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## Key Results

- <40% of children are exclusively breastfed at 4-5 months
- over 1,570 health workers and 2,030 community volunteers in Ghana trained through USAID support.
- 1 in 3 children under 5 in Northern Ghana are stunted.

# Breastfeeding in Ghana

When Madam Kusumi Gipi, a new mother from Northern Ghana, started breastfeeding her infant, she found that the baby was not suckling well. Mme Gipi worried that she was not producing enough breastmilk to feed her hungry child. A local health worker identified that Mme Gipi's troubles were due to her baby's poor positioning and attachment, which was leading to the trouble suckling. "I thought I did not have enough breastmilk," Mme Gipi explains, "but now I know I just lacked knowledge on appropriate breastfeeding practices."

During a counseling session, health workers taught Mme Gipi appropriate breastfeeding positioning and demonstrated how proper attachment improves the infant's ability to nurse effectively. Over the past two years, Mme Gipi has met with her local community health worker regularly to ensure that she is practicing the appropriate behaviors to facilitate her child's optimal physical and mental growth and development. Now 2 years old, Mme Gipi's son is happy, healthy, and thriving.

These health workers are part of a USAID-funded effort to improve nutrition in Northern Ghana. Through training local health workers on nutrition counseling, USAID is strengthening the country's health workforce and improving the health status of children and mothers. By building local capacity to improve nutrition, USAID is fostering stronger health systems and supporting Ghana on its journey to self-reliance.

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