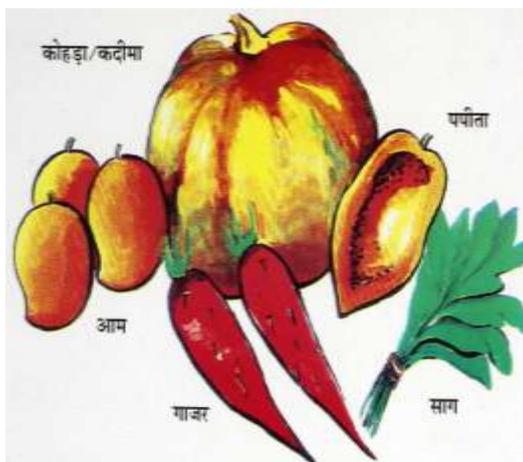


# VITAMIN A SUPPLEMENTATION

## Introduction

- ❖ Vitamin A is an essential nutrient needed in small amounts for the normal functioning of the visual system, growth and development, maintenance of epithelial cellular integrity, immune function and reproduction.
- ❖ Severe deficiency of VA is known to produce corneal xerophthalmia, keratomalacia and blindness in children.
- ❖ Vitamin A deficiency (VAD) is mainly seen amongst the young children as they have high requirements due to increased physical growth and have low dietary intake.
- ❖ National Prophylaxis Programme for Prevention of Blindness due to Vitamin A deficiency initiated in 1970 and comprises a long term and short term strategy.
- ❖ Short term strategy focuses on administration of mega doses of Vitamin A on periodic basis.
- ❖ While dietary improvement is the long term ultimate solution to the problem of Vitamin A deficiency.

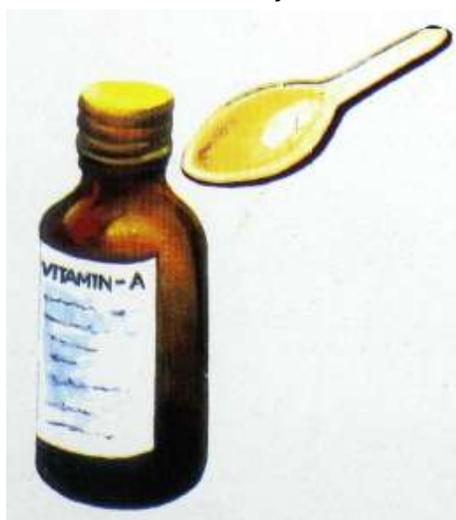
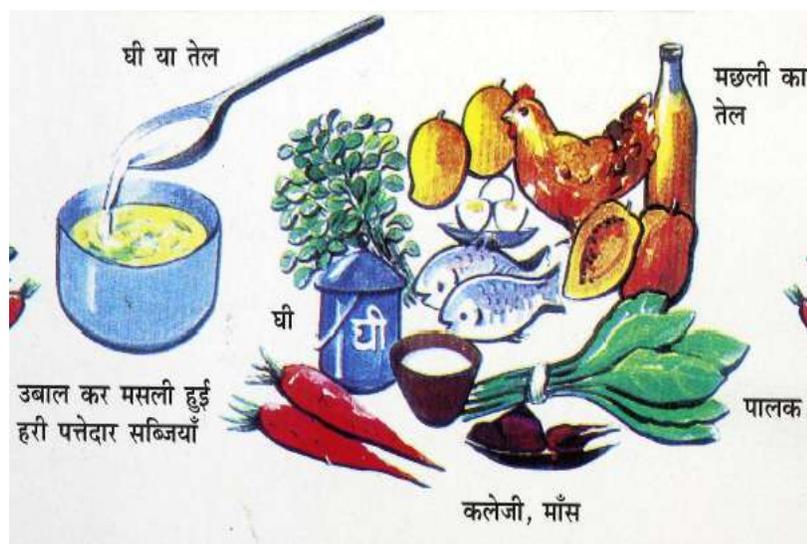


## Remember

- ❖ The mothers attending ANC & immunization sessions, VHND etc. are to be made aware of the importance of preventing Vitamin A deficiency.
- ❖ Trace those who are overlooked or have dropped out from the Vitamin A supplementation program.
- ❖ Organize outreach sessions.
- ❖ Use MCP card to record and monitor administration of Vitamin A dose to children.
- ❖ AWW should be involved in distribution and administration of Vitamin A.
- ❖ Identify children with clinical signs of Vitamin A and refer them to the nearest PHC.
- ❖ Infant and young children suffering from diarrhea, measles or acute respiratory infection must be monitored closely and encouraged to consume Vitamin A rich food.

## Prevention of Vitamin A deficiency

- ❖ Breastfeeding including feeding of colostrum, to be encouraged.
- ❖ Feeding of locally available vitamin A rich foods such as green leafy vegetables and yellow and orange vegetables and fruits like pumpkin, carrots, papaya, mango, oranges along with cereal and pulse to a weaning child to be promoted widely.
- ❖ In addition, whenever economically feasible, consumption of milk, chesse, paneer, dahi (yoghurt), ghee, eggs, liver etc. is to be promoted.
- ❖ For increasing availability of vitamin A rich food, growing of vitamin A rich food, growing of vitamin A rich foods in home gardens and consumption of these must be promoted.
- ❖ Under Vitamin A Supplementation, every child between age of 6-11 months and children 1-5 years are administered vitamin A every 6 months.



Age	Dose
6-11 months	One dose of 100,000 IU
1-5 years	200,000 IU/6 months
<b>A child must receive a total of 9 oral doses of Vitamin A by its fifth birthday</b>	

*Note: Vitamin A solution bottle once opened must be utilized within 6-8 weeks.*