



RIGHT START

Better nutrition for women, adolescent girls and children

Improving the nutrition and health of women, adolescent girls, newborns and young children in Tanzania

The “Right Start Initiative” is a comprehensive program reaching nine countries in Asia and Africa, designed and run by Nutrition International (formerly, the Micronutrient Initiative) with the goal of improving the quality of nutrition for 100 million adolescent girls and women of reproductive age. In Tanzania, Nutrition International will invest \$2.8M (CAD) over five years from 2015 to 2020. The program has multiple parts. Through it, Nutrition International will: (1) work with the national government to increase its commitment to adolescent girls’ nutrition through weekly folic acid supplementation and nutrition counselling and education; (2) reach over 200,000 pregnant women and newborns with proven high impact nutrition and health interventions; (3) build the demand for – and increase the capacity of frontline health workers to provide – quality antenatal, delivery and postnatal care, to improve the survival and health of pregnant women and newborns; (4) and aim to improve the nutrition of over 360,000 children under two years old through a sharper focus on maternal infant and young child nutrition at the policy and community healthcare levels.

The Need

In Tanzania, according to the Tanzania Health Demographic Survey (TDHS, 2015-16) the prevalence of anaemia among women of reproductive age is 45% – and it goes up to 57% for pregnant women. Only 59% of children below six months of age are exclusively breastfed and 34% of under-fives are stunted. All these can impact their physical well-being, their cognitive development and performance at work or school, and economic productivity.

Right Start in Tanzania



Right Start Interventions targeted at adolescent girls, women of reproductive age, pregnant women, newborns, infants and young children

Our Goal

The program aims to reduce anaemia, newborn deaths, as well as the number of low birth weight newborns. It also seeks to reduce stunting in children under five years old. Well-nourished adolescent girls are better able to go to school and get an education. Well-nourished women have safer pregnancies, healthier children and are more

productive members of society and the workforce. Well-nourished infants and young children are better able to fight illness, and have a better chance of becoming contributing members of society. The program will have positive social and economic impacts by helping to eliminate obstacles that malnutrition imposes on some of the most vulnerable populations, preventing them from reaching their full potential and that of the next generation.

Interventions and impact by 2020

- ➔ **94,000 adolescent girls** living in three districts of Simiyu region will receive weekly iron and folic supplementation and nutrition education at school, health facilities and through the community.
- ➔ **131,000 pregnant women and 91,000 newborns** will receive better antenatal, delivery and postnatal care at community and health facilities in Mwanza and Simiyu regions. The facilities will provide iron and folic acid supplementation to pregnant women to improve iron status and reduce the risk of anaemia and low birth weight – and potentially deadly complications at birth for mothers. They will promote safe cord care and early initiation of breastfeeding to improve newborns' survival and health. Health Care Workers and Community Health Workers will receive training to improve their capacity to deliver these interventions, and pregnant women and their influencers will be sensitized to the importance of their adoption through behavioural change communications activities. Through recommendations informed by proven and demonstrated approaches, key policy and decision makers will also be engaged to improve maternal and newborn health and nutrition services and influence policies, where needed.
- ➔ Up to **366,000 infants** under two years old in Simiyu and Mwanza regions will be reached with improved nutrition through the development of policies and strategies to scale up and extend the delivery of packages of interventions including optimal breastfeeding, appropriate complementary feeding, counselling and food supplementation with multiple micronutrient powders for infants and young children.

Expectations from the project by 2020

Avert 51,000 cases of anaemia in pregnant women, women of reproductive age, adolescent girls and children under two.

Avert 3,200 cases of stunting in children under five.

Avert 2,100 deaths.

Reduce the number of low birth weight newborns by 1,300.

The Right Start Initiative: A catalytic platform for change

The Right Start Initiative is based on five pillars: high-impact programs, resource mobilization, new strategic partnerships, technical leadership, and advocacy. With \$75M (CAD) in anchor funding granted by the Canadian government, Nutrition International is launching programs in Bangladesh, India, Indonesia, Ethiopia, Kenya, Pakistan, Philippines, Senegal and Tanzania, aiming to reach 50 million women and adolescent girls by 2020. These programs include packages of interventions adapted to each country: weekly iron and folic acid supplementation for adolescent girls, food fortification, iron and folic acid supplementation for pregnant women, as well as solutions to improve nutrition for infants and young children. Building on the anchor funding, Nutrition International is reaching out to donors, foundations and the private sector working for global nutrition to leverage this investment with the objective of doubling its reach to 100 million women and girls.

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About Nutrition International

Founded in 1992, Nutrition International is a global organization dedicated to delivering proven nutrition interventions to those who need them most. Working in partnership with countries, donors and implementers, our experts conduct cutting-edge nutrition research, support critical policy formulation, and integrate nutrition into broader development programs. In more than 60 countries, primarily in Asia and Africa, Nutrition International nourishes people to nourish life. www.NutritionIntl.org