



USAID
FROM THE AMERICAN PEOPLE



NUTRITION

TANZANIA

Tanzania saw a significant decrease in stunting among children under age five - from a national average of 48 percent in 1999 to 30 percent in 2022 - but challenges remain. The absolute number of stunted children increased in some regions, and other nutritional issues like anemia remain significant, impacting 59 percent of children under five and 42 percent of women aged 15 - 49. Key factors driving undernutrition include, widespread poverty affecting around 44 percent of Tanzanians, a lack of diverse and quality diets, inadequate access to essential health services (including water, sanitation, and hygiene), and poor infant and young child feeding practices.

Since 2011, USAID has actively addressed these challenges by improving household nutrition practices, enhancing cognitive and physical development, and boosting economic productivity. Targeting specific regions based on the severity of malnutrition, USAID implements a comprehensive nutrition strategy that combines integrated health and agriculture initiatives at national, district, and community levels.

USAID's strategy focuses on four key areas:

1. Strengthening the capacity of government and civil society partners implementing.
2. Promoting positive social and behavioral changes in infant and young child feeding practices.
3. Enhancing access to a healthy and diverse diet for mothers and children.
4. Increasing the capacity of local councils to use data effectively for planning, budgeting, and delivering quality nutrition services.

USAID/Tanzania's programs closely align with the USAID's global Multi-Sectoral Nutrition Strategy and the Government of Tanzania's National Multi-sectoral Nutrition Action Plan.

NUTRITION OVERVIEW

FUNDING LEVEL

- \$7 million in FY 2023

MAJOR PARTNERS

- Prime Minister's Office
- President's Office – Regional and Local Government
- Ministry of Health
- Tanzania Food and Nutrition Centre
- Regional Secretariats and Local Government Authorities
- Chemonics
- Michigan State University

GEOGRAPHIC LOCATIONS

- Kigoma
- Katavi
- Rukwa
- Njombe
- Songwe

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CHALLENGES:

- **Limited knowledge and awareness:** Many communities lack adequate information about proper nutrition, including the benefits of various foods and dietary practices.
- **Inadequate coordination:** Tanzania needs stronger multi-sectoral legislation and improved coordination across government agencies, NGOs, and communities to advance proper nutrition.
- **Uneven healthcare access:** Health facilities, particularly in remote areas, often lack the full range of essential nutrition services and struggle to connect effectively with the communities they serve.
- **Limited human resources:** A shortage of trained nutritionists, healthcare workers, and other professionals skilled able to provide appropriate nutrition services hinders program implementation and outreach.

IMPACT and SUCCESS:

- Between 2011 and 2017 the three regions supported by USAID saw a 27 percent reduction in childhood stunting compared to only eight percent nationally.
- From 2018 to 2023, USAID reached more than 2.4 million people with nutrition programs in Dodoma, Iringa, Rukwa, and Morogoro regions helping to:
 - reduce stunting by 12 percent – double the national average during that period,
 - raise the breastfeeding rate from 58 percent to 76 percent,
 - increase the percentage of women receiving the minimum dietary diversity from 11 percent to 37 percent.
- USAID supports small-scale food processors to fortify maize flour, develop new products, and grow a variety of foods to increase the availability of nutritious foods at the household level to further alleviate malnutrition across Tanzania.