

Do you know what malnutrition is?

Malnutrition includes both undernutrition and overnutrition. Undernutrition can result in underweight, wasting, stunting or micronutrient deficiencies. It is caused by a diet lacking in enough of the nutrients (energy, protein, vitamins and minerals) that the body needs for good health and/or by disease, poor childcare and feeding, poor sanitation and inadequate access to health services and clean water. Over-nutrition is caused by eating more food than the body needs and results in overweight and obesity. These conditions increase the risk of high blood pressure, diabetes, heart disease, stroke and some cancers.

Do you know how malnutrition affects your region?

| Region | CHILDREN UNDER 5 | | | | WOMEN 15-49 years |
|---------------|------------------|----------|---------------|---------------|----------------------|
| | % stunted | % wasted | % underweight | % with anemia | % with anemia |
| Arusha | 36.0 | 6.5 | 20.2 | 57.2 | 30.3 |
| Dar es Salaam | 14.6 | 4.7 | 6.4 | 59.5 | 53.1 |
| Dodoma | 36.5 | 5.5 | 17.1 | 49.3 | 30.6 |
| Geita | 40.5 | 6.2 | 16.2 | 68.1 | 52.6 |
| Iringa | 41.6 | 3.6 | 13.8 | 40.1 | 28.4 |
| Kagera | 41.7 | 2.3 | 17.4 | 57.2 | 39.1 |
| Katavi | 38.8 | 3.4 | 15.4 | 54.9 | 45.2 |
| Kigoma | 37.9 | 6.0 | 19.4 | 67.2 | 54.2 |
| Kilimanjaro | 29.0 | 3.1 | 9.2 | 48.9 | 29.1 |
| Lindi | 35.2 | 1.2 | 10.1 | 61.1 | 48.9 |
| Manyara | 36.0 | 6.4 | 17.0 | 53.3 | 38.0 |
| Mara | 29.2 | 4.1 | 10.2 | 57.2 | 50.8 |
| Mbeya | 37.7 | 4.7 | 12.2 | 54.3 | 23.8 |
| Morogoro | 33.4 | 6.0 | 11.5 | 65.7 | 47.5 |
| Mtwara | 37.7 | 3.2 | 15.2 | 58.6 | 47.1 |
| Mwanza | 38.6 | 4.3 | 14.1 | 62.6 | 55.4 |
| Njombe | 49.4 | 1.3 | 9.7 | 37.4 | 25.6 |
| Pwani | 30.0 | 0.4 | 11.5 | 57.5 | 51.7 |
| Rukwa | 56.3 | 5.2 | 23.0 | 52.6 | 30.9 |
| Ruvuma | 44.4 | 2.6 | 12.3 | 51.8 | 44.1 |
| Shinyanga | 27.7 | 3.3 | 12.3 | 70.9 | 59.4 |
| Simiyu | 33.3 | 5.0 | 14.6 | 57.0 | 53.7 |
| Singida | 29.2 | 4.7 | 11.7 | 36.0 | 25.9 |
| Tabora | 27.9 | 3.5 | 10.1 | 60.3 | 52.3 |
| Tanga | 39.4 | 3.4 | 12.6 | 48.0 | 43.7 |

Source: Tanzania Demographic and Health Survey (TDHS) 2015–2016

Did you know?

57%
of babies 0-6 months
**ARE NOT EXCLUSIVELY
BREASTFED FOR 6 MONTHS**

57%
of children under 5 are
ANAEMIC

45%
of women of reproductive
age (15-49 years) are
ANAEMIC

37%
of urban women 15–49 years
OVERWEIGHT
(45% in Dar es Salaam)

36%
of women of reproductive
age (15-49 years) are
IODINE DEFICIENT

34%
of children under 5 are
STUNTED
(low height for age)

33%
of children under 5 are
VITAMIN A DEFICIENT

14%
of children under 5 are
UNDERWEIGHT
(low weight for age)

9%
of adults are
DIABETIC

10%
of adults are
OBESE

7%
of children under 5 are born with
LOW BIRTH WEIGHT
(under 2,500 grams)

5%
of children under 5 are
WASTED
(low weight for height)

Source: TDHS 2010 and 2015–2016; 2012 STEPS Survey of Chronic Disease Risk Factors in Tanzania

Do you know how malnutrition affects national and regional development?

- Malnutrition reduces life expectancy and is one of the most serious causes of child poverty. It impairs physical and mental growth, leading to poor brain development, poor school performance and low productivity.
- Malnutrition carries over from one generation to the next. It increases pregnant women's chances of delivering low birth-weight babies. Low birth-weight babies who survive tend to be shorter and lighter than their peers and have cognitive and developmental problems and suffer from non-communicable diseases and obesity. Pregnant adolescents who are underweight or stunted are likely to have complications during delivery.
- Malnutrition makes the immune system less resistant to common diseases and contributes to about 130 child deaths of children every day in Tanzania.
- Investing in nutrition has huge economic returns. 2014 PROFILES data for Tanzania estimated that by 2025, reducing the prevalence of iodine deficiency would increase economic productivity by TZS 750 billion. Reaching other specified nutrition targets would save:
 - Over 120,000 children under 5 years from death if stunting is reduced
 - Over 800,000 children from irreversible brain damage if maternal iodine deficiency is reduced
 - Over 15,000 women and 72,000 babies from death if maternal anaemia is reduced
 - Over 20,000 infants from death if birth weight increases
 - Over 85,000 infants from death if optimal breastfeeding increases
 - Over 101,000 children under 5 years if vitamin A status improves

Source: FANTA and the Office of the Prime Minister of Tanzania. 2014. *Reducing Malnutrition in Tanzania: Summary of Tanzania PROFILES 2014 Estimates*. Dar es Salaam: FHI 360/Food and Nutrition Technical Assistance III Project (FANTA) and the Office of the Prime Minister.

What can you do?

In each region, invest at least TZS 1,000 per child under 5 in proven nutrition interventions for mothers, young children and adolescent girls. Include actions to improve nutrition from the health, agriculture, water, community development, education and social welfare sectors in regional/district plans, as guided by the National Multi-sectoral Nutrition Action Plan. Take nutrition seriously—it is critical for national health and economic development for individuals, communities and the entire nation.



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