



Nourish Life

# TANZANIA PROGRAMS

---



## **NUTRITION INTERNATIONAL IN TANZANIA**

Founded in 1992, Nutrition International is a leading global nutrition organization headquartered in Ottawa, Canada. Nutrition International opened offices in Tanzania in July 2016.

Over the last three decades, the level of undernutrition in Tanzania has declined due to concerted government and partners' efforts. The rate of stunting (low height for age or chronic malnutrition) in children 6-59 months declined from 42% (TDHS, 2010) to 31.8% (TNNS, 2018); the prevalence in anaemia in women of reproductive age dropped from 41% (TDHS, 2010) to 28.8%; and global acute malnutrition dropped from 4.5% (TDHS, 2015) to 3.5% (TNNS, 2018). However, much more remains to be done. The prevalence of stunting in children 6-59 months and anaemia in women of reproductive age are still categorized as severe in public health significance.

Nutrition International is dedicated to eliminating vitamin and mineral deficiencies worldwide by working with government at all levels. In Tanzania, Nutrition International has been working closely with the Ministry of Health, Community Development, Gender, Elderly and Children (MoHCDGEC), the Tanzania Food and Nutrition Center (TFNC), the President's Office Regional Administration and Local Government (PORALG), the Prime Minister's Office for mainland and the Ministry of Health Zanzibar for the Revolutionary Government of Zanzibar to operationalize the National Multi-sectoral Nutrition Action Plan (NMNAP, 2016/21) and Multi-sectoral National Nutrition Strategic Plan (MNNSP, 2014/18) respectively. The focus of its work is to improve the health and nutrition status of the most vulnerable populations in Tanzania, particularly women, adolescent girls and children.

## **PRIORITY PROGRAMS AND GEOGRAPHIC COVERAGE**

Nutrition International Tanzania is implementing its programs guided by the national priorities as outlined in the NMNAP and the MNNSP:

- Improved nutrition governance across all sectors, actors and administrative levels
- Improved access to, and use of, nutrition data by generating and communicating quality nutrition-related data, and encouraging its use in decision-making
- Improved nutrition for adolescent girls, women, newborns, infants and young children through better access to adequate and appropriate nutrition goods and services
- Reduction of micronutrient deficiencies by improving intake of essential vitamins and minerals to meet physiological requirements and to prevent and control key micronutrient deficiencies



## PRIORITY PROGRAMS AND GEOGRAPHIC COVERAGE

## FUTURE PLANS

Nutrition International will continue supporting the government of Tanzania in the implementation of activities in the five main areas by working with respective Ministries, Agencies, Departments and other partners to:

- Sustain and strengthen delivery of adolescent nutrition packages to girls in schools, in alignment with the school calendar, and assess feasibility of reaching those that are out of school platforms
- Continue supporting the implementation of a “1,000 days package.” This includes supporting rollout of revised 2019 antenatal care (ANC) package which includes early booking i.e. before twelve weeks of pregnancy, uptake/consumption of iron and folic acid for 90 days and above; use of diversified diet by pregnant women; skilled delivery; optimal cord care; and timely initiation of breastfeeding, exclusive breastfeeding, and appropriate complementation at six months while continuing with breastfeed until two years and beyond.
- Support the President’s Office, Regional Administration and Local Government Authorities, including regional and councils on strengthening coordination, monitoring and implementation of the universal salt iodization (USI) program
- Continue supporting vitamin A supplementation routine activities to low-performing regions/councils/facilities and communities to reach the most vulnerable and hard-to-reach children. Collaborate with UNICEF, the MoHCDGEC and PORALG to ensure 100% availability of vitamin A capsules through the IKA program.
- Support finalization and dissemination and implementation of national guidelines on the prevention and control of micronutrient deficiencies, national biofortification guidelines, and anaemia guidelines and training manuals.

## PROGRAMS SUPPORTED BY NUTRITION INTERNATIONAL

National programs supported by NI:

Vitamin A capsules

Sub-national programs supported by NI:

● Vitamin A supplementation

★ Capital: Dodoma

■ Nutrition International Tanzania Office

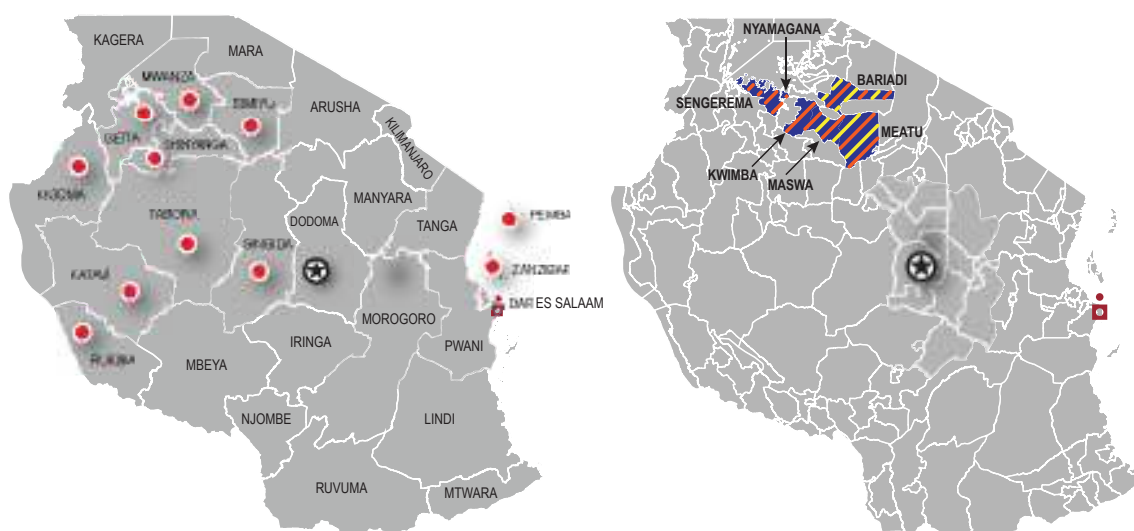
Sub-national programs supported by NI\*:

■ Adolescent nutrition

■ Maternal nutrition + birth and post-natal package

■ IYCN

\* Stripes indicate multiple NI-supported programs defined by colors noted above; this map presents a lower administrative level, therefore only sub-national districts supported by NI are named





## TECHNICAL ASSISTANCE FOR NUTRITION

Technical Assistance for Nutrition (TAN) is a project funded with UK aid from the UK government, which seeks to improve the capacity of Scaling Up Nutrition (SUN) countries to design, deliver, and track the progress of nutrition programs and to generate, learn from and adopt knowledge of what works. Nutrition International is contributing to TAN in Tanzania by coordinating the provision of technical assistance to help national SUN focal point overcome gaps in capacity for the design and delivery of multi-sectoral national nutrition plans, tapping into the global hub to source and deploy the expertise needed.

### Key achievements

- Facilitated the development of the micronutrient component and the consolidation of the NMNAP. The micronutrient component is one of the key result areas in the plan.
- Supported the development process of the national anaemia prevention and control guidelines, together with training manuals, job aids and monitoring tools for use by health facility workers and community health workers, in an effort to prevent and control anaemia in Tanzania
- Supported the development of the national comprehensive micronutrient prevention and control implementation guidelines for Tanzania
- Developed and validated micronutrient and anaemia guidelines. A total of 67 participants from the Ministry of Health, the Ministry of Agriculture, the National Institute of Medical Research, Sokoine University of Agriculture, Muhimbili University of Health Sciences, Nutrition International, UNICEF, INGOs and TA providers participated.





## CURRENT PROJECTS

### RIGHT START INITIATIVE

The project, supported by the Government of Canada, is implemented by Nutrition International in partnership with Amref Health Africa, MoHCDGEC, TFNC, and local government authorities in the Mwanza and Simiyu regions. This is a multi-faceted program that aims to reach over 600,000 people, including children under two, adolescent girls and pregnant women and newborns.

Right Start aims to improve nutrition and health outcomes for women, adolescent girls and young children through:

- Working with the national government to increase its commitment to target in- and out-of-school adolescent girls aged 10-19 years with a nutrition intervention package that includes nutrition education and counselling, and weekly iron and folic acid supplementation (WIFAS)
- Reaching hundreds of thousands of pregnant women and newborns with proven high-impact nutrition interventions to improve care and nutrition during antenatal care, delivery and postnatal period
- Building the demand for, and 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
- Improving the nutrition of over 360,000 children between 0-23 months of age with counselling and other community-based activities that promote, protect and support exclusive breastfeeding and complementary feeding practices

Key achievements:

- Carried out sensitization and orientation meetings through which 86,540 adolescents were reached with gender-sensitive nutrition education
- 22,260 adolescent girls consumed WIFAS as per the recommended World Health Organization scheme
- Reached approximately 3,000 children 6-23 months of age with the full course of micronutrient powders (MNPs) as a result of Nutrition International procuring and distributing 550,656 MNP sachets to 126 health facilities.
- Strengthened the capacity of 1,732 facility and community health workers on the effective delivery of maternal and newborn health and nutrition and infant and young child nutrition (IYCN) services
- Designed, developed and produced behaviour change intervention materials for national use
- Procured and distributed 6.2 million IFA supplements for adolescent girls to health facilities, as well as 550,656 MNP sachets to 126 health facilities







## CURRENT PROJECTS

### VITAMIN A SUPPLEMENTATION

Nutrition International supports the government of Tanzania to ensure children under five receive two doses of vitamin A supplementation (VAS) through Child Health and Nutrition Months (CHNM) by providing capsules and support to delivery mechanisms, working with the Ministry of Health both in the Tanzania mainland and Zanzibar. The intended outcome of the support is to increase coverage of two doses of VAS among children aged 6-59 months by providing support to low-performing districts/councils, improving capacity of health care providers and their supervisors at priority facilities in low-performing districts/councils to plan and deliver VAS services, and strengthening coordination, monitoring, and supportive supervision at all levels (i.e. national, regional and district/council).

#### Key achievements

- Supported the government by donating a full national supply of VAC through the IKA program, implemented in partnership with UNICEF. Assisted in compiling national VAC supply forecasts and coverage data
- Provided logistical and financial support for two national-level meetings to ensure the timely distribution of VAC supplies
- Provided technical and financial support through the TFNC for 21 districts/councils from mainland Tanzania and UNICEF for 11 districts/councils from Zanzibar, for planning meetings, orientation of health service provider, monitoring and supportive supervision.
- Supported orientation of 555 facility health care providers in mainland Tanzania and Zanzibar
- Facilitated six CHNM reflection and planning meetings for 32 low performing councils to develop micro-plans for and facilities
- Facilitated supportive supervision and monitoring to 239 low performing facilities and two sensitization sessions with religious leaders in Zanzibar
- Supported training for 652 community health volunteers in mainland Tanzania and Zanzibar
- Supported increase of coverage of vitamin A supplementation from 87% in June, 2016 for Unguja North, Unguja South, Town West, Pemba North and Pemba South to 97% by December, 2018
- Supported increase of coverage of vitamin A supplementation from 88% in June, 2016 for Katavi, Tabora, Simiyu, Shinyanga, Geita, Rukwa, Mwanza, Kigoma, Singida to 97% by December, 2018



## CURRENT PROJECTS

### UNIVERSAL SALT IODIZATION (USI)

This program aims at improving the survival and health of women and their newborns by ensuring improved intake of adequately iodized salt. Nutrition International continues to collaborate with the government and other partners to support the enforcement of the salt iodization law, enhance adequately iodized salt production, and advocate for salt industry consolidation. Enhancing national and regional government commitments to support the achievement of optimal iodine nutrition (facilitate establishment of modernized iodization industry) and increasing awareness about iodine and its importance amongst salt producers, salt traders, health care workers and consumers through social mobilization and communications are two areas of focus of the program.

Key achievements:

- Nutrition International convened regional and national-level USI advocacy and coordination meetings enhancing government commitments to support production, monitoring and consumption of iodized salt
- Strengthened the national monitoring system by procuring 92,500 Rapid Test Kits to facilitate enforcement activities
- Provided orientation to medium-scale salt producers, wholesalers, retailers and some groups of salt vendors from 13 councils producing salts from five regions, with the aim of increasing knowledge among salt traders on iodine deficiency disorders and the importance of procuring and selling adequately-iodized salt
- Supported the government in conducting salt sector mapping analysis which will provide information on quantity and quality of salt produced and the possibility of establishing salt producers' cooperatives to facilitate program coordination, monitoring and supportive supervision.
- Supported the 2018 National Nutrition Survey both technically and financially to enable data collection and analyze the household coverage of adequately-iodized salt in Tanzania's for the second survey. This data will provide country-level trends important for tracking USI program performance.
- Supported the government in conducting salt sector mapping analysis which will provide information on quantity and quality of salt produced and the possibility of establishing salt producers' cooperatives to facilitate program coordination, monitoring and supportive supervision.



## CURRENT PROJECTS

### ENHANCING NUTRITION SERVICES TO IMPROVE MATERNAL AND CHILD HEALTH (ENRICH)

The project, which is supported by the Government of Canada and is led by World Vision Canada, is being implemented by a consortium comprised of Harvest Plus, the University of Toronto, the Canadian Society for International Health, the Hospital for Sick Children and Nutrition International. In Tanzania, the ENRICH project aims to improve the health and nutrition status of mothers, newborns and children in two select regions of Shinyanga and Singida by strengthening health systems, with an emphasis on community outreach services.

ENRICH takes a comprehensive approach to:

1. Improve delivery of essential health services, including basic nutrition and nutrition-sensitive services to mothers, pregnant women, newborns and children under two
2. Increase production, consumption and utilization of nutritious foods and micronutrient supplements
3. Strengthen gender-responsive governance, policy and public engagement in maternal, newborn, and child health

Key achievements

- Facilitated customization of East, Central and Southern Africa Health Community in-service nutrition training packages for use by frontline healthcare providers
- Revised supply chain management training manuals and trained health care providers on supply chain management
- Procured a total of 8,769,600 MNP sachets for use by children under 23 months
- Reached 47,592 children aged 6-23 months with MNP
- Facilitated the development of harmonized MNP training packages for both facility and community, as well as monitoring tools
- Supported the development of national biofortification guidelines, along with the Ministry of Agriculture and other stakeholders



**NUTRITION**  
INTERNATIONAL

Nourish Life

**WWW.NUTRITIONINTL.ORG**