

# Health and Family Planning Overview

## TANZANIA



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Population:	37.2 million (BUCEN 2000)
Infant Mortality Rate:	99 (DHS 1999)
DPT3 Coverage:	81%, children 12–23 mos. (DHS 1999)
Nutrition:	43.8% stunting, children 0–59 mos. (DHS 1999)
Total Fertility Rate:	5.5 (DHS 1999)
Maternal Mortality Ratio:	529 (DHS 1996)
Contraceptive Prevalence Rate:	15.6%, all women, modern methods (DHS 1999)
Adult HIV Prevalence:	7.8% (UNAIDS 2001)
Current Living AIDS Orphans:	810,000 (UNAIDS 2001)
Demographic and Health Surveys:	1992, 1994 (KAP), 1995 (in depth), 1996, 1999 (Reproductive and Child Health Survey)
Multi-Indicator Cluster Surveys:	1996

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### Country Profile

Tanzania held multiparty elections in October 2000 and re-elected Benjamin Mkapa, the incumbent, to his second and last five-year term. Under President Mkapa, the government has loosened fiscal policies, embraced Western-style economics, privatized many public companies, and increased foreign investment. The country also achieved macroeconomic stability, resulting in its designation as a Heavily Indebted Poor Country. This renders Tanzania eligible for debt relief and enhances the potential for sustained growth and poverty reduction. The health sector is undergoing reform and decentralization. To enhance these efforts, donors have formed a sector investment program to complement government funding, including earmarked district health grants. USAID is part of this program through its systems and program support for reproductive health, child health, and HIV/AIDS activities.

**HIV/AIDS in Tanzania.** HIV/AIDS is placing great pressure on Tanzania's work force and national health system. Young adults ages 15 to 24 account for 60 percent of new HIV infections but only 20 percent of the population. By 2010, AIDS will increase the crude death rate by more than half from its 1990 level, and infant mortality is expected to be at least 16 percent higher by 2015 than it would have been without AIDS. The epidemic affects the overall health system – research from the 1990s found that annual average medical costs per employee in six businesses increased more than threefold because of AIDS. The government has launched the Tanzanian Commission for AIDS (TACAIDS) and its National AIDS Policy, which reflects the strong commitment from President Mkapa that HIV/AIDS is a top government priority.

### USAID Strategy

Improved governance and enhanced collaboration between the public and nongovernmental sectors to improve the well-being of Tanzanians are the interrelated themes of USAID/Tanzania activities. The Mission follows a strategic plan for 1997–2003 with the goal of promoting broad-based sustainable economic growth. In partnership with the Ministry of Health, TACAIDS, the President's office, regional administrations, and local governments, the Mission's health program focuses on promoting partnerships between the public and private sectors (including linkages between health and democratic governance programs) and improving the quality of health services.

**Strategic Objective:** Increased use of family planning, maternal and child health, and HIV/AIDS preventive measures

### Intermediate Results:

- Improved policy and legal environment
- Increased demand for specific quality services
- Increased availability of quality services

### Major Program Areas



**HIV/AIDS.** Significant investment is targeted in five major areas: 1) access to and use of voluntary counseling and testing (VCT); 2) behavior change focusing on youth through various media outlets, social marketing of condoms, and information, education, and communications activities; 3) support for national leadership and management through improved structures, advocacy campaigns, and public/private partnerships; 4) logistics and supply of essential HIV and other health commodities; and 5) community-based programs for HIV prevention and provision of supplies, school fees, and emotional care for AIDS orphans and families and individuals affected by AIDS. The formation of TACAIDS should enable the country to scale up a national multisector response to HIV/AIDS and allow USAID to continue to lead multisector donor collaboration.

**Health and Family Planning.** As part of an integrated approach, the Mission supported the development of a national essential health package for reproductive and child health. The package aims to strengthen antenatal care and address increasing infant and neonatal mortality rates through tetanus toxoid vaccinations, support for breastfeeding, and adoption of the new National Malaria Policy, which has replaced chloroquine with sulfadoxine-pyrimethamine in its presumptive treatment program for pregnant women. The Ministry of Health has also adopted the “performance improvement approach” to identify and solve root problems constraining service delivery, including provider skills, supervisory support, customer satisfaction, supplies, and incentive systems. The Mission continued to provide leadership in coordinating contraceptive procurement and integrating distribution of contraceptives into the national logistics system. Social marketing products include oral contraceptives and insecticide-treated bed nets.

## Results

- Nearly 6 million children under age 5 received two doses of vitamin A.
- 1.2 million children under age 5 received polio vaccine, and 3.6 million received one dose of measles vaccine.
- Contraceptive couple-years of protection exceeded targets by 20 percent, although there was a decline because of commodity supply problems.
- USAID played a crucial role in promoting a vastly improved policy and political environment, including establishment of TACAIDS, approval of the National AIDS Policy, and formation of the Tanzania Parliamentarian AIDS Coalition.
- “Ishi,” the first multimedia campaign directed at young people to promote sexual health and condom use, was launched.
- Access to HIV/AIDS VCT services improved through expanded VCT sites and a new VCT training and information center.
- To alleviate chronic shortages of HIV/AIDS-related commodities, the DELIVER project provided field-level support to integrate management of these commodities into the overall logistics system for essential drugs.
- With continued support in the commercial sector, social marketing condom sales reached 20 million, representing 50 percent of all condoms distributed in Tanzania.

## Major Implementing Partners

USAID/Tanzania’s partners in implementing population, health, and nutrition activities include Population Services International, CARE, Africare, AMREF, EngenderHealth, the Futures Group International, INTRAH/the University of North Carolina, JHPIEGO, the Johns Hopkins University Center for Communication Programs, Macro International, Management Sciences for Health, and John Snow, Inc.



*This USAID Health and Family Planning Overview was prepared for the Bureau for Africa, Office of Sustainable Development, by the Population, Health and Nutrition Information Project (PHNIP). Questions and comments can be directed to PHNIP ([info@phnip.com](mailto:info@phnip.com)).*

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