

January 28, 2025

Training on healthy nutrition successfully continues across the country

Nowadays, the Government of the Republic of Tajikistan constantly strives to improve and protect the health of the population and shows great interest in food security and healthy nutrition issues.

This year with the support of the Government of the Republic of Tajikistan by the State Institution "Agriculture Entrepreneurship Development" under the implementation of the "Strengthening Resilience of the Agriculture Sector Project" vitamins and micronutrients have been imported from abroad to protect the health of mothers and children, and the Ministry of Health and Social Protection ensures the availability of these vitamins and micronutrients to medical centers in cities and districts.

Starting in December 2024, specialists of the State Institution "of Agriculture Entrepreneurship Development " together with the organization "Avesta", according to the schedule, conduct training throughout the country.

On January 27 and 28 of the current year in the hall of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan a training was held with the participation of family doctors, pediatric department, reproductive health specialists of Tursunzade, Hissar, Vahdat, Rogun, cities, as well as from Ashgabat, Shahrinav, Rudaki, Tajikabad, Sangvor, Lakhsh, Rasht and Faizabad districts.

At the training, scientists and experts in primary health care (PHC) presented issues related to micronutrient and vitamin supplementation of the target population, including pregnant women and children aged 6 to 59 months, through a presentation, as well as skills for their management, general information on basic nutritional indicators for pregnant women

and newborns, assessment of physical development of pregnant women, new approaches to assessing intrauterine growth and fetal development in PHC institutions, information on 5 key ways of food security, health status of pregnant women in the Republic of Tajikistan, strategic documents adopted at the national level on health protection of pregnant women, importance of iron sulfate and folic acid use during pregnancy, anemia, and experience of vitamin supplements use throughout the country and its results.

The aim of the training is to raise awareness of PHC's doctors about the best and correct use of vitamin supplements and micronutrients, to conduct information activities among target groups, about the need to use vitamin supplements and micronutrients by pregnant and lactating women, to study the issue of food fortification with vitamin and mineral powder for children aged 6 to 59 months.

Also, in accordance with the order of the Minister of Health and Social Protection of Population of the Republic of Tajikistan, trainings will be held in the coming days in Khatlon, Sughd and GBAO regions.

