



*"Fighting Poverty Building Economy/
Piga Vita Umaskini Jenga Uchumi"*

Community Support Initiatives – Tanzania (COSITA)

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MWANZO BORA NUTRITION PROGRAM BECOMES A KEYSTONE FOR CHANGING COMMUNITIES MINDSET ON DIETARY INTAKE FOR PREGNANT WOMEN: CASE OF JULIANA PETRO-NG'ORAT VILLAGE-GIDHIM WARD.

Mwanzo bora nutrition program has been in place for two years now in Mbulu District council aiming to eradicating anemia to both pregnant women and lactating mothers as well as childhood stunting by mobilizing women during pregnancy to make early visit to RCH and using Fefo during pregnancy and until three months after delivery, also taking in diet from animal sources that are rich in ingredients of iron completing with fruits and vegetables that facilitates absorption of iron nutrients to the body.

It has been a long time history from our ancestor's prohibiting pregnant women to eat food stuffs that are rich in protein like eggs, meet under wrong assumptions that could lead to unnecessary complication during delivery or a child may be born bold headed

This case still exists in some communities regardless of many interventions that have been taken by the government and other stakeholders, changes in levels of illiteracy as a result of availability of schools, churches, mosques and also trends of changes outdo by globalization, so that this beliefs should no longer exist. As the implementation of Mwanzo Bora nutrition programs is ongoing project team in collaboration with communities health workers in Ng'orat village found a different scenario that is "pressure from parents and closest friends" on the types of dietary intake that could be taken by a pregnant women as what our fore fathers does. This scenario happens to **Julian Petro** a mother of four children aged 29 years she was pressurized by her closer friends and her husband's mother not to eat fruits with the assumption of complication during delivery but when Julian was pregnant for her fifth child is when she was visited by community health worker for her

village and informed about the types of food stuffs recommended for a pregnant women and Julian agreed and refuses to follow what her surrounding communities has been advising her.



Julian was visited by CHW on 19th of February 2015 when her pregnancy was of sixth months, CHW saw her feet swollen and she said I used to fill dizziness in most cases, then was advised to get immediate check up of her hemoglobin status and she was advised to take Fefo after being offered from dispensary and food stuff from

animal sources.

“Mama mkwe na marafiki zangu wa karibu walikuwa wananikataza kula matunda na nyama wakati wa ujauzito wangu kwa hofu kwamba nitajifungua kwa shida kwani mtoto atakuwa mkubwa, Mtoa huduma alitusikilizisha redio majirani na mama mkwe akiwepo hivyo tukaungana kusikiliza na kufuata ushauri uliopkuwa ukitolewa na wale wailorekodiwa, kitu cha tofauti nilichokiona ni kuwa miguu yangu ilikuwa imevimba na pia nahisiki kizunguzungu muda mwingi”. baada ya kushauriwa na mtoa huduma wa afya nilizingatia ushauri tuliopewa na mtoa huduma kuhusu ulaji wa vyakula vya kuongeza damu pamoja na ulaji wa matunda hii ilinisaidia nikajifungua salama mtoto wetu Edward anaendelea vizuri tutaendelea kufuata ushauri wa mtoa huduma.

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PROPER ANTENATAL CARE REDUCES RISK OF MATERNAL ANEMIA

Maternal anemia is a common problem during pregnancy, particularly in developing countries which increases the risk of maternal death. The situation faced Maria Wilson, a pregnant woman aged 28 years old, a resident of Haydom ward; she is pregnant for about eight (8) months now, she started attending antenatal care for the period of four (4) months pregnancy, whereby she was tested for hemoglobin and found with 7.2 g/dl hemoglobin which is low for pregnant woman.

Maria was luck to be visited by one of the Community Health Worker (CHW) for Haydom village when visiting beneficiaries' households, few days after Maria been found with low hemoglobin level. Maria enlighten to CHW her anemia condition, after understanding the Maria's scenario then CHW advised her to consider taking in iron rich food stuff such as meat, fish, eggs and some locally available food like green vegetables, fruits and fruits juices such as rosella as well as taking in FeFo₂ tablets daily after meal during the bedtime as advised at the clinic, in addition she was also advised to abstain taking in food with caffeine as may impede iron absorption.

Maria started taking in iron rich food as she was advised and continued attending clinic, while Community Health Worker (CHW) was taking time to visit and insist her to continue taking in FeFo₂ as well as iron rich foods. When her pregnancy was about eight (8) months (after four months of considering the above advice) she tested again her hemoglobin status and found with 11.8 g/dl which is normal to a pregnant woman.

Women are encouraged to join peer support groups (PSGs) so that they can easily be reached by Mwanzo Bora Initiatives rather than waiting at their households to be visited by CHWs as they are fewer compared to community they serve.



"Nawashukuru sana watu wa mradi wa Mwanzo Bora kwa jinsi walivyonisaidia kuokoa maisha yangu baada ya ushauri wao wa kutumia vyakula vinavyoongeza damu kama vile Rozela pamoja na vidonge vya kuongeza damu, ushauri wao umenisaidia sana kuongeza damu kutoka 7.2g/dL hadi 11.8 g/dL, nawashauri wanawake wenzangu wajiunge na vikundi shirikishi ili waweze kupata msaada"

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SBCC INCREASES MEN'S PARTICIPATION IN RCH SERVICES IN CUSHITIC COMMUNITIES

Lack of men participating in RCH services is common among the Cushitic communities, since they believe that it is the women's responsibilities to do so, MMBNP intervened through SBCC to change the situation. This is evidenced by Mr. Justine's case that was unintentionally conservative due to lack of proper information about the importance of attending RCH services alongside his couple.

Mr. Justine Safari 30 years old and his wife Maria 28 years old living at Titiwi village in Mbulu District, their family was among the beneficiaries of Mbulu Mwanzo Bora Nutrition Project. They are Pear support Group's (PSG's) members, the group served by Mr. Charles Panga a CHW from same village. After being visited at their household by CHW, they were brainstormed on maternal, nutritional and health related issues intervened by MMBNP and there after he (CHW) invited them to attend a PSG's meeting at their hamlet. During the PSGs meeting, they were imparted with knowledge on the importance of men to accompany their wives during the clinics and child care; they were emphasized to perform domestic chores during pregnancy and after delivery and feeding children. Mr. Justine safari after attending PSG's meetings became aware, and admitted that most of men are not taking care of their couples and children; hence he committed himself to help his wife, taking care of children and changed his mind set to ignore poor beliefs that oppress women in community.



Pictured is Mr. and Mrs Justine Safari, with their child named Samson Justine, one month old, they were on the way to clinic at Gehandu Dispensary. He told us how much he and his family feel joy and love unlike the previous situation whereby his wife have been attending clinic herself. Coated here below is his conversation in Swahili.

“Awali ya yote nawashukuru sana wote walioshiriki kuleta mradi huu wa Mwanzo Bora kijijini kwetu hasa shirika la COSITA. Kupitia wahudumu wa afya wa kijiji nimepata elimu ya lishe kwa ujumla na kikubwa zaidi kilichonifurahisha ni hili la kuhamasisha wanaume kushiriki kikamilifu kuhudhuria kliniki na wake zao. Kwa hiyo mimi binafsi nimehamasika na kwa sasa huwa ninahudhuria kliniki na mke wangu, nimeanza kuhudhuria kliniki tangu mke wangu alipokuwa mjamzito wa miezi sita na hata baada ya kujifungua mtoto. Kwa ujumla sina mpango wa kuacha kufanya hivo japo sikufanya hivi kwa siku za nyuma ni kutokana na uelewa mdogo. Nawashauri wanaume wenzangu kukubali kwenda kliniki na wake zao ili wapate kujua vizuri afya zao na za wake zao pamoja na za watoto wao ili wakapate matibabu yaliosahihi na kurudisha upendo wa hali ya juu kwa familia zao”.



He was very thankful to Mwanzo Bora as whole, and the community surrounding has gradually started changing from their taboos since the Cushitic tribe have no tendency of taking care of their families as they consider it as women’s responsibilities

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Savings and Lending Groups Became More Helpful for individual and Community a Case of Paschali in Bulu District

SOCITA introduce the idea of establishing Lending and Savings groups known as (SILC) this idea became more successful and helpful to the community the aim of Organization is to bring people together especially in gender issues as our Organization strategy to ensure gender equality this are implemented though projects implemented in the organization as cross cutting issue in the country and worldwide nations at all they fighting for equality, were sure as Organization on that way people may raise their income and no any kind or principles that prohibit both sex to participate in all aspect of development that became true now we have 30 groups all groups have 30 members, those groups after divided their profit started small business and apart from that through people joining to the groups were reach to meet Organization target on nutrition project implemented in Mbulu District the concern isto deliver nutrition subject for man and women to meet with man became as challenge through established groups this problem get real solution still now were in sensitization to form more groups it's our desire to forms savings and lending groupsto whole projectareas, there are many successtranspire through savings and lending groups after groups divided their shares I tried to trace the single story of PaschaliLuli as follow....

Mr. paschaliinMbulu Districthave 35 years old achieved to edifice the pig hart as a project have 5 pigs he make it possible it's so fantastic he was spend almost 700,000/= Tshafter getting her money in the group that is what he planed early in January this year after joining to the group they planned as an individual to grown up economically through saving and lending group.



The picture behind show the pig hart as small business established at ayamaami in mbulu district and the one who stand the front is Mr. Paschal Lulihe makes it possible through saving and lending groups

Prepared by

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END



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MWANZO BORA NUTRITION PROGRAM SAVED FLORA'S AND HER CHILD'S LIFE

A lot of maternal death incidences in Africa specifically Tanzania are due to anemia and this incidence faced flora Damian, A 28 years old woman with one child, when she was pregnant at seventh month of her pregnancy she visited RCH where she was found with low Hemoglobin of 6.9.

One day Flora was visited by one of the Mbulu Mwanzo Bora Nutrition Project home based care providers (HBC) from Sanu baray Ward, she was asked whether she attended clinic or not, her response was that she attended the clinic, since she was pregnant the HBC advised her to test Hemoglobin of which she was found with acute low hemoglobin of 6.9 which is very risk to a pregnant woman.

As far as she was found with such a problem she was advised to consider taking in some foods rich in iron like green vegetables, fruits including rosella as well as taking in FeFo₂ tablets as advised during the clinic, also abstaining taking in foods stuffs with caffeine as may affect absorption of Iron. She was also insisted to take in FeFo₂ tablets after meal during the bedtime to avoid complication caused by it like vomiting and nausea.



Flora explaining how MWANZO BORA PROGRAM saved her life

"Nawashukuru sana watu wa mwanzo bora walivyonisaidia kuokoa maisha yangu baada ya ushauri wao wa kutumia vyakula vinavyoongeza damu kama vile Rozela pamoja na vidonge vya kuongeza damu, ushauri wao umenisaidia sana kuongeza damu kutoka 7.9 hadi 13.2"

"Millions of thanks to MWANZO BORA PROGRAM for serving my life as they advised me

In the above picture is Flora Damian, a 28 years old woman with her child when visited by one of COSITA Staff to her household explaining on how Mwanzo Bora Program saved her life.


She was visited again after attending the clinic where she was advised by nurses to take in (FeFo₂) tablets and hemorvit to boost hemoglobin, after testing two weeks later her hemoglobin was increased to the rate of 7.9. When taking in tablets she continued taking in food stuffs rich in iron like fruits, green vegetables, animals sources food like meat and fish and reduced taking in coffee, tea and juice with cola ingredients which usually reduces the absorption of iron nutrients in the body, taking in diet from at least five a group of food for balanced diet led to good results of her hemoglobin.

She continued attending clinic while community health workers were taking time to visit and insist her to continue taking in FeFo₂ as well as rosella juice, "I bought one kilogram of rosella, prepared its juice and have been taking in three times a day i.e. one glass after meal" she added. As she tested hemoglobin later, she was found with hemoglobin of 13.2 before delivery, she was very glad and thanks a lot Mwanzo Bora Program for the assistance she gets.

END

Tanzania

It Takes a Village—and Civil Society— to Nourish a Child in Tanzania

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At 23 months old, Lucy Buoy weighed 11 pounds—just half the normal weight for a child of her age. Within only 2 months, however, her weight doubled, thanks to a Feed the Future-supported program run by a civil society organization that focuses on nutrition during the 1,000 days between a woman's pregnancy and her child's second birthday.

Lucy, though she had no other health conditions, was prone to illness because she was undernourished. The Community Support Initiative-Tanzania (COSITA) was called in to help after being notified that Lucy was not well.

COSITA works with Africare's Mwanzo Bora Nutrition Program, which receives Feed the Future support, to improve the nutritional status of children and pregnant women. The organization actively works with village, ward and other community leaders to solicit input on local needs and appropriate interventions. One of the program's primary objectives is to reduce the rate of childhood stunting in five regions of Tanzania, including the Manyara region where Lucy and her mother, Zawadi Paulo, live.

The program helps mothers to adopt a range of sound nutrition practices. These include exclusive breastfeeding, the use of vitamin A and iron-folic acid, home gardening, small livestock rearing, complementary food preparation and use of tippy taps, an outdoor handwashing device, for hygiene purposes.

Zakaria Msumari, a nutritionist for COSITA, assisted Lucy's family by visiting Paulo at home. "The

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mother did not have enough knowledge on infant and young child feeding,” he said. Together, the two decided to take Lucy to the hospital to be treated for wasting. There, Msumari continued providing information to Paulo.

“I visited Paulo every day to cover the knowledge gaps on nutrition that I observed during our prior conversations,” Msumari said. His advice included better food preparation methods and improved hygiene, which can help reduce recurrent diarrhea in children.

“I educated the mother on how to prepare her child’s food and feeding frequency,” he added.

Msumari also linked Paulo to a community health worker trained by Africare, who conducted home visits to provide additional one-to-one education on child health. The health worker stressed good nutrition and the importance of getting a child to the clinic on time.

Paulo said, “I followed their advice, and my child is doing well now, unlike in the past.” She continued, “I am very grateful for the assistance from the Mwanzo Bora project for their services that helped to save my child’s life.”

COSITA is helping children just like Lucy all over the region. The group has already reached nearly 4,570 children, and it is now working with four other civil society organizations to reach 5,150 in a single year.