

**AN ESSAY ON REASONS, INTENTIONS AND EXPERIENCE ON
NUTRITION AS A CAREER AND COURSE**

INSTITUTION: GREAT LAKES UNIVERSITY OF KISUMU
DEPARTMENT: COMMUNITY NUTRITION
COURSE TITLE: COMMUNITY NUTRITION



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WHY I STUDY NUTRITION

There are three major reasons which drove me to study nutrition:

Nutrition is a profession that has a positive impact on society, in that, it plays a vital role in human health hence I will be able to promote health and wellbeing in preventing malnutrition problems arising in society: Non-communicable diseases due to lifestyle.

I will be able to help vulnerable community and groups of people living below poverty line with the nutritional knowledge I have. Also by watching international news on CNN and local news in Kenya I saw many children suffering from poor nutrition and food insecurity, I felt like they needed help so I had to study nutrition to be able to come up with the most convenient intervention programs to help the community. I will also learn how to write proposals which will be able to reach the grass-root level to help curb malnutrition cases especially in infants and mothers.

Another reason I chose nutrition as a carrier is that I believed it will boost my skills as a motivational speaker as I will be engaging in the public health domain to aid in curbing nutritional related illness at local, national and international levels. Earning a

living for myself to improve my personal life, health and status in the field of nutrition and my hope of bringing light and smile in the faces of those in hunger for food and good nutrition through my diverse proper interventions and education to the vulnerable community.

EXPERIENCE IN THE NUTRITION FIELD

I have good experience in the field of nutrition as I had been able to actively take part in the following interventions and nutrition education activities, care process and records keeping:

Managed malnutrition cases like kwashiorkor, marasmus, wasting syndrome and obesity at both community and health facility (out-patient and in-patient care) by use of either therapeutic feeds or supplemental feeds and modified diets. I worked with a community with most households headed by minors (ages 12 to 16 years) by screening their nutritional status and linking them to the health facility available and conducting follow ups.

Encountered a community which was badly hit with jiggers due to high rate of poverty therefore I asked for the assistance from one hospital nearby and together with the district hospital nutritionist we were able to wash the jiggers from the community to aid in reduction of deaths due to anemia or malnutrition.

I attended workshops of agriculture organized by ARDAP (NGO) and came to know the relations between agriculture and nutrition in-terms of food security within a community and society. I have experience in nutritional data entries into nutrition software and prescription sheet books. Also conducting nutrition health talks/education and giving interventions which were implemented.

MY INTENTIONS

Since I am through with my Diploma Course in Community Nutrition and have completed my partnership practicum 1 and 2(Community diagnosis and assessment and Community nutrition education and intervention, respectively), I plan to apply for eight to twelve months nutrition internship that will prepare me for a professional registered nutritionist certification. I will be able to specialize in areas such as pediatrics, management of malnutrition, and nutrition support to the groups at risk of malnutrition, either at community and hospital level or with any non-governmental organization dealing with nutrition programs. This will prepare me for the job market as I will have experience as a professional with more competencies in my field of study as I continue to upgrade my studies.

By the time I would have completed my Degree in community nutrition in a few years' time, with the experience in my work, knowledge and skills, I will be ready to join the world of community health nutritionists. I will be ready for national and international job opportunities with both the qualification skills and experience needed, with competency to handle nutrition programs. I also intend to take part in the organization and implementation of nutrition policies and programs at both governmental and international agencies. Assessing the dietary needs within community and educate them

on the role of nutrition in achieving optimal health especially in maternal-child health, and lifestyle diseases. I also intend to become a professor in nutrition.