



## TANZANIA

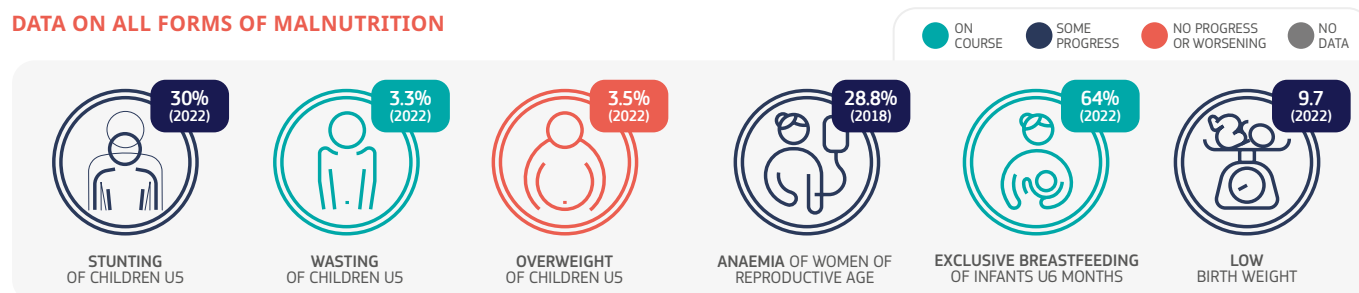
### Nutrition situation in Tanzania

#### AT A GLANCE

The United Republic of Tanzania has an estimated population of 65.5 million people<sup>1</sup> with an urban population growth rate of 5.2% per year, one of the highest in the world. Agriculture accounts for around 24% of GDP and 64% of the labour force<sup>2</sup>. Over the past 15 years, Tanzania has sustained relatively high economic growth and a reduction in poverty. During this period, the country has made considerable progress in the fight against child malnutrition with a steady reduction in the prevalence of stunting while maintaining low levels of wasting and overweight. However, these improvements, often derived from better access to health and

education services, principally benefit the wealthier population. More than 3 million children under-five remain stunted, principally in poorer households, attributable to maternal malnutrition, low quality of health care, poor hygiene and inadequate infant feeding practices (the latter also observed in wealthier households). Furthermore, the prevalence of overweight is a growing problem especially among women of reproductive age<sup>3</sup>. The level of gender inequality is also a concern and has negative implications for nutrition. Tanzania has a Gender Inequality Index value of 0.56 and is ranked at 131 of 166 countries in the 2023-24 index.

#### DATA ON ALL FORMS OF MALNUTRITION



The data reported in the 2023 EU Nutrition Country Profiles is drawn from the UNICEF/WHO/World Bank Joint Child Malnutrition Estimates and the Global Nutrition Report (GNR).

#### NUTRITION GOVERNANCE

- Tanzania joined the Scaling Up Nutrition movement in June 2011.
- Tanzania's National Multisectoral Nutrition Action Plan (NMNAP I) 2016-2021 has been succeeded by the NMNAP II 2021/22-2025/26 which adopts a systems approach to address nutrition through the lifecycle. The plan has a common results, resource mobilisation strategy and accountability framework.
- A high-level steering committee for nutrition was created in July 2012 under the Prime Minister's Office. A multi-sectoral nutrition technical working group supports the functioning of the committee, chaired by the Director of the Tanzania Food & Nutrition Centre within the Ministry of Health & Social Welfare.
- Nutrition issues have been incorporated into the Agriculture Sector Development Programme and the Productive Social Safety Net to promote nutrition-sensitive actions.
- Tanzania has also established a parliamentary group on nutrition which has an action plan for advocating for nutrition through parliamentary activities.
- Fortification of maize and wheat flour, salt and oil have been mandated since 1975, 1993 and 2011, respectively. Compliance has been very poor because most of these foods, except wheat flour, are processed in non-registered small enterprises. It is illegal for unregistered businesses to fortify their products.

#### Example of EU support

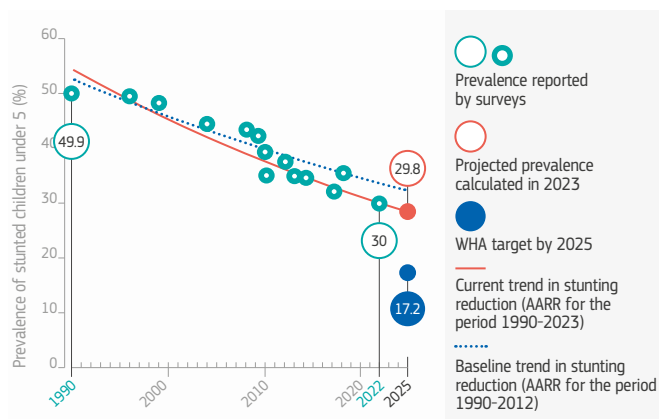
'AGRI-CONNECT: Supporting value chains for shared prosperity' is the EU flagship programme in sustainable agriculture (2018-2024, EUR 100 million, EUR 25 million for nutrition). It aims to improve rural livelihoods through tea, coffee and horticulture value chains by promoting job creation, income generation and better nutrition.

Nutrition has been mainstreamed by emphasising expansion of the availability, accessibility and consumption of nutritious foods, particularly for women and children. Accompanying awareness-raising campaigns foster behavioural change, especially in areas with high prevalence of child and maternal malnutrition and poor dietary diversity.

NGOs supporting approximately 150 000 smallholder farmers are working to introduce kitchen gardens, multiply healthy cooking demonstrations and promote behavioural change, so that pregnant women, infants and young children obtain a richer and more diversified diet. NGOs are working to sensitise communities on nutrition needs and to influence decision-making processes and family dynamics.

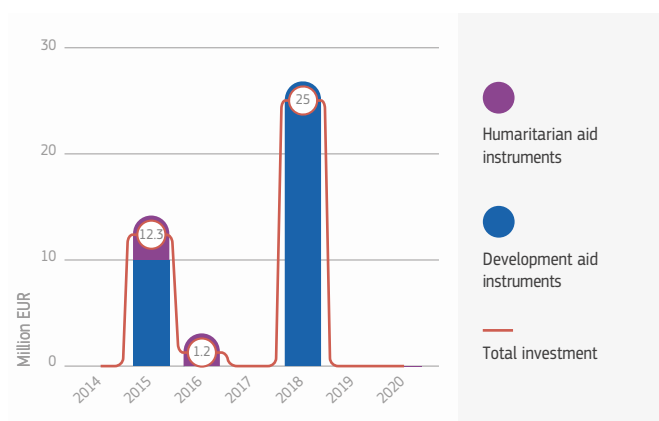
FAO is running a national campaign on healthy diet and traditional nutritious food, geared towards urban areas and youth. In 2022, the campaign LISHE BORA NI MTAJI (Better nutrition is an investment) reached 14 million people.

## Progress on the two EU pledges for nutrition



## TREND, PROJECTION AND TARGETS IN THE PREVALENCE AND NUMBER OF CHILDREN (U5) STUNTED

Through the National Multisectoral Nutrition Action Plan II, Tanzania has made a national commitment to reduce stunting from 31.8% to 24% by 2026. The country has made good progress in reducing stunting prevalence since the 1990s, but the number of children stunted has increased due to high population growth. The rate of decline in the number of children stunted has accelerated slightly from 1.37% in 2012 to 1.74% in 2022. However, even if this is maintained, it is likely that Tanzania will not meet its national stunting reduction target. Over 3.3 million children are expected to be stunted in 2025, despite the decrease in prevalence of stunting.



## EU FINANCIAL COMMITMENTS TO NUTRITION BETWEEN 2014 AND 2020 – A TOTAL OF EUR 38.5 MILLION

The two main EU commitments to nutrition during this period were the Support to Food Security and Nutrition in Tanzania, implemented by the World Food Programme and Save the Children in Dodoma and Singida regions (EUR 10 million) between 2016 and 2021 and AGRI-CONNECT: supporting value chains for shared prosperity (EUR 100 million, of which EUR 25 million for nutrition). AGRI-CONNECT started in 2018, although nutrition activities began in earnest in 2020/21 and will continue to 2024. No additional financial commitments have been made in 2021-2022<sup>4</sup>.

## Planning for nutrition 2021-2027

At the [Tokyo Nutrition for Growth \(N4G\) Summit 2021](#), and as listed in the [N4G Compact](#) and its [Annex](#), the Government of Tanzania committed to raise the full USD 279.3 million budget, in collaboration with its partners, for implementation of NMNAP II to reach its targets. These include increasing the proportion of children 6-23 months who consume a minimum acceptable diet to 50%, reducing the prevalence of anaemia among women (15-49 years) to 23%, the prevalence of low birth weight to less than 5% and the prevalence of stunting among children aged 0-59 months to 24% by 2026.

Tanzania's [Pathways for sustainable food systems 2030](#) for the 2021 UN Food Systems Summit, recognises that 'Tanzania food systems have to address the triple-burden of undernutrition-overweight/obesity-hidden hunger (micronutrient deficiency), particularly among the poor and vulnerable in both rural and urban areas'. Its vision is, 'by 2030, all Tanzanians will have access to healthy diets and safe food, addressing all forms of malnutrition. Sustainable food systems will nourish the United Republic of Tanzania's (URT) population'.

Nutrition forms part of the 360-degree approach of the EU's Global Gateway. Team Europe Initiatives<sup>5</sup> (TEI) include Blue Economy, Sustainable Cities and Governance. The Blue Economy targets coastal areas with a focus on sustainable management of natural resources, environmental protection, biodiversity, job creation, livelihoods, empowerment of women and youth – all of which are conducive to better nutrition. In particular, the promotion of biodiversity in coastal areas has the potential to produce more diverse and nutritious foods (particularly high-protein fish products) within Tanzania's domestic markets. This provides opportunity to link effectively with the support to nutrition-sensitive value chains supported through AGRI-CONNECT (see example of EU support). The TEI on Sustainable Cities is looking at improving transport management and reducing pollution, better education and job creation for youth and women, and enhanced urban management. Here there are opportunities to invest in better water and sanitation facilities for urban poor households. The TEI on Governance focuses on access to justice, transparency, civic space and human rights, including support for women's and youth social empowerment. This links with the importance of providing regular and predictable social protection to people who are vulnerable to multiple risks (including COVID-19), to help build resilience at household level and reduce the need to resort to coping strategies. When effectively designed, social protection can accelerate progress in ending malnutrition by improving diets, increasing access to basic services and stabilising household income.

1 - United Nations, Department of Economic and Social Affairs, Population Division (2022). [World Population Prospects 2022](#). Population estimate 2022. Note that a National census carried out in 2022 in Tanzania recorded the population as slightly lower, at 61.741 million

2 - World Bank Data 2022

3 - Tanzania National Nutrition Survey 2018.

4 - Data in this section excludes some regional, global and policy/research/information commitments that could not be disaggregated by beneficiary country. The European Commission applied the methodology of the SUN Donor Network for nutrition resource tracking 2014-2020.

5 - Team Europe actors are Finland, France, Germany, Ireland, Netherlands and Sweden