



Canada

World Vision
TANZANIA

SUSTAINING

MATERNAL AND CHILD HEALTH



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Project Team Leader's Message

I would like to express my sincere appreciation to Global Affairs Canada (GAC) for funding SUSTAIN Kigoma project from 2016 to its completion in 2020.

GAC has been working in collaboration with World Vision Canada and World Vision Tanzania; providing support and guidance in every step of project implementation. GAC has demonstrated flexibility and commitment to ensure that all planned activities are conducted as per the intended goals. SUSTAIN Kigoma project has been implemented in 8 councils of Kigoma region. The project's ultimate goal is to contribute to the reduction of maternal and neonatal mortality in targeted region, among the most marginalized and vulnerable women and newborns. The Project catchment area included: 110 Health Facilities, 70 Wards and 170 villages.

The SUSTAIN Kigoma project has supported completion of construction of major health infrastructure: 3 Operating Theatres and Maternity wards, Incinerators, placenta/ash pits, and Large water tanks at Kimwanya Health Centre in the district council of Kasulu, Kagezi Health Centre in the district council of Kibondo and Gwanumpu Health Centre in the district council of Kakonko. This included the installation of Solar Power Energy in 12 Health Facilities in Kigoma region. Support with Medical Supplies and Equipment to the constructed centers and others. Integrated Outreach/mobile services as well as capacity-

building to RCHMT and Health Care Workers was provided.

At community level the project has conducted series of capacity-building sessions on Reproductive, Maternal, Newborn, Child and Adolescent Health (RMCNAH to community groups (i.e. Men Care, Channel of Hope, Citizen Voice Action and Peer educators' groups). In return these groups hold mass sensitization on maternal, newborn, adolescents, child on RMCNAH and gender issues in public gatherings and households. We have seen real transformation whereby men show that they care their pregnant wives by equally performing home core works; they fetch water, clean house, wash clothes and accompany their wives to clinics.

The SUSTAIN project team express its gratitude to Government of Tanzania through Kigoma region leaders for accepting, and participating in the implementation of the project in Kigoma region. The success that we are celebrating now (as can be reflected in summary of this photo book) has been achieved because of positive collaboration with the local government and the project.

Dorothea Sago

SUSTAIN Project Manager



Word from Representative of **Canada Embassy**

I am delighted to be able to talk to you about the SUSTAIN project that Canada is so proud to have supported with World Vision and other key partners like Praxis and SickKids Hospital from Canada. Canada is deeply committed to improving the health and well-being of women and girls. This is one of Canada's most significant international commitments under our Feminist International Assistance Policy.

Canada and World Vision haven't done this work alone. Partners in the Government of Tanzania have been key to the project's success. As you have seen, together, we have directly reached more than 319,000 Tanzanians with improved maternal and newborn health services at more than 94 health facilities across Kigoma Region.

Canada, World Vision and the Government of Tanzania all strongly agree that gender inequality is one of the biggest barriers preventing women and girls from seeking and receiving health services. Because of this, Canada and World Vision prioritize doing gender analysis as the first step in a project. This includes talking to women, girls, families, religious and community leaders, and healthcare workers. World Vision used the findings to design the SUSTAIN project to ensure it responds to women's and girls' priorities and needs. Canada firmly believes this improves projects and we think SUSTAIN is an excellent example.

I am proud to say that through this partnership, we have seen wonderful results emerge. SUSTAIN has helped to build the health system in Kigoma through gender sensitive upgrades and renovations to health facilities. This has given women privacy while delivering a baby; ensured light for deliveries taking place at night; electricity for running life-saving equipment; water, soap and a place to wash; trained staff so treatment is kinder and more respectful; provided the basic equipment and medicines that staff need; and trained community-level health workers who check in on women and girls at home, giving them advice and support.

Thanks to the SUSTAIN project, healthcare workers are now better able to handle complicated deliveries or resuscitate a newborn that is having trouble breathing. This has also led more women and girls to choose to have their babies at these upgraded clinics where they benefit from the help of a skilled birth attendant. In fact, in Kigoma, the project has helped raise skilled delivery from 58% to the current level of 96.7%. Similarly, over the course of the project, pregnant girls or women receiving pre-natal care has increased from one half to three quarters while the percentage of women 15-49 taking contraceptives has increased from a third to almost half. These are all results that the SUSTAIN project has helped to achieve and we also know that these are the kinds of interventions that over time, will also reduce maternal and newborn mortality.

Pamela O'Donnell

The High Commissioner of Canada to Tanzania

Statistics



134,656
women



224 (118 F, 106 M)
CHWs



89,645
men



239 (143 F, 96 M)
Health Service Managers



39,903
adolescent girls



736 (212 F, 515 M)
Religious' leaders



32,348
adolescent boys



1234 (540 F, 694 M)
Health Workers



22,323
newborns



568 (220 F, 348 M)
Health Facility Governing
Committee Members

Total Direct Beneficiaries:

321,960



WE ARE **SAVING LIVES** OF CHILDREN AND MOTHERS

By Kisuma Mapunda

“

One night, I was awakened by a nurse, for an emergency case. A pregnant woman was in pain. We had to rush her to the emergency room. In the middle of delivering, the light went off, and it was raining badly. We had no option but to use a torch. We failed to help this mother, so we referred her to another hospital. But before even the car got there her baby died”

painfully narrates Doctor John Mabula, Kagezi Health Centre Incharge as he recalls the hard times. That was before the start of SUSTAIN project, focused on Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCAH).

Dr. John Mabula attends one of the patients admitted at Kagezi Health Centre (Kisuma Mapunda)

Kagezi is one of the three Health Centres of Kigoma region, that have been supported by SUSTAIN project with numerous construction activities. The Centre serves a population of more than 20,000 people, scattered in nine villages.

In strengthening gender- and adolescent-responsive RMNCAH services, SUSTAIN supported the construction of a maternity ward, theater rooms furnished with modern lifesaving equipment, and water systems from the two water tanks with storage capacity of 20,000 liters. To ensure a continual supply of electricity, the project installed solar panels systems.

The new two buildings add to three others that were earlier constructed by the Kibondo District Council, with one small solar panel. The three buildings were for a labour room, outpatient department and a maternity ward with two rooms.

The Health Centre was managed by one doctor, a nurse and medical attendant. The SUSTAIN project's initiatives to improve gender-responsive quality services at Kagezi Health Centre, influenced the District Council to fund expansion of the maternity ward, that was initially constructed by the project. They also constructed two more rooms for X-rays and mortuary, and also roofed the Centre's pavements.

"I do believe the government would have done something to improve health services here, but if it was not for SUSTAIN, I don't think if we would have been able to do everything as we are doing now," acknowledges Dr. Mabula.

These improvements call for human power, and as a result the Centre has recruited fourteen more staff, now for a total of seventeen.

"SUSTAIN's support has been crucial, because it has changed the community and us as practioners, because we are now many and we do operations here, and we have a blood bank. We are saving lives of patients because we have all equipment for emergencies and normal procedures," explains Dr. Mabula.

Maternity Ward and two water storage tanks that have been supported by SUSTAIN project (Photo by Kísuma Mapunda)



DEEPENING **OUR COMMITMENT** TO **CHILDREN AND MOTHERS**

By Kisuma Mapunda



Elizabeth Anthony with her newborn boy admitted at Kagezi Health Centre in district of Kibondo (Photo by Kisuma Mapunda)

Three years ago, Elizabeth Anthony, would have to travel for forty kilometers to access operation services to give birth to her fifth born. She is among many other pregnant mothers from Kagezi ward that would have to travel for long distances to access health services.

“If it was not for this Centre, I would have spent more than fifteen dollars for my transport and services in Kibondo, and I would also need my husband to take me there, as you see I have been admitted. If it was in Kibondo, we would have spent more money;” narrates Elizabeth.

Elizabeth lives in Msenga, one of nine villages that Kagezi Health Centre serves. She was admitted to the Centre after her operation. She birthed her first four children at Msenga village Dispensary, but with the fifth pregnancy she had complications that required a caesarean section. The Dispensary referred her to Kagezi.

The maternity room that she was admitted was constructed by the project.

SUSTAIN spent 241,563 dollars to install solar panels, water tanks, beds, theatre room equipment, oxygen machine and in construction of maternity ward and theatre building.

“I am more satisfied with the services here than that of our village Dispensary. This is my fifth boy and I'm glad that the services are even closer, I have spent less money and they are taking good care of me;” explains Elizabeth.

Neema Nashori observes her first son supported with Oxygen at Kagezi Health Centre (Photo by Kisuma Mapunda)



Neema Nashori (19) is adolescent mother from Kagezi village. Neema gave birth to her first child at Kagezi Health Centre. Her newborn boy had breathing complications, and he required emergency oxygen support.

Upon examination, the SUSTAIN-trained Community Health Worker from her village, directed her to come to the Centre where she will be assured of a safe delivery. This attentive CHW also accompanied her to the Health Centre.

“I arrived here at noon together with the community health worker, after I called her at my home. She told me that we have to go to the hospital, so we came here. I was admitted right away, and at night I gave birth to my firstborn;” explains Neema.

Upon giving birth, her newborn baby had breathing challenges. The doctor had to provide Oxygen to him with the breathing machine, installed by SUSTAIN. The little boy was able to breathe.

If it was not for the breathing machine, Neema would have lost her first born.

“If it wasn't for this Centre, I would have to travel to Kibondo hospital and it would have cost me more;” narrates Neema.

STRENGTHENING GENDER-RESPONSIVE HEALTH SERVICES

By Kisuma Mapunda



Kanyonza is one of the 15 dispensaries that have been supported by SUSTAIN project in Kakonko district. The Dispensary supports two villages of Kanyonza and Kihomoka with a population of 9,928.

The project supplied the Dispensary with beds, a weighing machine, screening kits for privacy, gloves, mackintosh sheets for mothers and babies, and water basins; all with the aim of promoting clinic attendance for pregnant women.

In response to the threat of COVID-19, World Vision through SUSTAIN scaled up preventative measures to limit the spread of the disease, and strengthened health systems and workers. SUSTAIN supported the Dispensary with sanitizers, gloves, masks, and hand wash facilities.

“World Vision supported us with different things. They trained us and community health workers. They supplied us with equipment for reproductive and child health, and strengthened outreach services,” narrates Nevance Madimo, Clinic Officer for Kanyonza Dispensary.

Madimo and 239 others health practioners from different dispensaries were also trained and mentored in gender-responsive

Nevance Madimo, Clinic Offer (standing) collecting clinic cards from mothers who attended at Kanyonza Dispensary.
(Photo by Kisuma Mapunda)

budgeting, planning, prioritizing, leadership and management. They were made aware of respectful maternal care, and responsive and friendly health services needed for adolescents and youth. Safe waste management and disposal was an important part of environmental safety procedures.

“Before the training I did not know anything about budgeting and planning it was my first time to learn about it. We did not know how to prioritize. Our budget focused only on medications and health equipment. We did not consider other things,” explains Nevance.

This was a “lightbulb moment” as they were able to identify other needs. 33% of the budget was then allocated in medication and supply chain management, and the rest is divided amongst other priorities. This has been carried out in a participatory way, through collaboration with the health committee, that consists of community members.

“After the training we were able to set new priorities. Previously we would receive funds and only focused on medicine and health tools. As we are talking, we have been able to renovate our Dispensary, install electricity, and buy new sitting benches and a laptop,” narrates Madimo.

Electricity was crucial in terms of emergencies that happen at night. Having lights throughout the Dispensary is important in saving lives of mothers and their newborns. There has been a strong increase in birth attendance after installation of electricity.

“We regularly referred pregnant women to the Health Centre. They were not coming here. Now is different because we deliver ten to fifteen children per month, as compared to five before we had electricity,” explains the Clinical Officer.

A gender-responsiveness change such benches has encouraged the supportive partner initiative, which is an important part of RMNCAH. There has been a big increase in the number of men attending births, because the waiting space has more sitting benches. The benches have also served to facilitate community while attending clinic.



SUSTAIN has also provided fencing for the placenta pit (see above photo) and a waste burning point to ensure safety of children and the environment. All these priorities were identified in collaboration with community member representatives who also participated in the training and feedback the community through villages meeting.

All these would have not been done in the short time if they were not planned properly, and in a prioritized manner, with a focus on gender-responsive. The staff and community representatives are using the knowledge they have received through SUSTAIN to improve quality of health services. As Madibo explains:

“We are grateful for what World Vision-SUSTAIN has done. It would have taken us more time to put everything in place. The government provided us with funds, and it is therefore our duty to make the best out of tight budgets.”

BRINGING CONFIDENCE AND REALIZATION OF RIGHTS FOR **ADOLESCENT MOTHERS**

By Kisuma Mapunda



Angelina Daniel (21)
holding her two years baby boy Eliya
(Photo by Kisuma Mapunda)

Despite evidence of the resilience of adolescent mothers, there are still cultural values and negative stereotypes associated with early pregnancy.

It is for this reason that small scale farmers like Magreth Lusumbaji are advocating for hope and rights of adolescent mothers in Kibande village of Buhigwe district. She is among 25 Community Influencers who have been visiting adolescent mothers to encourage them to recognize their rights, and to overcome these stereotypes.

“Young ladies are afraid of going to the clinic because people will laugh at them for getting pregnant before marriage. So, they tend to hide and isolate themselves from fear of being condemned and shamed,” explains Magreth.

Magreth and other 25 Community Influencers were recruited as volunteers, by the SUSTAIN project in their village. Like spreading the good news, they were trained to advocate for pregnant women and adolescent mothers to attend antenatal clinics and use RMNCAH services.

Adolescent mothers are amongst the most vulnerable, and the least likely to access prenatal services, for fear of stigma. To reach adolescent mothers, a SUSTAIN-trained Community Influencer, named Magreth Lisumbaji visited parents of pregnant adolescent girls and asked them to let her their daughters visit with her, so that she can educate them on safety pregnancy and early parenting skills.

Recalling adolescent mothers, she has met, Magreth narrates,

“There were two young girls. I talked to their mothers, who then also talked to their daughters. they then brought their daughters to me and I talked to them. And because they were afraid to go to clinic, I asked their mothers to accompany them.”

One of them was Angelina Daniel, was a mother of a two year old boy. Before meeting with Magreth she was afraid people would laugh her. Magreth advised her on how to care for herself, and her baby by attending clinics for prenatal care.

“I was afraid to come out, I did not have confidence. I thought people would laugh me. She visited me at our home. She encouraged me to go to clinic. I was four months pregnant at the time. As I walked to the clinic, I start gaining confidence in myself,” narrates Angelina.

She was referred to Kibande Dispensary by Magreth, where she was examined.

“At the Dispensary they trained us how to handle both our health and that of the newborn. They examined the heartbeat of the child, and also tested for HIV. Lucky enough I was negative,” explains Angelina.

She continued to attend the clinic for the next five months, to monitor her pregnancy. Since delivery, she has managed to keep her baby healthy, and has attended all the baby's vaccine scheduling.

Because of the hope and confidence and mentoring provided to her by Magreth, Angelina has taken the role of advocating for safety health practices to her adolescent peers. Because of this she is bringing back hope to other adolescent mothers in her village.

According to Tanzania's One Plan II Health Strategy male involvement in RMNCAH is encouraged especially their attending ANC visits with their partner. This is even greater challenge for adolescent. mothers, most whom do not have legal partners.



To overcome this rights-related barrier to accessing prenatal services, the SUSTAIN project linked Community Influencers with Clinical Officers. One of these Officers is Adelina Philibert. Adelina is a Clinical Officer for Kibande Dispensary, who works close with community health workers and Community Influencers.

“Through the SUSTAIN project, we are working with CHWs and participants from Channels of Hope, Citizen Voice and Action, and MenCare/caring fathers. They submit regular reports and are advocating for RMNCAH issues. They are our link between us and the community,” explains Adelina.

Because of this rights-focused advocacy for adolescents, the Dispensary is now assisting single mothers, to make sure they are getting full RMNCAH services, in order to have a safe delivery and birth experience.

These adolescent mothers like Angelina need to be encouraged and morally supported to overcome any kind of stereotypes toward their conditions. Adolescents need to be provided with knowledge and tools to prevent unintended pregnancies. Angelina has now become role model to other adolescent parents and other peers in her community.



Magreth Lisumbaji (right) observes Angelina Daniel's boy when she visited them at Kibenda village (Photo by Kisuma Mapunda)

CHANGING PARENTAL ATTITUDES TO SUPPORT ADOLESCENT MOTHERS

By Kisuma Mapunda



“I felt headache and I vomited, so I asked my mother to give me some money to go to hospital. I explained myself to doctor. They tested me, I was so surprised and afraid, when I learned I was pregnant. I wondered what would my father do to me,”

Narrates Rehema Lucia (19), a mother of two years old boy from Mnanila village.

Negative stereotypes continue to dominate understandings of teenage pregnancy at the household level. Parents sometimes become more bitter towards their daughters when they learn they are pregnant. As a result, young mothers experience stigma and discrimination.

This was not different from Rehema, when her father first heard the news from his wife that daughter is pregnant. He got so furious and did not want see his daughter.

“My father got mad at me and he did not want to see me at home. I had to run because I was afraid what he would do to me,” explains Rehema.

Her father was angry at her because, he felt she has brought shame to his home, because she was young and pregnant, and without a husband. Unfortunately, this negative stereotype towards adolescent girls has been there for generations.

She was rescued by Lucy Kuruba, a Community Health Worker from Mmanila village. Earlier, Lucy had been nominated by villagers to be their community health worker. She attended SUSTAIN

CHW trainings, in providing gender-responsive counseling. She is among 224 others throughout Kigoma region, who have been supported by SUSTAIN. She plays a vital role in advocating for RMNCAH care. She visits and monitors the health of pregnant women, mothers and children under two.

It was during these visits that she heard about what had happened to Rehema, that her parents did not want her in their home once they learnt she is pregnant. Lucy quickly visited Lucy's parents, to dialogue and reason with them.

“Her parents confirmed that they have expelled their daughter, and they didn't know where their daughter was. They told me they were disappointed. Their daughter has shamed their family. Using my skills, I convinced them to let her back,”

At first, they were reluctant to let their daughter back, but eventually they searched for their daughter.

“To my surprise, I saw my mother come to my sister, where I was hiding. I wanted to run from her. She said she was there to take me home, and that my father wanted to talk to me. I packed my things and returned home,” recalls Rehema.

With the help of Lucy, Rehema was referred to the village Dispensary. Lucy kept monitoring her health progress and reason with her parents on how to deal with her. Her parents accommodated and supported her until she safely gave birth to her first born.

A man with short dark hair, wearing a black sleeveless shirt with white horizontal stripes and dark brown corduroy pants, is kneeling on a dirt ground. He is focused on washing a small teal plastic cup with his hands, which are covered in white soap suds. In front of him are several items: a large orange plastic tub, a smaller grey plastic tub, a black metal pot, and a silver metal tray. The background is a plain, light-colored wall. The overall scene is outdoors and appears to be in a rural or developing area.

THE NEW GENDER NORMS

By Emilian Mgumba, SUSTAIN Communications Intern

Erick Kimari washing dishes as part
of equal sharing of household duties
(Photo from WVT Library)

THE NEW GENDER NORMS

Across the world, rigid gender norms, and harmful perceptions of what it means to be a man have far reaching consequences on health, well-being, and the realization of rights, especially for women and girls.

But despite these challenges, there are men who are engaged in tackling gender inequality and promoting women's choices and rights. The key resulting outcome is that men and women are able to enjoy equitable, healthy and happy relationships. One of the men working equitably with his wife, is Erick Kimari.

Kimari, is a father of four children from Bitale village. After receiving training on the MenCare model, Erick gradually became one of these men engaged in upholding women's rights. He was trained by Laurent Bichuro, SUSTAIN's MenCare Trainer, who was facilitating men to be better husbands at a coffee kiosk. Erick was inspired from what he heard from the SUSTAIN's trainer:

Erick decided to support his wife with household work, so that she could rest while pregnant. He explains:

“I came to learn that women are doing so much work, compared to men. Because my wife was doing all the work without my support, that is why our first three children when they were born, they had so many problems. It was because my wife was overworked, and had so limited time to rest.”

His fourth-born child had less complications because he helped his wife throughout the pregnancy by fetching water, cleaning the house, washing clothes, and dishes. This was all to enable his wife to rest.

However, this was not normal at that time. Previously, many in Kigoma valued older and often patriarchal traditions, where men did not typically support their wives with household work. As a result, they were sometimes stereotyped as being controlled or bewitched by their wives. They called these men “Bushoke”.

“People thought my wife has bewitched me, because they were not used to the customs of men supporting their wives. I ignored them. My wife at first was not so sure what I tried to do. Eventually she was happy with my new direction,” narrates Erick.

Not only outside his family, even his sisters-in-law were puzzled with Erick's new behaviour. They were afraid to ask him, so instead they asked their sister, Eskaveria Carol.

“My young sister wanted to know what is happening, why is my husband doing household work. I told her, the Lord has changed him. She replied this is not normal. I also heard some of my neighbours called my husband, Bushoke,” narrates Carol, Erick's wife.

Men are husbands, partners, fathers, brothers and sons, and their lives are intertwined with women, children and other men. They have an important role to play as equal partners in shared decision-making, and upholding the rights of women and girls. They have a supportive and enabling role to play during pregnancy and childbirth, and raising their children in a gender equal society.

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