



TANZANIA PROGRAMS



NUTRITION INTERNATIONAL IN TANZANIA

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

While concerted efforts from the Government of Tanzania and partners have led to a decline in the overall level of undernutrition in the country, the absolute numbers are still unacceptably high. Despite declining from 34.7% in 2016 to 30% in 2022 according to the Demographic and Health and Malaria Survey Key Indicators, the prevalence of stunting in children under five is still categorized as a severe public health challenge. Additionally, according to UNICEF, the number of acutely malnourished children is estimated at half a million.

Nutrition International is dedicated to eliminating vitamin and mineral deficiencies worldwide by working with governments and other partners. In Tanzania, Nutrition International has been working closely with the Ministry of Health, the Tanzania Food and Nutrition Center and the President's Office Regional Administration and Local Government (PORALG) to operationalize the first and second National Multi-sectoral Nutrition Action Plans (NMNAP), with a focus on improving the health and nutrition status of populations in vulnerable situations, particularly women, adolescents and children.



PRIORITY PROGRAMS AND GEOGRAPHIC COVERAGE

Nutrition International Tanzania is implementing its programs guided by the national priorities as outlined in the NMNAP II to ensure the population is better nourished, and living healthier and more productive lives, while achieving the following outcomes:

- Increased coverage of adequate, equitable and quality nutrition services at the community and facility level.
- Women, men, children and adolescents practice appropriate nutrition behaviors.
- Sustained and resilient food systems that are responsive to nutritional needs.
- Effective multisectoral and public-private partnerships.
- Enabled environment, including adequate policies and frameworks, that is supportive of adequate human and financial resources for nutrition.

Future Plans

Nutrition International will continue supporting the Government of Tanzania in achieving these outcomes by working with respective ministries, agencies, departments, local government authorities and other partners to:

- Continue supporting implementation of the first 1,000 days package, including advocating for iron and folic acid supplementation and diversified diets for pregnant women, skilled birth attendants, optimal cord care, and timely initiation of breastfeeding, exclusive breastfeeding, appropriate complementary feeding at six months, and continued breastfeeding until at least two years
- Support the PORALG, including regional and local councils, on strengthening production, coordination, monitoring and implementation of the universal salt iodization program
- Continue supporting Child Health and Nutrition Months and strengthening routine vitamin A supplementation to all children, especially hard-to reach children and those in vulnerable situations, and, in partnership with UNICEF and the Ministry of Health, ensure 100% availability of vitamin A capsules through the in-kind assistance program

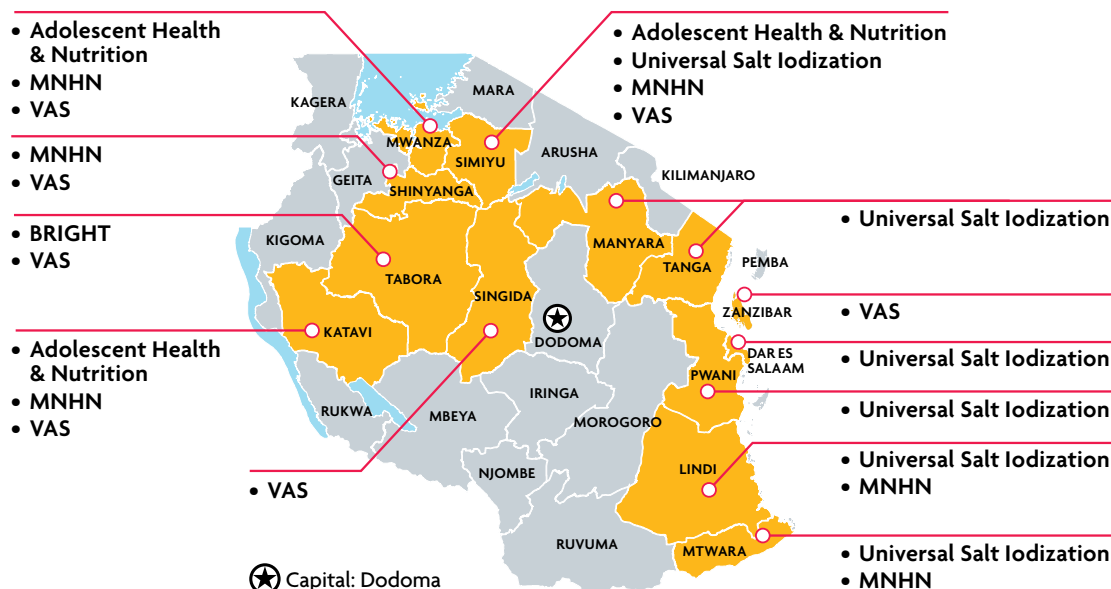
Nutrition International's work in Tanzania

National programs currently supported in Tanzania

- Donation/provision of vitamin A capsules
- Food fortification

Sub-national programs currently supported in Tanzania

- Building Rights for Improved Girls' Health in Tanzania (BRIGHT)
- Adolescent health and nutrition
- Maternal and newborn health and nutrition (MNHN)
- Vitamin A supplementation (VAS)
- Universal salt iodization





CURRENT PROJECTS



ADOLESCENT HEALTH AND NUTRITION

Nutrition International's work in adolescent nutrition is aligned with the National Accelerated Action and Investment Agenda for Adolescent Health and Wellbeing 2021/22 - 2024/25 and contributes to the improved health, nutritional status, wellbeing and empowerment of adolescents. At the national level, the project aims to support the government, in collaboration with other partners, to improve and strengthen the enabling environment for implementation of adolescent interventions. Nutrition International facilitates advocacy sessions and activities targeting key decision-makers and advocates for gender equality considerations in program implementation.

At the subnational level, the program aims to provide support to schools through regions and councils to provide gender-responsive nutrition education to adolescent boys and girls as well as capacity building for teachers, school-based peer educators and frontline health workers to deliver adolescent nutrition interventions.

Key achievements:

- An advocacy and communications plan was developed to reduce misconceptions about access to health services, consumption of nutrition supplements by adolescent girls, increase attention and investment in the health and nutrition of women, children and adolescents, and engage nutrition champions and the media to advocate for the prioritization of adolescent nutrition.
- The NMNAP was developed, including adolescent priority interventions and activities
- A sex- and gender-based analysis (SGBA) was conducted to help adolescent programs to be more gender-responsive and to identify opportunities for promoting girls' empowerment and the implementation of gender-responsive adolescent activities, including consideration for those in vulnerable situations.
- A gender-sensitive national nutrition behaviour change intervention strategy was developed, including messages and materials for adolescent girls.
- The gender action plan was developed following recommendations of the SGBA with specific focus on activities that facilitate participation and decision-making among adolescent girls especially in relation to their access to health and nutrition, as well as access to resources.
- The National Accelerated Investment Agenda for Adolescent Health and Wellbeing was launched, and the action plan for dissemination as well as the roadmap and operational guidelines for implementation were developed.
- A nutrition advocacy meeting with 40 Members of Parliament (MPs) was conducted in collaboration with the Prime Minister's Office and the Tanzania Food and Nutrition Centre under the theme of "Accelerating action to end malnutrition in Tanzania." MPs were provided with an overview of the nutrition landscape in Tanzania, an update on national policies on nutrition, Tanzania's commitment at the Nutrition for Growth Summit, and the role MPs play in the fight against malnutrition.



CURRENT PROJECTS



MATERNAL AND NEWBORN HEALTH AND NUTRITION

Our maternal and newborn health and nutrition (MNHN) programs are aligned with the NMNAP II and contribute to the improved survival, nutrition and health of pregnant women and newborns in the regions of Mwanza, Simiyu, Katavi, Lindi, Mtwara, Shinyanga.

Key achievements:

- The NMNAP was developed with MNHN priority interventions and activities.
- Nutrition information aligning with WHO recommendations was included in the antenatal care guidelines.
- Three million iron and folic acid tablets were procured and distributed to 293 health facilities of eight councils in the Mwanza region.
- The national nutrition behaviour change intervention (BCI) strategy and gender-sensitive BCI messages were developed.
- Planning teams of four regions, including regional secretariats, councils, and selected health facilities, were trained to prepare plans and budgets that include evidence-based, high-impact nutrition interventions.
- A total of 35 local government representatives from the Mwanza region were sensitized on the importance of MNHN and methods of increasing investment.
- Training manual and materials for frontline workers were developed and 26 frontline workers from the Kwimba District Council in Mwanza were trained to provide quality and appropriate MNHN care.
- A team of 10 regional coordinators and 42 community health workers of six councils in the Simiyu region were trained to provide quality and appropriate nutrition outreach services to children, women and their influencers.

VITAMIN A SUPPLEMENTATION

Nutrition International works with the ministries of Health in the Tanzania mainland and Zanzibar to ensure children under five receive two doses of vitamin A each year. We support the government by providing high- quality vitamin A capsules and support to improve delivery during Child Health and Nutrition Months in June and December each year. The intended outcome is to increase yearly two-dose coverage among children aged 6-59 months by providing support to low-performing councils, improving the capacity of healthcare providers and their supervisors at facility level to plan and deliver VAS services, and strengthening coordination, monitoring, and supportive supervision at all levels.

Key achievements:

- Supported the Ministry of Health to conduct a second phase health system readiness assessment and for the development of transition plans to integrate the delivery of VAS into routine primary healthcare contact points (Platforms).
- Supported 100 councils (89 councils from Mainland Tanzania and 11 from Zanzibar) to conduct reflection meetings, develop micro-plans, deliver orientation for facility and community workers, and conduct monitoring and supportive supervision to 822 selected health facilities to ensure continued appropriate service provision, recording and reporting of VAS during the COVID-19 pandemic.
- Provided a total of 17 million vitamin A capsules to the Government of Tanzania in 2022.





CURRENT PROJECTS

UNIVERSAL SALT IODIZATION

This program aims to improve the health and survival of women and their newborns by ensuring improved production and intake of adequate iodized salt. Nutrition International works 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. We focus on enhancing national and regional government commitments to achieve optimal iodine nutrition by facilitating the availability and accessibility of modernized iodization technologies and increasing awareness about iodine and its importance amongst salt producers, salt traders, healthcare workers and consumers through social mobilization and communications.

Key achievements:

- More than 19 million people are estimated to have been reached with adequately iodized salt due to Nutrition International's support, including five million women.
- 893,911 newborns are estimated to be protected from iodine deficiency disorders by ensuring the adequate iodine status of their mothers.
- A total of 183,763 metric tons – 77% of all edible salt – was produced by councils supported by Nutrition International.
- To ensure national-level coordination of the universal salt iodization program, Nutrition International supported the biannual meetings of the National Council for Control of Iodine Disorders and Micronutrient Technical Working Group, as well as the finalization of the potassium iodate supply chain management assessment and development of national supply chain guidelines and related monitoring and reporting documents.
- Supported local production and dissemination of five modern iodization machines to five selected salt-producing councils and supported 19 councils to conduct monitoring and supportive supervision.
- Supported inclusion of urinary iodine indicator into the 2021 Tanzania Demographic and Health/Malaria Indicator Survey.



FOOD FORTIFICATION

This program supports government and private sector efforts to improve the health and nutrition status of the general population, particularly women, adolescents and children under five, by increasing intake of micronutrients through the production and consumption of fortified foods, such as maize flour. We focus on advocating for mandatory fortification for both medium- and small-scale maize flour processors, improving reporting systems and quality assurance and quality control efforts at all levels, and supporting sustained coordination mechanisms at the national and subnational levels.

Through this program, we will:

- Use the same technology development approach as the universal salt iodization program to support local establishment of prototype fortification equipment (dosifiers), which will be backed up with council specific by-laws to produce and consume fortified commodities.
- Work and support the National Food Fortification Alliance to influence the enabling environment, particularly on mandatory fortification for all large, medium and small enterprises.
- Leverage the government directive that all foods provided to government schools be fortified, targeting boarding schools, colleges and universities within the Mwanza, Simiyu, Katavi, Shinyanga and Singida regions.





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