

SCHOOL HEALTH PROGRAM POLICY AND STRATEGIC PLANS PERSPECTIVES ON ADOLESCENT NUTRITION

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GLOBAL OVERVIEW

- ▶ 1.2 Billion are adolescent aged 10-19 equivalent to 16% of the world's population majority live in developing countries (UNICEF data, 2016)
- ▶ Sub Saharan Africa is the region where adolescent make up the greatest proportion of the population (23% aged 10-19yrs) – UNICEF, 2016
- ▶ The nutritional status of adolescent is critical for their immediate and future health, there wasn't enough attention and resources (WHO, 2018)
- ▶ Apparently, adolescent nutrition is gaining attention among others Global Actions on Adolescent Nutrition which include:
 - ✓ Effective action to improve adolescent nutrition – WHO, 2018
 - ✓ The global strategy for women's children's and adolescents' health SDG 2016-2023.



TANZANIA CONTEXT

- ▶ In Tz adolescent accounts for 19% of the total pop. (NBS, 2018);
 - ✓ 10-14yrs - 5,625,848; = 10.4%;
 - ✓ 15-19yrs – 4,466,674.
- ▶ Childhood and adolescent period is largely spent at school, thus school environment has significant contribution to improving well-being and competence.
- ▶ School systems is ideal to reach children & adolescents with health/nutrition interventions.
- ▶ Schools provide ideal ground to communicate messages to influence behavior change
- ▶ Good health and nutrition can boost school attendance and educational achievement.



A: NATIONAL SCHOOL HEALTH POLICY

- ▶ School Health implementation is guided by policy guidelines (2018) and strategic plan (2018-2023)
- ▶ Housed at the Ministry of Health but jointly implemented with Ministry responsible for Education and Local Government.
- ▶ Working tools have to be approved jointly.
- ▶ There are many partners engaged including PCI, NI, WHO, FAO and WFP mainly providing technical support.
- ▶ The policy guidelines has policy statement related to School Nutrition focused on combating hunger, malnutrition improve nutrition education, attendance, retention promote physical activity, nutrition status of school children and adolescents.
- ▶ It also recognise other nutrition policies that address nutrition issues and advocate for operational research to address the root cause of malnutrition for school children and adolescent



B: STRATEGIC PLAN FOR NSHP (2018 -2023)

- ▶ Developed in 2018
- ▶ Has eleven (11) thematic areas and nutrition is included as among the thematic areas (no. 5)
- ▶ The strategic plan emphasize on integration of the interventions
- ▶ It also emphasize on tools and actions to support effective implementation i.e integrated training guide for school interventions, SoP, capacity building for teachers and food vendors, BMI, develop nutrition indicators and M&E tool and community & health services engagement
- ▶ The implementation plan not fully developed, thus no indicators, mode of verification, targets etc



NUTRITION THEMATIC AREA AS DERIVED FROM THE PLAN

- ▶ Increase knowledge on; nutrition/dietary, healthy eating behaviour, healthy life style, physical activity, NCD, food hygiene
- ▶ School meal to improve attendance and enrolment and address malnutrition.
- ▶ Teachers training on nutrition and anthropometric surveillance (BMI)
- ▶ Involvement of parents/local community for their children/adolescent nutrition and grow nutritious food
- ▶ Engagement of the health services including access to WASH, deworming, micronutrients supplementation, fortification of staple food
- ▶ Training of food vendors around the school on hygiene and nutritional value
- ▶ Develop school based adolescent nutrition indicators and monitoring framework
- ▶ Embed operational and knowledge management



C: NUTRITION FRIENDLY SCHOOL INITIATIVE (NFSI)

- ▶ The program is planning to introduce and pilot the NFSI (5 years)
- ▶ Concept note already developed
- ▶ The aims is to address the double burden of malnutrition by providing enabling environment to educate children & adolescents to adopt healthy lifestyle.
- ▶ It focus on nutrition promotion through a set of coordinated actions and tools.(accredited, evaluation, indicators, standards, community engagement, curriculum)
- ▶ It also link parents, local community and health services.
- ▶ WHO has developed framework only need to be adopted to country context



NFSI OBJECTIVES

- ▶ Provide framework for designing school-based interventions which address the double burden of malnutrition.
- ▶ To systematically address underlying factors through multiple strategies that are part of the existing National Multi-Sectoral Nutrition Action Plan (NMNAP)
- ▶ To engage parents and local community in improving nutrition status of their children and adolescents.
- ▶ Create awareness to the adolescent (in and out of school) on the importance of nutrition, physical activity, health eating behavior for their improved health.
- ▶ Promote nutrition education among community groups close to school premises including food vendors
- ▶ To leverage WASH program and personal hygiene as measure to improve nutrition status.



D: OVERALL CHALLENGES

- ▶ The major challenge is how to operationalize the ideas on improving adolescent and school nutrition
- ▶ How to mobilize resource to:
 - ✓ Engage stakeholders (awareness)
 - ✓ Develop implementation guide and action plan
 - ✓ Develop implementation tools
 - ✓ Pilot the NFSI



KEY PENDING ISSUES FOR JOINT ACTIONS

- ▶ Development of implementation guide with annual action plan.
- ▶ Rise awareness among implementing partners at all levels to gain their support (dissemination of the policy guideline and strategic plan and other tools e.g. integrated training guide for school based intervention).
- ▶ Develop/adapt tools (guides, SoP, indicators, monitoring framework, curricula)
- ▶ Pilot the NFSI and health promoting schools



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