

OCTOBER, 2024



BUILDING COMMUNITY RESILIENCE THROUGH

NUTRITION AND FOOD SECURITY


UYbanet^{Gh}
Sustainable Livelihoods For All

PROFILE



ABOUT US

URBANET is a social impact organisation committed to the principles of social justice and human rights, especially for the poor and vulnerable segments of society in Northern Ghana. URBANET is driven by the passion to explore the potentials and opportunities available in local communities to build community resilience based on available resources and indigenous knowledge systems.

MISSION

Empowering poor farmers and marginalized communities through collaborative partnerships to build a safer, sustainable environment and a more equitable society

VISION

Resilient communities where people live in dignity and a safe environment.

THEMATIC AREAS

- Agriculture and Food Security
- Nutrition and health
- Environment and Climate Change
- Women and Youth Empowerment

Key Nutrition Interventions



In partnership with Abt Global under the USAID-funded Feed the Future Resilience in Northern Ghana Systems Strengthening Activity, URBANET in collaboration with the Gushegu Municipal Health Directorate is making significant strides in improving health and nutrition outcomes in the Gushegu Municipality. These efforts are geared towards empowering healthcare professionals, reinforcing community health systems, and promoting sustainable nutrition practices. By prioritizing pregnant women, children under five, and women of reproductive age, we aim to enhance overall community well-being and build resilient, healthier communities with long-term impact.

HIGHLIGHTS



Transforming Nutrition Services in Gushegu:

In a collaborative effort with the Gushegu Health Directorate, URBANET has successfully trained 21 Community Health Nurses and Officers in Integrated Community-Based Essential Nutrition Actions (ICENA). This crucial training has empowered these frontline health workers with the skills needed to deliver essential nutrition services effectively at the grassroots level.



Empowering Health Volunteers for Lasting Impact

URBANET, in partnership with the Gushegu Health Directorate, made a significant stride in health by training 30 Community Health Volunteers (CHVs) from 10 communities. This training focused on crucial areas including malnutrition, infant and young child feeding (IYCF), and early childhood development. The program greatly enhanced the CHVs' ability to detect malnutrition early and provide vital support to mothers and children.

This proactive approach has led to improved health outcomes and a stronger support system within the communities.

The training has not only equipped the volunteers with essential skills in data collection and community engagement, but also ensured a lasting positive impact on the health and well-being of families in Gushegu Municipality.



Driving Health Advancement through Community Engagement



Ø In 2024, In collaboration with the Gushegu District Health Directorate, URBANET successfully organized community durbars in 10 communities. These interactive sessions increased demand for Family Planning (FP), Maternal and Child Health (MCH), and nutrition services. By addressing and challenging the social and cultural norms that impact the health and nutrition of women and children, the initiative cultivated a deeper understanding and stronger support for these essential services. As a result, health outcomes across the project's Zone of Influence (ZOI) have significantly improved. The initiative has reached 543 women of reproductive age, progressing toward the target of 1,000.

Empowering Communities with Vital Health Updates



URBANET, in collaboration with the Gushegu Health Directorate, hosted quarterly community durbars in ten communities, achieving notable success. These sessions provided essential updates on nutrition and health while collaboratively developing Community Health Action Plans (CHAPs). The durbars also tackled pressing child protection concerns using UNICEF toolkits, sparking community-wide discussions on child rights. The active involvement of influential leaders, including the Municipal Chief Executive, and robust support from the Municipal Health Directorate, further strengthened the impact of these initiatives, ensuring enduring positive changes in community health and child protection.

Advancing Child Health through Community-Based Growth Monitoring and Promotion



In partnership with the Gushegu Health Directorate, we have implemented monthly community-based growth promotion sessions and home visits within the USAID Zone of Influence (ZOI). This initiative provided consistent health monitoring for children under five, leading to early detection of health issues and significant improvements in overall child health outcomes. To date, the program has reached 962 children under five.



Empowering Women through Nutrition and Cooking Skills

In collaboration with the Gushegu Health Directorate and Women in Agricultural Development (WIAD), URBANET has successfully transformed the lives of over 836 women in 10 communities within the Gushegu Municipality through a series of bi-monthly food and cooking demonstrations coupled with local food fortification activities. The initiative focused on equipping women with the practical skills to prepare nutritious, well-balanced meals for their families. By using locally available ingredients and learning local fortification techniques, these women have been empowered to enhance the nutritional value of everyday meals. The hands-on, interactive sessions fostered a deeper understanding of essential nutrients, healthier cooking methods, and sustainable practices that families can easily adopt. As a result, this capacity-building intervention has not only improved the quality of meals but has also brought about lasting change.



Empowering Communities with Home Garden Training

756 women and supporting 100 women household heads in 10 communities were trained and supported to establish home gardens in order to enhance their nutrition and food security.

This hands-on support has led to a significant improvement in household food security, with families gaining access to fresh, locally grown produce. By cultivating their own gardens, these households are not only enjoying better nutrition but are also contributing to the overall well-being and resilience of their communities.



Revolutionizing Maternal Health through the Pregnancy School Concept: Comprehensive Support for Healthier Pregnancies

In collaboration with the Gushegu Municipal Health Directorate, URBANET has equipped 20 health professionals on the pregnancy school concept and introduced the concept across 10 communities.

The pregnancy School Concept is a transformative initiative aimed at enhancing maternal health education and support. Through regular classes and workshops, pregnant women gain critical knowledge in areas such as nutrition during pregnancy, antenatal care, childbirth preparation, breastfeeding, and postnatal care. To date, 127 pregnant women from all 10 communities within the project's Zone of Influence have enrolled in the program, progressing through different stages based on their trimester. This initiative is set to empower 753 women to achieve healthier pregnancies and better outcomes.



OUR PARTNERS



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SOCIAL MEDIA

Aside from the nutritional interventions and activities that are implemented in our zones of influence, our social media is used to provide weekly tips on nutrition and healthy living. This is an initiative of the office of the nutrition specialist as part of their efforts to promote a healthy lifestyle of our users and the general public.



Looking Forward

URBANET remains committed to expanding its impact across Northern Ghana and beyond through innovation and deep community engagement. By integrating nutrition, maternal health, and child protection into our programs, we are working to build resilient, self-sustaining communities. Our enduring partnerships, combined with a grassroots approach, ensure lasting improvements in health outcomes, especially for the most vulnerable populations.

Contact Information

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