর খাবারে সাদা চিনির পরিবর্তে গুড় বা লাল চিনি দিন;
- শিশুর দৈনিক খাবারে অন্তত ১ ধরনের প্রাণিজ আমিষ (যেমন : ডিম, মাছ, মাংস) রাখুন এবং সুসিদ্ধ করে রান্না করুন;
- শিশুর জন্য রান্না করা খিচুড়িতে/ঘরের খাবারে আয়োডিনযুক্ত লবণ, সামান্য হলুদ, আদা, রসুন ও জিরা ব্যবহার করুন;
- রান্নার আগে এবং শিশুকে খাওয়ানোর পূর্বে নিজের ও শিশুর হাত ভালো করে সাবান ও পানি দিয়ে কমপক্ষে ২০ সেকেন্ড ধুয়ে নিন। রান্না করার স্থান, শিশুকে খাওয়ানোর আলাদা পাত্র/বাটি, চামচ ভালো করে সাবান ও পানি দিয়ে পরিষ্কার করে নিন;
- শিশুকে প্রতিদিন ১ ঘণ্টা খেলাধুলা করতে দিন এবং সম্ভব হলে ১৫-২০ মিনিট রোদে থাকতে দিন;
- শিশুর অসুস্থতার সময়ে তাকে মায়ের দুধের পাশাপাশি স্বাভাবিক পরিমাণে পুষ্টিকর খাবার ও পানীয় বারে বারে দিন এবং সুস্থ হবার পরে খাবারের পরিমাণ বাড়িয়ে দিন।

### শিশুর পুষ্টিকর খাবারের নমুনা (৩ মাস থেকে ৫ বছর বয়সী)



#### সবজি খিচুড়ি

**উপাদান (গ্রাম) :** চাল, ডাল, ভাজা বাদামতরকারি গাজর, মটরশুঁটি, পালং শাক, তেল, পেঁয়াজ, আদা, হলুদ, হলুদ, লবণ ও পানি পরিমাণ মতো।

**প্রস্তুতি :** মাজার পাত্র গরম করে তাতে তেল দিয়ে পেঁয়াজ, হলুদ, আদা, হলুদ ও লবণ দিয়ে ভিজুকেন্ন লাড়ুন। এরপর পরিষ্কারকাঁচা খেঁড়া ডাল, ডাল ও ভাজা বাদামের গুড়া বা বাটা দিন। ২/১ মিনিট কাটো করে লাড়ুন। এরপর পানি মিশিয়ে পাত্র ঢেকে দিন। যখন ডাল ও ডাল আধা সিদ্ধ হয়ে যাবে তখন কাটো করে খেঁড়া ও কাটা সবজি মেশান। সমস্ত সবজি ও উপাদান কাটো করে সিদ্ধ হয়ে গেলে নামিয়ে দিন।



#### ডিম সুজি

**উপাদান (গ্রাম) :** ডিম, সুজি, গাজর, গুড়, তেল, পানি।

**প্রস্তুতি :** পাত্র গরম করে সুজি ভালো করে কয়েক মিনিট ভেজে নিন। এরপর এতে পানি মেশান ও ভালো করে নাড়ুন। ভালো করে খেঁড়া ও কাটা গাজর মেশান। চুলার আলু কমিয়ে রাখা করতে থাকুন। ফুটে উঠলে ডিম ভালোকাবে মেশান। এরপর তেল ও গুড় যোগ করুন। রান্না হয়ে আসলে নামিয়ে নিন।



#### সুজির হালুয়া

**উপাদান (গ্রাম) :** দুধ, সুজি, গাজর, চিনি, নারিকেল।

**প্রস্তুতি :** পাত্র গরম করে অল্প আঁচে সুজি ভালো করে কয়েক মিনিট ভেজে নিন। সুজি সোনালি হই ধারণ করলে এতে দুধ ও গাজর মেশান। ভালো করে কেটান ও চিনি মেশান। খেয়াল রাখুন সুজি যেন দগা পাকিয়ে পাত্রে লেপে না যায়। এরপর নারিকেল মেশান। হালুয়া পাত্র থেকে ছেড়ে আলায় সময়ে নামিয়ে দিন ও পরিবেশন করুন।

করোনা ভাইরাসের প্রকটন রোধে সচেতনতা দিলে প্রতিসত্তর বিকট সরকারি স্বাস্থ্যকেন্দ্রে যোগাযোগ করুন বা হটলাইনে ( ১৬২৬৩, ৩৩৩ ) কল করুন।



ভিটামিন 'এ' যুক্ত তেল  
এই চিহ্ন দেখে কিনুন



৬ - ১১ মাস বয়সী শিশুকে 'নীল রঙের'  
১টি ভিটামিন 'এ' ক্যাপসুল খাওয়ান।

ভিটামিন 'এ' দেহের স্বাভাবিক  
বৃদ্ধিতে সহায়তা করে,  
রোগ প্রতিরোধ ক্ষমতা বাড়ায়  
এবং শিশু মৃত্যুর ঝুঁকি কমায়।

ভিটামিন 'এ' শিশুর রাতকানা  
রোগ প্রতিরোধ করে।

১২-৫৯ মাস বয়সী শিশুকে 'লাল রঙের'  
১টি ভিটামিন 'এ' ক্যাপসুল খাওয়ান।

জন্মের পর প্রথম ৬ মাস (১৮০ দিন)  
শিশুকে শুধুমাত্র মায়ের দুধ খাওয়ান।

শিশুর বয়স ৬ মাস পূর্ণ হলে  
মায়ের দুধের পাশাপাশি পরিমাণ মত  
ঘরে তৈরি সুস্বাদু খাবার খাওয়ান।

সুস্থ থাকলে প্রতিদিন রান্নায়  
ভিটামিন 'এ' যুক্ত তেল  
ব্যবহার করুন।

জন্মের পরপরই  
নবজাতককে শালদুধ খাওয়ান।

জাতীয় পুষ্টিসেবা, জনস্বাস্থ্য পুষ্টি প্রতিষ্ঠান  
স্বাস্থ্য অধিদপ্তর, স্বাস্থ্য ও পরিবার কল্যাণ মন্ত্রণালয়

