



NUTRITION IN ZANZIBAR

A PROPOSAL FOR THE



GrantBradley
TRUST

CHARITY NO. 1171687

**WE BELIEVE
THAT EVERY
ZANZIBARI
SHOULD HAVE
ACCESS TO
SAFE
HEALTH CARE
WHEN THEY
NEED IT.**





HIPZ HAS BEEN IMPROVING ZANZIBAR'S HEALTH SYSTEM SINCE 2007

Here at HIPZ, we're proud of the huge impact we have in Zanzibar. Over the years we've trained more than 1000 healthcare workers and introduced new services from psychiatry to surgery in rural hospitals. We are a small charity and we make a big impact, focusing on creating sustainable, replicable change that is embedded in the local health system.

Right now we are expanding our mental health project, training healthcare workers in newborn and maternal care, and improving facilities in hospitals. We've recently built the first Emergency Medicine Department outside of Stone Town, and a second will be established in 2022.

In 2022, we're launching a new programme focusing on malnutrition. **Severe acute malnutrition is the leading cause of child deaths in Zanzibar (UNICEF, 2020).** More than a fifth of children are stunted, and 6% suffer from acute malnutrition. We are determined to deliver work that reduces the levels of malnutrition in Zanzibar, through coordinated activities across the community and in health facilities.

We will begin in the North A District of Zanzibar where malnutrition rates are highest, and will subsequently expand across all of Zanzibar.





**ZANZIBAR HAS THE
WORST RATES OF
MALNUTRITION IN
TANZANIA.**

**WE WANT TO CHANGE
THAT.**

It is impossible to look at the facts around malnutrition in Zanzibar and not feel moved to act.

Too many babies are born too small, too many infants have no access to nutritious food and too many pregnant women don't have access to the supplements they need to ensure a safe pregnancy,

The problems are stark, wide-ranging and they are impacting on the future health and well-being of the whole population of Zanzibar.

None of these problems are insurmountable. Zanzibar wants to tackle these problems and together with the Ministry of Health, we have developed a plan that will make a significant impact.

We'd love you to be part of the solution. Read on to find out what we plan to do, and how you can help.



THE PROBLEM

In 2018, UNICEF conducted a malnutrition survey across Tanzania, including Zanzibar. The study focused on babies, infants, children and women of childbearing age (15-49 years).

The outcomes paint a very clear picture that the situation in Zanzibar is in desperate need of attention. Here are the headlines:

- 86% of infants aged 6-23 months do not have a 'minimum acceptable diet'¹
- 60% of women aged 15-49 are anaemic
- 65% of children aged 6-59 months are anaemic
- 14% of children ages 0-59 months are underweight
- 24% of children under 5 are 'stunted' - too short for their age
- 6.1% of children under 5 are 'wasted' - too thin for their age
- The North District of Unguja has the highest rates in the whole of Tanzania of Global Acute Malnutrition - a very extreme form of malnutrition

Alongside the problems being found with underweight babies and infants and malnourished women, a parallel and growing problem is the increasing number of people who are overweight or obese. 39% of adults aged 18-69 are overweight or obese, and 33% are on medication due to raised blood pressure.

Malnutrition frequently leads to a range of other health conditions including hypertension and diabetes. The overall burden of disease in Zanzibar from all forms of malnutrition is significant.

The Government in Zanzibar is determined to address these issues, and they have created the 'Zanzibar Multisectoral Nutrition Strategic Action Plan (ZMNSAP)' which outlines a range of strategies to tackle these problems. The project outlined in this proposal aligns closely with this plan, and will support the Governmental efforts to address malnutrition in Zanzibar.

1 According to the WHO's definition



HIPZ delivering a cooking workshop in a rural village in 2019

OUR STRATEGY

Our long-term work in Zanzibar has enabled us to develop a model that we know works. This project, like our highly successful maternity and mental health programmes, will tackle the problem from multiple angles.

Community Outreach Days

We will hold outreach days in the community, in partnership with the local village leaders.

The outreach days will include educational talks on malnutrition, and will cover topics including infant feeding practices and healthy eating, delivered by staff from the hospitals and primary health units. Each participant will be invited to access direct services, including weight checks for babies, infants and adults as well as blood sugar tests and blood pressure readings for adults, and iron tests. The clinicians will refer those who are diagnosed with a condition - whether it's malnutrition, diabetes or obesity - on to their relevant local service. A prescribing doctor will be present, together with a pharmacist, and will be able to offer supplements, formula milk if needed and other medication to the people who require this treatment.

Pregnancy supplements

We need to purchase iron combined with Folic Acid (FeFol) - to enable more women to have safe pregnancies. 60% of Zanzibar's women of reproductive age are anaemic. This leads to risks including premature birth, a low birth weight baby and post-partum depression.

The Covid-19 pandemic has drastically impacted stocks of medication and supplements across Zanzibar. A recent report from the Ministry of Health stated stock outs of medication were reported to be 34.4% from October-December 2021, compared to 20.5% in January-March 2020. This means pharmacy cupboards are empty, and prescriptions are unfulfilled.

We want to source the supplements that are so badly needed, and provide them directly to the health facilities so they can treat women in need. Whilst we recognise that this is not a long-term solution, we need to intervene now to reduce the harm felt by women and babies in the coming years. With £5,000 we can provide the supplements needed for 1500 women. By supporting this, you'll help 1500 women experience a safe pregnancy and give 1500 babies a better start in life.



OUR STRATEGY IN HEALTH FACILITIES

We have been working in Zanzibar's health facilities since 2007 and we have developed a model that includes training and mentorship to upskill the local team.

Training in Integrated Management of Acute Malnutrition (IMAM)

We want to train staff from hospitals, Primary Healthcare Units (PHCUs) and District Health Management teams in the Integrated Management of Acute Malnutrition.

This two week training programme will cover malnutrition work in hospitals, in primary health facilities and in the community.

On completion of the training, healthcare workers will be equipped to identify patients suffering from malnutrition, and will be able to provide the treatment pathways that they need.

This training is incredible value for money - it will cost £166 per healthcare worker for the full two week course. In total we need to train 87 healthcare workers, costing £14,500 to improve services across the entire North District.

Strengthening the nutrition unit in the hospitals and the District Health Team

Both Makunduchi and Kivunge hospitals run paediatric clinics and in-patient departments, which is where the most acute cases of malnutrition will seek treatment. Kivunge Hospital serves the North of Unguja Island, where the prevalence of malnutrition is higher than anywhere else in Tanzania.

We want to introduce an on-the-job mentorship programme for the 16 health facilities in the North District of Unguja Island, following their formal IMAM training. A local paediatrician will visit each of the primary health units, as well as Kivunge Hospital in the North District every quarter for a year. They will meet with healthcare workers, review malnutrition cases and help them to develop best practice. Experience both in Zanzibar and across global health has demonstrated that this 'on-the-job' training is the best way to improve skills and embed good practice.

HOW YOU CAN HELP

We would be deeply grateful for support from the Grant Bradley Trust in delivering our nutrition programme for the people of Zanzibar. We have put together the following options for your consideration, and would be grateful if you would be open to supporting one of the following activities:

ITEM	COST
12 months of FeFol Supplements for 1,500 pregnant women	£5,000
10 x Community Outreach Days	£6,000
2 week training in the Integrated Management of Acute Malnutrition for 30 healthcare workers	£5,000
12 months of on-the-job training for healthcare workers in 16 facilities	£3,900



Malnutrition in all its forms is one of the world's leading causes of death and illness.

WHO is committed to supporting all countries to progressively expand access to essential nutrition services as part of their journey towards universal health coverage.

**Dr Tedros Adhanom Ghebreyesus
WHO Director-General.**



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