Mam na Mtoto
Kuimarisha Afya kwa Huduma za Lishe
Na Katika Mradi wa Uboreshaji

Ili kufikia malengo mabapa, Mradi wa ENRICH utamia njia mbili kutafunza uongozi unaozingatia usawa wa kijinsia, sera wa kijinsia unaozuia wanawake kwa usawa na watoto wa afya. Mradi unawalenga zaidi kina mama, wanawake wajawazito, wanawake wakati wa kuzaa watoto, wanawake wawezi kusaidia watoto wachanga na watoto chini ya miaka miwili (wasichana na wavulana) kuu na uwezo wa umuhimu wa lishe katika siku 1000 za kwanza za maisha.

KUBUSHI MRADI WA ENRICH
Mikoa ya Shinyanga na Singida, Tanzania hukabwisha na usame na idi afya ya watoto katika mji wa Shinyanga na Singida. Hii ni sheria muhimu ya kuwafanya wazi 80% kwa watoto wachanga na watoto chini ya miaka miwili. Unakubwa na utafiti zinayohitaji kwa mamlaka ya kubuni na kuamua usawa wa kudumisho na kujenga uwezo wa komisi ya afya na kijinsia.

MALENGO MAHUSUSIYA MRADI
Kuboresha utoaji wa huduma muhimu za afya na kijinsia, kwika ni pamoja na huduma yeyote na mazingira ya kijinsia. Mradi wa ENRICH utakuza kizazi na watoto katika mji wa Shinyanga na Singida kwa kuwawezesha watoto wazima kuwa watoto mchezo wa afya na kijinsia. Mradi wa ENRICH linaweza kusaidia watoto wachanga na watoto chini ya miaka miwili kwa uwezo kuu wa kutoaji wa huduma muhimu za afya na kijinsia, ikiwa na kudumisha mafunzo na mafunzo ya utafiti, na kupunguza peepo wa mke na mtoto wao. Mradi wa ENRICH linaweza kushinda uwezo wa watoto wachanga na watoto chini ya miaka miwili kwa uwezo kuu wa kutoaji wa huduma muhimu za afya na kijinsia.

Makuuni na shirika nyingine zinaweza kusaidia watoto wachanga na watoto chini ya miaka miwili kwa utalii wa utawala, kama vile lipa na kibaiolojia. Inawezekana kuwa kama watoto wachanga na watoto chini ya miaka miwili (waume na waume) wanaume wamezaliwa katika jamii na watoto wake wapata huduma zao na kuwa kama watoto wawili kwa mwezi kama watoto wamezaliwa katika jamii na watoto wake wapata huduma zao.

SHUHULI KUU ZA MRADI
Kijinsia na Utengenezaji wa Huduma za Lishe

Kijinsia kwa watoto wafarmasi kwa huduma za afya na kijinsia, kwa watoto wachanga na watoto chini ya miaka miwili.

MAENEO YA UTEKELEZAJI
Wanafahamu wa Watoto: 158,728
Watoto: 165,206
Watu wazima: 200,689
Wanawake na Wasichana: 381,698

Jenga familia inayozingatia lishe bora!
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 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.

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 (CSIH) and University of T oronto (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 attributable by nutritional related causes. The Maternal Newborns 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.

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 Action (CVA) second, by improving nutrition services through raising awareness and promoting knowledge on recommended nutrition needs for mothers, newborns 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 feeding practices for infants and young children and intake of food recommended nutrition needs for mothers, newborns and children under two years.

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.

Fast Facts

<table>
<thead>
<tr>
<th>Measure</th>
<th>Shinyanga</th>
<th>Singida</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal mortality rate</td>
<td>566</td>
<td>566</td>
</tr>
<tr>
<td>Infant mortality rate</td>
<td>43</td>
<td>43</td>
</tr>
<tr>
<td>Child under five mortality rate</td>
<td>67</td>
<td>67</td>
</tr>
</tbody>
</table>

**SHINYANGA**

- Stunting rate: 18%
- Wasting rate: 3.3%
- Underweight rate: 13.3%
- Anaemic rate: 31%

**SINGIDA**

- Stunting rate: 29%
- Wasting rate: 4.7%
- Underweight rate: 11.7%
- Anaemic rate: 37%

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

**TARGET GROUP**

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

**AREAS OF OPERATION**

- Shinyanga and Singida regions of Tanzania.
- ENRICH Project will target community leaders, community health workers, community social services committees, farmers groups, community health providers, 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.

**KEY PROJECT ACTIVITIES**

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

**ACTIONS**

- Strengthening Health Information System (HIS) 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 household 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.