

Importance of Community Nutrition



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I am Sophy Owiti taking community nutrition as a course at diploma level. I was born at a time when our country not only faced food insecurity but also undesired lack of proper nutritional knowledge. It occurred to me that I had no option but to grow up to be a nutritionist. Every other year, thousands of people die out of health related issues directly linked to nutrition as a whole. Since this course directly relates to health and nutrition administration, I will be able to bring a positive change to my community. It is therefore my privilege to submit to you my deeply-thought essay indicating my interests, experiences and plans in line with nutrition and general health of human race.

With this course in hand, I am armed with tools more so for children who are dying due to non-communicable diseases and malnutrition. In addition, I can be able to assist the youths with their day to day challenges relating to nutrition and show them how to tackle them. Most villages suffer from ignorance on the best kind of food to take. Personally that is my major area of interest. I will give them the requisite information attained from the college and make sure there

is some behavior change in terms of proper nutritional intake. This can only be possible by me initiating relevant programs which can sanitizing them in the long run.

Having worked at Butere community at our partnership site, Joel Omino Health Facility located at Nyalenda in Kusumu plus many others in our regular college field work programs, I have gained wealth of experience to enable me tackle any issue within my line of nutrition. Similarly, through partnership programs with other organizations with the same agenda of nutritional administration to humanity, I have been able to give talks to both genders of different age groups. This has enabled me notice significant health improvements in individuals who cut meat and dairy out of their diet, myself included. I have also given talks to youths mostly adolescents on the issues of comprehensive sexual education

Consequently, during my attachment at the Joel Omino Health Facility I managed to come up with ways of tackling food insecurity, fresh water inadequacy and sanitation. In matters pertaining to food insecurity, I have sensitized the community towards driving away the monotony of taking healthy food ones in a while. Having also attended various referrals like the ones malnourished children are subjected to, I have learnt to identify the areas that are prone to problems. Nevertheless I also have considered food as a medicine, something I didn't know before thanks to nutrition as a course and field work programs.

Now with all this in mind, I have the desire to continue using my acquired skills in carrying out the assessment of community nutrition. Also to institute appropriate implementation, through resource mobilization and follow project management cycle aimed at achieving results affecting the public positively. I do intend to introduce them to dietary and lifestyle changing techniques to curb this menace. At the same time, it's my intention to lay more emphasis on non-discriminatory capacity building through sensitization to enable the community to have long term solutions.

Conclusively, nutrition plays such a huge part in our daily lives. Therefore it calls calls for broad and like-minded people who can be able to think critically and act accordingly on issues related to health of individuals. Because of an increase in non-communicable diseases, food insecurity, school drop out for the school going individuals, more so girls due to lack of necessities, sexual and gender based violence, nutrition has become very vital. I stand to bring the multiple experiences supported with my ability to cope in volatile environments in various level of management in the society using the knowledge and experiences I do have. Knowledge is power and now that I do have it, I have the power to change the nutritional sector in my community and beyond so that the general improved health can translate to improved wealth in our country at large.