TANZANIA

Improving nutrition and health for women, adolescent girls, newborns and young children

Interventions

Supplementation for pregnant women
- Iron
- Folic acid

Pregnant women are encouraged to get at minimum of 4 antenatal checkups and take daily iron and folic acid supplements.

Infant and young child nutrition
Health workers promote exclusive breastfeeding for the first 6 months and improved feeding practices for children 6 to 24 months, including the use of multiple micronutrient powders by caregivers.

Weekly supplementation
To prevent anaemia in adolescent girls, iron supplements are given to them at school, in public health facilities and in the community. Girls and their caregivers also receive nutrition education and counselling.

Birth package
Health workers receive training to improve the care they provide to mothers and babies. Women are encouraged to seek these interventions, and key policy and decision makers are engaged to plan, implement and monitor them.

Reach

366 K children under two years old
- In Simiyu and Mwanza regions, children will benefit from improved nutrition through optimal breastfeeding, appropriate complementary feeding, counselling and treatment supplementation with multiple micronutrient powders.

94 K adolescent girls
- In the Manyika, Manyara and Dodoma districts of Simiyu region, girls receive iron and folic acid supplements and nutrition education.

131 K pregnant women and newborns
- In Simiyu and Mwanza regions, pregnant women and newborns will receive better antenatal, delivery and postnatal care in health facilities.

Impact

Health of pregnant women
Survival and health of newborns
Stronger, healthier infants and children
Reduced anaemia in adolescent girls
Healthier women and adolescent girls

A collaboration with the Government of Tanzania and the Government of Canada