

## Nutrition International - Tanzania - Maternal Newborn Health and Nutrition (MNHN) Program - Breastfeeding promotion and/or counselling - Lactating women (LW)

Programme: Nutrition International - Tanzania - Maternal Newborn Health and Nutrition (MNHN) Program

### Programme Data

#### Programme Description

Pregnancy and the postnatal period are critical times for ensuring the health and wellbeing of women and their children. Anaemia during pregnancy is common and can have serious consequences for both mother and child, including increased risk of low birthweight and preterm birth, as well as maternal and perinatal mortality.[1&2] Iron deficiency is a major cause of anaemia among pregnant women.[3] Iron requirements increase substantially during pregnancy and it is difficult to meet these needs with food alone. Based on evidence of reduced risk of anaemia, iron deficiency and other adverse outcomes including having a low birthweight baby, WHO recommends daily iron and folic acid (IFA) supplementation throughout pregnancy.[4] This is in addition to a series of other recommendations for nutrition interventions as part of antenatal care for a positive pregnancy experience and other important maternal and child outcomes.[4]

Optimal care and feeding of newborns helps ensure babies survive and sets the stage for healthy growth and development. For example, initiating breastfeeding within the first hour of life, as recommended by WHO[5&6], increases the likelihood of exclusive breastfeeding and reduces the chance of newborn illness or death [7]. The newborn period, which is the first 28 days of life, is the most vulnerable time in a child's life, and accounts for almost half (46%) of the total deaths in children under five years of age [8]. Fortunately, many of these deaths are preventable through evidence-informed, low-cost care, such as supporting mothers to start breastfeeding soon after birth, which can be delivered even in resource-limited settings.

Nutrition International works in collaboration with government and other partners to improve maternal and newborn health and nutrition (MNHN) through enhancing the provision, quality and integration of health and nutrition services and empowering women and their families to seek care and adopt healthy behaviours.

Nutrition International contributes to improving MNHN in Tanzania by:

- Collaborating with the Ministry of Health, Community Development, Gender, Elderly and Children (MOHCDGEC) to increase antenatal care (ANC) quality and attendance and the provision and consumption of IFA supplements, as well as a package of care for women and newborns at delivery and in the postnatal period.
- Promoting an enabling environment through advocacy among key decision-makers for commitment to MNHN.
- Providing technical assistance.
- Capacity-building of health care workers, through training, supportive supervision and provision of job aids.
- Developing and implementing a behavior change communication strategy.
- Supporting program monitoring and assessment, and use of this information to inform decision-making.

This work is in partnership with MOHCDGEC (including the Tanzania Food and Nutrition Centre, Medical Stores Department and Tanzania Food and Drug Authority), the President's Office, Regional Administration and Local Government, Local Government Authorities, and Amref Health Africa. This project supports implementation in districts in Mwanza Region (Nyamagana, Kwimba, Sengerema and Buchosa) and four districts in Simiyu region (Bariadi District Council, Bariadi Town Council, Maswa and Meatu). NI has supported MNHN programming in Tanzania since 2016 and continues to do so.

Although this section describes MNHN, wherever possible, Nutrition International's work in Tanzania follows a comprehensive and integrated approach, with a strong focus on the first 1000 days, from pregnancy through 2 years of age.

#### Program type

Community/sub-national

#### References

1. Allen, L. H. (2000). Anemia and iron deficiency: Effects on pregnancy outcome. *The American Journal of Clinical Nutrition*, 71(5).

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2. Black, R. E., Victora, C. G., Walker, S. P., Bhutta, Z. A., Christian, P., Onis, M. D., . . . Uauy, R. (2013). Maternal and child undernutrition and overweight in low-income and middle-income countries. *The Lancet*,382(9890), 427-451. doi:10.1016/s0140-6736(13)60937-x
3. WHO. The global prevalence of anaemia in 2011. Geneva: World Health Organization; 2015.
4. WHO. (2016). *WHO recommendations on antenatal care for a positive pregnancy experience*. (Rep.). doi: <http://apps.who.int/iris/bitstream/handle/10665/250796/9789241549912-eng...>
5. WHO. (2017). *Protecting, promoting and supporting breastfeeding in facilities providing maternity and newborn services: Guideline* (Rep.). doi:<http://apps.who.int/iris/bitstream/handle/10665/259386/9789241550086-eng...>
6. WHO. (2018). *WHO recommendations: Intrapartum care for a positive childbirth experience*(Rep.). doi: <http://apps.who.int/iris/bitstream/handle/10665/260178/9789241550215-eng...>
7. NEOVITA Study Group. (2016). Timing of initiation, patterns of breastfeeding, and infant survival: Prospective analysis of pooled data from three randomised trials. *The Lancet Global Health*,4(4). doi:10.1016/s2214-109x(16)00040-1
8. United Nations Inter-agency Group for Child Mortality Estimation (UN IGME), ?Levels & Trends in Child Mortality: Report 2017, Estimates Developed by the UN Inter-agency Group for Child Mortality Estimation?, United Nations Children?s Fund, New York, 2017.

For more information:

- <https://www.nutritionintl.org/what-we-do/by-programs/maternal-newborn-he...>
- <https://www.nutritionintl.org/about/contact-us/>

## Implementing organisations

- Government
  - Cabinet/Presidency
  - Health
  - Sub-national
  - Details:  
more  
Ministry of Health, Community Development,  
Gender, Elderly and Children, (MOHCDGEC)  
Regional Administration and Local Government  
Local Government Authorities
- International NGOs
  - Nutrition International
  - Other
  - Details:  
more  
Amref Health Africa

## Funding sources

- Bilateral and donor agencies and lenders
  - Canadian International Development Agency (CIDA)

## Action data

Start date  
Country(ies): United Republic of Tanzania  
Topic: Breastfeeding promotion and/or counselling  
Target group: Lactating women (LW)  
Pregnant women (PW)

**Typical problems**    **Solutions**

## Other actions from same programme

Nutrition International - Tanzania - Maternal Newborn Health and Nutrition (MNHN) Program - Iron and folic acid supplementation - Pregnant women (PW)

Nutrition International - Tanzania - Maternal Newborn Health and Nutrition (MNHN) Program - Nutrition counselling - Lactating women (LW)