



# Mradi wa Uboreshaji Huduma za Lishe katika Kuimarisha Afya ya Uzazi kwa Mama na Mtoto (ENRICH.)



Jenga familia inayozingatia lishe bora!

## KUHUSU MRADI WA ENRICH

Mikoa ya Shinyanga na Singida, Tanzania hukabiliwa na ukame na idadi kubwa ya watu katika mikoa hiyo hujishughulisha na kilimo cha mashamba madogo madogo. Uhakika au usalama wa chakula ni changamoto kubwa na huchangia kuenea kwa utapiamlo. Mila hatarishi, ukosefu wa usawa wa kijinsia, ukosefu wa elimu na ujuzi huzuia wanawake na watoto kutafuta matibabu na huduma za afya ya lishe. Hii husababisha kuteseka na hata kufa kwa wamama, wanawake wajawazito, wanawake wenye umri wa kuzaa watoto, watoto wachanga na watoto chini ya miaka wawili (wasichana na wavulana) kutokana na aina moja au zaidi ya utapiamlo.

## Je Wajua



Kiwango cha vifo vya uzazi ni **556** kati ya vizazi hai **100000**



Kiwango cha vifo vya watoto wachanga ni **43** kati ya watoto hai **1000**



Kiwango cha vifo vya watoto chini ya miaka mitano ni **67** kati ya watoto hai **1000**.

	SHINYANGA	SINGIDA
Kiwango cha udumavu	28%	29%
Kiwango cha ukondefu	3.3%	4.7%
Kiwango cha uzito pungufu	12.3%	11.7%
Kiwango cha upungufu wa damu	71%	37%

Chanzo cha Data: Utafiti wa Afya ya Uzazi na Mtoto na Viashiria vya Malaria Tanzania 2015-16

Kupitia msaada kutoka serikali ya Canada (Global Affairs of Canada), World Vision Tanzania na wadau wengine wa utekelezaji; Nutrition International (NI), Harvest Plus (H+), Canadian Society for International Health (CSHI) na Chuo Kikuu cha Toronto (UoFT) pamoja na serikali ya Tanzania wanatekeleza mradi wa ENRICH katika mikoa ya Shinyanga na Singida. Lengo kuu la mradi ni kupunguza maradhi na vifo vya uzazi vya mama na mtoto vinavyosababishwa na sababu za lishe.

Mradi huu wa afya na lishe ya uzazi, watoto wachanga na watoto wadogo lengo lake kuu ni kuboresha matokeo ya afya ya mama, wanawake wajawazito, wanawake wenye umri wa kuzaa watoto, watoto wachanga na mahususi kwa watoto chini ya miaka miwili kwa sababu ya umuhimu wa lishe katika siku 1000 za kwanza za maisha.

## MALENGO MAHUSUSI YA MRADI

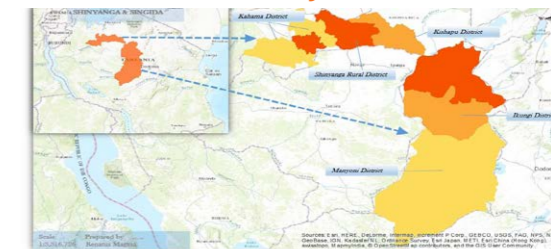
- Kuboresha utoaji wa huduma muhimu za afya na kijinsia, ikiwa ni pamoja na huduma nyeti na msingi za lishe kwa mama, wanawake wajawazito, wanawake wa umri wa kuzaa watoto, watoto wachanga, na watoto chini ya miaka miwili (wasichana na wavulana).
- Kuongeza uzalishaji na utumiaji wa vyakula bora na virutubisho vya nyongeza kwa mama, wanawake wajawazito, wanawake wa umri wa kuzaa watoto, na watoto chini ya miaka miwili.
- Kuimarisha mfumo wa uongozi unaozingatia usawa wa kijinsia, sera na ushiriki wa umma katika afya ya uzazi, watoto wachanga, na watoto wadogo nchini Tanzania.



Ili kufikia malengo husika, Mradi wa ENRICH utatumia njia mbili mahususi: kwanza, kwa kuimarisha mfumo wa afya, kupitia mafunzo na kuwawezesha watoa huduma za afya ya jamii, timu za usimamizi wa afya ngazi za mkoa na wilaya (RHMT & CHMT) ili kukuza na kutoa huduma za msingi za lishe, na pia kutoa taarifa na kuongeza ushiriki wa jamii katika mazungumzo na serikali juu ya sera za masuala ya afya na lishe ya uzazi, watoto wachanga na watoto wadogo. Hili litafikiwa kupitia sauti ya umma na uwajibikaji; pili, kuboresha huduma za lishe, kwa kuongeza ufahamu na kukuza ujuzi juu ya lishe iliyopendekezwa kwa mama, watoto wachanga na watoto chini ya miaka miwili ikiwa ni pamoja na ulaji wa virutubisho, mbinu bora za ulishaji na ulaji wa vyakula vyenye wingi wa virutubisho kwa watoto wachanga na watoto wadogo. Vilevile kutoa mafunzo ya utengenezaji wa bustani za nyumbani na kukuza mazao yaliyorutubishwa kibaiolojia. Hii yote ni kupitia mafunzo yatakayotolewa kwa vikundi vya lishe, vikundi vya wakulima, wahudumu wa afya ya jamii, kamati za huduma za jamii, vongozi wa jamii, wanaume kwa wanawake.



## MAENEYO YA UTEKELEZAJI



## MAKUNDI LENGWA YA MRADI

Mradi unawalenga zaidi kina mama, wanawake wajawazito, wanawake wa umri wa kuzaa watoto, watoto wachanga na watoto chini ya miaka miwili (wasichana na wavulana).

Watu wazima: **381,698** Wanawake na **200,689** wanaume.  

 Watoto: **158,728** wasichana na **165,206** wavulana.  
 Wanufaika mbadala: **794,610**.

## SHUGHULI KUU ZA MRADI

- Kujengea uwezo timu za usimamizi wa afya za mkoa na wilaya juu ya masuala ya uongozi na utawala, usimamizi elekezi, kupanga na kuweka bajeti.
- Kuimarisha mfumo wa usimamizi wa taarifa za afya (HMIS), kupitia kujengea uwezo wafanyakazi wa afya namna ya kukusanya taarifa, kuzichambua na kuzitumia.
- Kuongeza upatikanaji wa huduma za lishe katika jamii na vituo vya afya kupitia elimu, mikutano ya kuongeza ufahamu pamoja na ushauri wa kaya utakaofanywa na wahudumu wa afya ya jamii.
- Kujengea uwezo na kuendesha mikutano ya uhamasishaji na kuongeza uelewa kwa vikundi vya wanaume na wanawake katika jamii, lengo likiwa ni kupunguza ukosefu wa usawa kijinsia unaozuia wanawake kupata na kutumia huduma za afya na lishe ya uzazi, watoto wachanga na watoto wadogo.
- Kusaidia wanawake na wasichana kutambua haki zao za kibinadamu kupitia mikutano ya kujenga ufahamu wa jamii.
- Kuongeza ufahamu wa sera za jamii kupitia kampeni za uchechemuaji na mbinu ya sauti ya umma na uwajibikaji (CVA).
- Kuelimisha kaya kupitia uhamasishaji kwa jamii na ushauri kwa kaya unaofanywa na makundi ya wakulima wenye mafunzo, vikundi vya lishe vya jamii na wahudumu wa afya ya jamii juu ya utaratibu wa ulishaji wa watoto pamoja na manufaa yanayohusiana na matumizi ya mazao yaliyo rutubishwa kibaiolojia na vyakula vyenye wingi wa virutubisho.
- Kuvijengea uwezo vikundi vya wakulima kuhusu matumizi ya vipando safi, mbegu na kuhamasisha wakulima kununua vifaa bora vya kilimo.



# Enhancing Nutrition Services to Improve Maternal & Child Health

ENRICH Project.



Building homes where nutrition matter!

## ABOUT ENRICH PROJECT

Shinyanga and Singida regions of Tanzania are prone to drought and majority of population subsiding on farming small plot of land. Food security is a major concern that contributes to widespread of malnutrition state. Harmful tradition practices, gender inequality and lack of knowledge prevent women and children from seeking treatment and health and nutrition services. This leads to suffering and even death of mothers, pregnant women, women of child-bearing age, newborns and children under two (girls and boys) due to one or more forms of malnutrition.

## Fast Facts



Maternal mortality rate - **556** maternal deaths per **100,000** live births



Infant mortality rate - **43** deaths per **1000** live births.



Child under five mortality rate - **67** deaths per **1000** live births.

	SHINYANGA	SINGIDA
Stunting rate	28%	29%
Wasting rate	3.3%	4.7%
Underweight rate	12.3%	11.7%
Anaemic rate	71%	37%

Data Source: Tanzania Demographic and Health Survey and Malaria Indicator Survey 2015-16 (TDHS-MIS 2015-16)

With fund from the Government of Canada, World Vision Tanzania in collaboration with several implementing partners; Nutrition International (NI), Harvest Plus (H+), Canadian Society for International Health (CSHI) and University of Toronto (UofT) together with the Government of Tanzania are implementing ENRICH project in Shinyanga and Singida regions. The ultimate goal is to contribute to the reduction of maternal and child mortality and morbidity that is attributed by nutritional related causes. The Maternal Newborn and Child Health and Nutrition (MNCHN) project aims at improving the health outcomes of mothers, pregnant women, women of child-bearing age, newborns and special target to children under two years of age because of the importance of nutrition in the first 1000 days of life.

## PROJECT OBJECTIVES

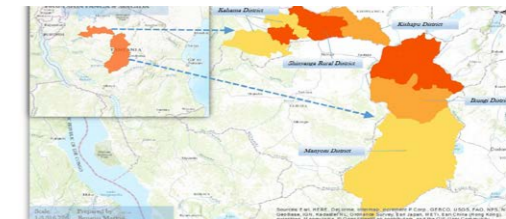
- Improve delivery of gender-responsive essential health services, including basic nutrition and nutrition-sensitive services to mothers, pregnant women, women of child-bearing age, newborns, and children under two (girls and boys).
- Increase production, consumption and utilization of nutritious foods and micronutrient supplements by mothers, pregnant women, women of child-bearing age, and children under two.
- Strengthen gender-responsive governance, policy and public engagement of maternal, newborn, and child health (MNCH) in Tanzania.



ENRICH project will achieve its objectives through the use of a two-pronged approach: first, by strengthening health systems through training and equipping community health providers, Regional Health Management Team (RHMT) and Council (District) Health Management Team (CHMT) to promote and provide basic nutrition services, as well as informing and increasing community participation in policy dialogue with governments on MNCHN issues through Citizen Voice and Action (CVA); second, by improving nutrition services through raising awareness and promoting knowledge on recommended nutrition needs for mothers, newborn and children under two including micronutrients supplements intake, better feeding practices for infants and young children and intake of food rich in nutrients. Training in the development of home gardens and promoting bio-fortified crops. This will be attained through training of community nutrition supporting groups, farmers groups, community health workers, community social services committees, community leaders, men and women.



## AREAS OF OPERATION



## TARGET GROUP

The project has main focus on mothers, pregnant women, women of child-bearing age, newborns and children under two (girls and boys).

Elderly: **381,698** Women and **200,689** men.  
 Children: **158,728** girls and **165,206** boys  
 Indirect beneficiaries - **794,610**.

## KEY PROJECT ACTIVITIES

- Capacity building of Regional Health Management Team (RHMT) and Council (District) Health Management Team (CHMT) on issues relating to leadership and governance, supportive supervision and planning and budgeting.
- Strengthening Health Management Information System (HMIS) through capacity building to health workers on data collection, analysis and use.
- To increase the uptake of nutrition services at community and health facilities level through education, awareness session along with household counselling that will be done by community health workers.
- Capacity building and community awareness session including men to men and women to women community groups, aimed at reducing gender based inequality that limit women access and use on MNCHN service.
- Support women and girls to realize their full human rights through community awareness sessions.
- Increase community policy awareness through advocacy campaigns using Citizen Voice Action (CVA) approach.
- Educate households through community awareness and households counselling performed by trained farmers groups, community nutritional supporting groups and community health workers on the recommended feeding practices for children as well as benefit associated with consumption of bio-fortified crops and nutrients dense foods.
- Capacity building to farmer groups on the use of clean vines, seeds and encourage farmers to buy quality planting materials.