

January 31, 2025

## **Training on Healthy nutrition in Khatlon Region**

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

On January 30 of the current year in the hall of the “Parvozi Parastu” in the Bokhtar city, Khatlon region a training was held with the participation of family doctors, pediatric department, and reproductive health specialists of Khuroson, Kushoniyon, A. Jomi, Vaksh, J. Balkhi, Jayhun, Panj, Shahrituz, Nosiri Khusrav, Qubodiyon, Dusti districts, and Bokhtar, Levakant and Nurek cities.

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.

At the end of the training, participants were awarded certificates for their active participation and valuable contribution to public health.

