

Project Profile

“A Promotion of Health Nutrition, WaSH and Access of Nutrition Therapy in Tanzania”

Prepared by:

Department of Health Science and Nutrition

Org: Youth 4 Social Economic Development(Y4SED)

Tel: +255 762 443 414/ +255 719 760 817

Email: y4sedtz@gmail.com



Acronyms/Abbreviations

NGOs	Non-Government Organizations
Y4SED	Youth 4 Social Economic Development
YPC	Young Professional Center
DF	Diet Food
NT	Nutrition Therapy
SDGs	Sustainable Development Goals
CSOs	Civil Society Organizations
RDN	Registered Dietitian Nutritionist
HP	Hypertension
WaSH	Water, Sanitation and Hygiene



Definition of Terms

Heath	Is the ability of a Biological system to acquire, convert, allocate, distribute, and utilize energy with maximum efficiency.
Hygiene	Refers to conditions and practices that help to maintain health and prevent the spread of diseases.
Health Promotion	The process of enabling people to increase control over, and to improve, their health.
Mortality	Is the state of being mortal, or susceptible to death.
Immortality	Is eternal life, being exempt from death, unending existence.
Project stakeholder	Is a person, group, or organization with an interest in a project.
Nutrition Therapy	Is a therapeutic approach to treating medical conditions and their associated symptoms via the use of a specifically tailored diet devised and monitored by a medical doctor physician or registered dietitian nutritionist (RDN).
Nutritionist	Is a person who advises on matters of food and nutrition and their impacts on human health.
Nutrition	Is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion.
Diet	Is the sum of food consumed by a person or other organism.
Policy	Is a deliberate system of principles to guide decisions and achieve rational outcomes.
Human Nutrition	Human nutrition deals with the provision of essential nutrients in food That are necessary to support human life and health.
Diet Food(DF)	(or dietetic food) refers to any food or beverage whose recipe is altered to reduce fat, carbohydrates, and/or sugar in order to make it part of a weight loss program or diet.

Table of Contents

Acronyms/Abbreviations.....	2
Definition of Terms.....	3
A. Overview.....	5
B. Situation Analysis.....	6
C. Strategy	8
D. Result Framework.....	9
E. Management Arrangements	10
E.1 Indicative Project Budget.	10

A. Overview

1	PROJECT TITLE	Promotion on Health Nutrition, WaSH and Access of Nutrition Therapy in Tanzania.
2	THEMATIC FOCUS	Free Malnutrition community; WaSH; Free Hunger.
3	EXPECTED ACCOMPLISHMENT OF THE SUBPROGRAMME	 More effective programs by Governments and NGOs for increasing (a) Awareness on health and Diet Food and (b) Uses of Nutrition Therapy.  More effective policies and programs by government, Civil Society and NGOs to enhance; (a) Achieve a 40% reduction in number of children under -5 who are stunted; (b) Achieve a 30% reduction in low birth weight; (c) Achieve a 30% reduction in low birth weight, (d) Ensure that there is no increase in childhood overweight. (e) Increase the rate of exclusive breastfeeding in the first 6 mothers up to at least 50%, (f) Reduce and maintain childhood wasting to less than 5%.
4	RELEVANT SDG	<ul style="list-style-type: none"> • Goal 2: Zero Hunger • Goal 3: Good Health and Well-being.
5	PARTICIPATING COUNTRY	Tanzania
6	TARGET GROUP	Maternity mothers, Health service providers, Children age 0-15 years old, Elders, Expected mothers, and Teenagers.
7	TENTATIVE TIME FRAME	Three(3) year of project.
8	INDICATIVE PROJECT BUDGET	410,000,000 (TZS)/ (185,480 USD)
9	POTENTIAL DONORS	To be determined.
10	IMPLEMENTING AND PARTICIPATION DIVISIONS	Y4SED, Young Professional Center(YPC), Government Health division. Health Nutrition's stakeholders

B. Situation Analysis

It is well established that, Promotion on Health Nutrition is highly potentials in human life prosperity. In large area of Tanzania, acute Malnutrition, Poor water and Hunger are serious social health concern that made loosing healthier community by 45%. Every day in Tanzania, 130 children are die due to marasmus and malnutrition effects. Malnutrition is closely associated with social health and vulnerable. Lack of knowledge on health management and nutrition are threats to sustainable community health and socio-economic development in Tanzania. Health Promotion and improvement of health facilities are important health development activities worldwide. Lack of Knowledge(Ignorance), and Poverty, are often amplified by human actions, such as Political instability, businesses practices, miss-use of skills, unsuitable food substance uses, inappropriate food storage, food spices and chemicals applied. In some cases, exposure to severe death and concerns about future Tanzanian, young generation has been the basis for government policies and programs that provided unsuitable. This has been the case in Tanzania in the past with the conversion of nutrition and WaSH for community health.

The Tanzanian Government has become aware of the adverse social impact of unsuitable Nutrition, marasmus and poor water hygiene practices for the community development, and related policies and programs, and is taking measures to rectify the situation. Similar problems, albeit on a lesser scale, exist in other part of the region. Improved Health Promotion services (Nutrition Health, WaSH, Health Care, Nutrition Therapy and Vaccination) that are community healthier friendly, are reduce Child (-5) and Maternity immortality, Infertility, reduce an explosion of new diseases (i.e. Hypertensions, Cancers, heart diseases, Mental health disability, Physical weakness and Cost of health services, that has been developed in 1st countries, and some few countries in Africa like Kenya.

Health Promotion services have been practiced and are well established in other parts of the word. Some form of Nutrition Therapy(NT) and Diet Food(DF) is currently practiced on worldwide especially Asia and Central Europe. In Tanzania few regions (e.g. Dodoma, Lindi, Kilimanjaro, Arusha Tanga, Katavi, Kagera, Kigoma, Manyara and Mtwara), Health Promotion on nutrition has been undertaken for some time, but little has been practiced until now due to poor promotion methods, facilities and techniques.

NT & DF consists of number of practices that may be combined. It Involves practice such as health eating plates, diet reviews, consult experts, recipes, Kid healthy eating Plate, Nutrition source update, timely breast feeding and food substance supply.

The benefit of NT & DF arises from lower risk of mortality to our communities, Precise placement of food and stop chemical therapy effects, increase active and productive community, maintain reproductive health, mental fitness, lower risk of various severe cancers and enhance peaceful society, reduce health expenditure.

The later related to health promotion on Diet Food, Hygiene and Nutrition Therapy in the community create supportive environments that will insist on life server. Moreover, it will lead to develop new Health alliances.

Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. *Health is, therefore, seen as a resource for everyday life, not the objective of living.* Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.

In case of Tanzania's Communities, Malnutrition, Poor water hygiene and Marasmus are a common problems and it affecting highly in socially and economic in widely. Moreover, from that case, the organization (Y4SED) intending to promote Nutrition health widely in Tanzania by support to build nutrition health's centers in the community, provide health education on Nutrition Therapy(NT), Diet Food(DF), Personal and Water Hygiene and supply of food substance and diet plates that will help to shape eating behavior. From that implication, will help to rescue the society groups by 78%(i.e. Young Children aged 0-15, Maternity mothers, Expected conceiver, Elders, and Teenager groups) against Malnutrition effects.

Nutrition Therapy (NT) can help to rescue the society from too much consumption of chemicals, bring fast health relief, avoid chemical pills effects and help in Noninvasive Medical Treatment.

C. Strategy

A two-day seminar will be at Dodoma near Y4SED's officer (HQ) with back-to-back visits for two days and a final one-day programming session to develop a strategy and proposals for follow-up (formulation of a 3rd Phase). Representatives from Project members i.e. Government, NGOs, CBOs, CSOs and friends who are health's stakeholders that already have significant experienced with Nutrition Therapy, Diet Food and WaSH will present a status report on Nutrition Practices in the local community and the programs, following a prescribed format and outline.

Presentation will be made by selected nutritionists and dietitians experts directly involved in Health nutrition from Public health providers, Non-Governmental Organizations(NGOs), Donors and other health stakeholders on their involvement and experience with discussed agenda, and scope for expansion in their working regions. In addition to presentation of technical issues and promotion of the program, the seminars will focus on need for reform of government health policy and strategies that are required to expedite the promotion of Health nutrition in Tanzania.

After Presentation and seminars for stakeholders. The services shall be provided accordingly, consider the project schedule of promotion on nutrition health, WaSH and access of Nutrition Therapy by the Organization to all Community in Tanzania.

The organization will mobilize all resources related to the project and comprise them into the project activities specified. Facilitators shall be able to prepare training by considering rate of demand in nutritional services and present to the community.

Moreover, we propose to build a nutrition health's center in Central of Tanzania that shall be specific on food therapy research, treatment and advocate services on nutrition to the community so as to ensure viability of project and service in Tanzania.

A strategy will formulate during the programming session for follow up activities in the project areas. This is likely to include mechanisms to ensure closer linkages between the various programs/Projects organizations involved in Nutrition health, and to create awareness amongst Health providers and the Community. The programming session may also identify and work out details for a national Network on Nutrition Health and identify sites for expansion of the Project adaptive. These services should focus on area of limited social services and Technology especially rural areas. The Project shall be operate fully for three (3) years of implementation.

D. Result Framework

Project goal

Promote awareness, collaboration on and expansion of Nutrition health practices to relevant communities in Tanzania.

Outcome








The programs on this project, results are disseminated awareness in the region, nutritionists, community and implementers in the region collaborate more strongly so as to ensure quality health by 78% of the entered population that affected by Malnutrition, Poor water hygiene and Marasmus in Tanzania.

Outputs and Main Activates

Output A

Nutritional Experts, food therapist, government officers, health private sectors and NGOs are better informed about the present state-of-the art and the benefits, opportunities, scope and requirements for the need of that Project and its programs in the country.




Activities A

-  Hiring of consultant to supervise production and presentation of seminal material, organization of the field trip, the topics presentation, contractor ship and lead the programming session.
-  Preparation of National background paper on nutrition situation
-  Preparation of regional seminal for experts, government officers, NGOs, to exchange results and views on regional experiences with matter discussed.
-  Organization of a field trip for promote program.
-  Organization of health promotion program and topics demonstration.
-  Preparation of layout of Health nutrition centers in Central Tanzania.
-  Production and distribution of hard and soft materials of proceedings of the seminars in the field areas.

Output B

Policies, strategies, and programs for better coordination of Project efforts and promotion of Community involvement in Project concern have been formulated.

Activities B

-  Organization of a programming session for follow-up activities.
-  Formulation of follow-up project (3rd phase)
-  Evaluation of the project.

E. Management Arrangements

The project will be implemented by Y4SED Organization, Under professionals from Project partners (health stakeholders, NGOs, and Health and nutritional agencies). Prima facie, it is Proposed that the seminar will be organized in close collaboration with Health and Food and Nutrition division of government and other relevant stakeholders, and in a locality closer to some important Health facilities. Training and other Program related to project shall be promoted Five (5) days every month per three (3) years of the Project during implementation phase (2nd Phase).

E.1 Indicative Project Budget.

The indicative project budget is calculated over three (3) years of project implementation, follow-up and feedback.

Budget line	Description	Total (TZS)/3 years	Cost per Item (1 years)	Total (USD)(exchange rate: 1USD=2,271
1100	Professional Project Staff/Consultants(17)	91,800,000	5,400,000	40,410
1300	2 days Seminal & Presentation	15,000,000	15,000,000	6,603
1500	Travel & Transport	30,000,000	10,000,000	13,206
2000	Training/Workshops	16,000,000	5,400,000	7,043
3000	180-days of Fieldtrip, follow-up & Stationary	25,200,000	8,400,000	11,093
4000	Food Substance and diet plates supplies	32,400,000	10,800,000	14,262
5000	building and its facilities	180,000,000	180,000,000	79,236
5000	Evaluation/Miscellaneous	7,000,000	2,400,000	8,081
	Subtotal	397,400,000	237,400,000	179,934
	Program support Cost	12,600,000	4,200,000	5,546
	Project Total	410,000,000	241,600,000	185,480