

❖ ***Severe Acute Malnutrition and Urgent Interventions among Children Under 5***

Mrs. R.A. fakunle, the Head of Department gave the opening address. She spoke on malnutrition and the need for urgent approaches to improving nutrition in children. She said that iodine in the maternal diet is important and iodine levels can be improved through the use of iodized salt. Inadequate iodine in mother's diet puts one-third of all babies born each year throughout the world at risk of mental impairment. According to her, 'Malnutrition in children is a phenomenon that cannot be ignored as it is the bane of national development. A malnourished child becomes an underproductive adult who cannot contribute to the society and the economy. Urgent approaches to improving nutrition in children are important as children are their hope for tomorrow'.

She also spoke on the essential nutrition actions and how they can be promoted to improve nutrition in children. She said 'Targeting mothers before, during and after pregnancy is important to ensure that the window of opportunity provided by the first 1000 days of life is not missed in order to avoid any nutritional problems later in the future. Promoting the essential nutrition actions at the household and community would go a long way in improving nutrition'.

In the first lecture, Dr. Adepoju enlightened the audience about the increasing incidence of malnutrition with his presentation titled "Protein Energy Malnutrition; The resurgence of an Old Scourge"

He made the audience aware of the fact that despite the world already produces enough food to feed everyone (over 6 billion people), and could feed the double (12 billion people), there were 925 million undernourished people in the world in 2010 an increase of 80 million since 1990! And , discouraging, nearly 17% of people in the developing world undernourished.

More importantly, he noted the resurgence in the incidence of malnutrition from 2012 – 2014 (2012 = 41.4%; 2013 = 46.2%; 2014 =58.1%), after this statistics fell for some years. He attributed this resurgence mainly to Ignorance and Poverty.

According to him, tackling malnutrition requires the coordinated approach of many disciplines at various levels; at the family, community, national and international levels.

Concerning the curb of malnutrition at the family level, he said, "The principal target of nutritional improvement in the community is the family and the primary instrument for combating malnutrition at the family level is Nutrition Education.

The community health workers can play an important role in nutrition education to the families in their respective areas.

He spoke about what this type of education should focus on. According to him, "Nutrition education should educate family on: Selection of right kind of local foods, planning of nutritionally adequate diets within limits of their purchasing power, identification and correction of harmful food taboos & dietary prejudice, promotion of breast feeding and adequate infant and child feeding, consider the nutritional needs of expectant and nursing mothers and children in the family, planning a kitchen garden or keeping poultry, etc.

Speaking on the responsibility of the government at the national level, he pointed out the fact that "the burden of improving the nutritional status of the people, by and large, is the responsibility of the state. Several approaches and strategies at the national level, suggested by FAO/WHO, include rural development, increased agricultural production, distribution and storage, stabilization of population, Nutrition related health services, etc.

Dr Folake Samuel, the second speaker, spoke on the "Current nutritional problems among children under 5 years of age in Nigeria and the way forward".

The nutrition concerns include Protein-Energy malnutrition, food insecurity, micronutrient deficiencies, poor maternal nutrition, poor health indicators, Dietary inadequacy, Nutrition-related, non- communicable disease, suboptimal child feeding and caring practices, overweight and obesity.

❖ ***NUTRITION AND CRAZY JOB SCHEDULE.***

In another seminar on Nutrition and Crazy Job Schedule, the Head of the Department gave her welcome address, where she emphasized the importance of the programme to every participant present, especially in a time like this when everyone seem to busy, paying little or no attention to what they eat and their effects on health. She appreciated everyone present at the meeting and encouraged them to pay rapt attention.

The anchor, then introduced the first speaker, Mr. Shiyabola, who spoke on crazy job schedule. He said that schedule can also be called job flow which includes days on the job and time on the job. He also spoken on job Analysis, prescription and specification, he mentioned some productivity pitfalls such as procrastination, perfectionism and distraction among others.

After the first lecture, there was a short drama by the students on industrial training in the dietetics department. The Drama showed the typical day of a chief executive officer, a secretary and various employees in different job places and how their dietary habits were affected by their jobs. After the short drama, one of the industrial training students from Babcock University gave a short presentation on the importance of breakfast.

After this, the anchor introduced the second speaker, Dr Oyewole Oyediran, a lecturer at the faculty of Public Health, University of Ibadan. He gave a lecture on Nutrition and Crazy/Stressful job schedule.

A dietitian from the department gave a short presentation on complementary

WORK SCHEDULES IN THE OFFICE

❖ *WORK SCHEDULES:*

Mr. Shinyanbola in defining Schedule said it could be referred to as work flow. A schedule includes the days of the week and times of the day a particular employee is scheduled to work.

Traditionally in the Public service, full-time work involves five days, eight hours. However, many employers offer shift duties, part-time and alternatively schedules to meet their needs.

❖ *HOW TO STOP PROCRASTINATION AT WORK:*

- Create a to-do list and stick to it.
- Complete unpleasant tasks first.
- Decide which project-related tasks you can accomplish in the short-term, and set a deadline for them.
- Decide which project-related tasks you can accomplish in the long-term, and set a later deadline for them.

❖ *HOW TO AVOID PERFECTIONISM AT WORK*

- When appropriate, delegate tasks to others.
- Try to stop comparing your work to the work of others.

- Work on acknowledging that there can be many “right” ways to solve a problem - if your coworker has a solution, give him or her chance to try it.
- Set deadlines for tasks you are working on and stick to them. Do not keep working on a task to make it “perfect”.

❖ ***HOW TO KEEP FOCUSED AT WORK:***

- Limit your trip to the break room.
- When others distract you, chat for a few moment, then politely tell them, you are trying to meet a tight deadline.
- Avoid surfing the Web for pleasure while working.

❖ ***HOW TO ADDRESS BOREDOM AT WORK***

- If you truly lacking things to do, ask your supervisor to give you some work.
- Be proactive, seek out work. Your manager or supervisor will appreciate it.
- Talk to co workers about what they do. See if you can help or collaborate with them in some ways when you downtimes.

❖ ***HOW TO AVOID DISPLAYING HOSTILITY AT WORK:***

- If you are angry about something at work, make an appointment to discuss matters privately with your supervisor.
- Practice voicing frustration or anger quietly and productively. Tell the person you are speaking to what the problem is and what he/she can do to fix it.
- If you encounter anger or frustration in others, take a deep breath and calmly ask them what you can do to remedy the situation. Do not raise your voice. Call your supervisor if necessary.

❖ ***DEALING WITH WORK OVERLOAD:***

- Spend a few hours strategizing before your actively start working.
- Stop thinking negative about your work – clean your mind.
- Delegate the routine work to less skilled members of your team.
- Use technology to improve your productivity.
- Stop being a workaholic.

❖ ***HUMAN RESOURCES DEVELOPMENT:***

- Training and Development.
- Job Enlargement: adding variety to activities, thus reducing monotony.
- Job Enrichment: A virtue of giving the employee additional authority, autonomy, and control over the way the job is accomplished.

NUTRITION AND CRAZY JOB SCHEDULE 2ND LECTURE

INTRODUCTION:

The 2nd lecture by Dr. Oyewole Oyediran introduced his lecture by describing job stress

- Job stress has been described as a normal physical response to events that makes an individual feels threatened/upset/disturbed in some ways.
- Ours is an age where the word “instant” has become the buzzword. From instant coffee to instant internet connection, there seems to be no provision for a break.
- Meeting work target is driving many crazy! As such, we eat while working (many times unwholesome foods), all in a bid to meet daily schedules.
- Sometimes, the level of stress an individual experiences depends on the nature of his job and life’s pursuit.
- For many people, though, stress has become a way of life.
- When upset/disturbed along these activities, the body’s defence mechanisms respond to the event.

2. INTERNATIONAL LABOUR ORGANIZATION (ILO)

- International Labour Organization (ILO) states a maximum of 8hrs of work per day, with in-between break in a comfortable environment and 2days off out of the 7 days in a week.
- When the job extends beyond this, a day or 2 off is always recommended aside from the weekend days.
- Some job’s schedules violate the ILO recommended standards of working hours/day/week and become stressful to the employees in such establishment. These may be tagged as “CRAZY” jobs. Sometimes, these jobs follow the employees home.

3. WHAT ARE THE EXAMPLES OF STRESS JOBS?

- All jobs can become stressful if not well planned out and if the working environment is not conducive.
- A Professor of Medicine Clinical Phamacology, Abdulfatai Mabadeje says, the category of workers that are likely to suffer work-related stress more are those who have to meet certain deadlines - journalists, bankers, security personnel, Pilots, administrators, researchers, doctors, dietitians, and nurses, among many others.

4. STRESS WARNING SIGNAL:

- This feeling is one of exhaustion, depletion and loss of response i.e. a kind of numbness.
- Symptoms such as digestive issues, aches and pains and sugar cravings can be a sign of stress as can shallow breathing and being easily startled, sleep problems, feeling overwhelmed: feeling fearful, sensitive to noise.

5. WHAT HAPPENS TO THE BODY SYSTEM WHEN UNDER STRESS?

- Mouth ulcers, the brain becomes more alert, headaches, anxiety, and depression, sleep can be disrupted, stress hormones can change the brain's ability to remember and cause neurons to atrophy and die.
- Breathing quickens, lungs can become more susceptible to colds and infections, immune system is suppressed, heart beat rate increases, blood pressure increases, there is an increase risk of stroke and heart attack, an increases glucose production in the liver, causing renal hypertensions, cortisol and other stress hormones can increase appetite and thus body fat.
- Digestive system slows down – stomach upset, menstrual disorders in women, impotence and premature ejaculation in men. Muscles tense, muscular twitches or "nervous tics" can result.

6. GENERAL EFFECTS OF JOB STRESS

- Job dissatisfaction, Depression, illness, Low productivity, Frustration, Negative job attitude, Absenteeism.

7. EXTERNAL STRESS - INCLUDING FACTORS AND INTERNAL COPING MECHANISM

- External factors contributing to stress include the physical environment at home and at work.
- Internal factor which influence ability to handle stress include: Nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest of the concerned individuals

8. NUTRITIONAL STRATEGIES TO OVERCOME JOB STRESS

Foods that can reduce the effects of stress include:

- Avocado pears
- Salmon or Tuna fish

- Bananas /orange
- Nuts
- Spinach
- Wild fruit tea
- Warm oatmeal
- Whole- grain breakfast cereals
- Eat more of 'life' food in your meal
- Bread and pastas
- And Drinking Water at regular intervals
- Exercise

9. ***SPECIFIC NUTRITION BENEFITS OF COLOURED FRUITS***

- Purple- Longer life: Purple fruits and vegetables are good for longevity.
- Red - Healthy heart: Red fruit and vegetables are good for heart and blood.
- Yellow- For Joints: Yellow fruits and vegetables are good for tendons, ligament and cartilage.
- Green - To Purify and Detoxify: Good for immunity.