HIV/AIDS Indicators at a Glance

- Total population (2003): 35.4 mil
- Adult HIV prevalence rate (2003-4): 7%
- Estimated number of adults and children living with HIV/AIDS (2003-4): 1.8 mil
- Estimated number of children Orphaned by HIV/AIDS: 2,000,000

Source: TACAIDS

BACKGROUND

The United Republic of Tanzania is comprised of Tanzania and the island of Zanzibar. In 2004, the Ministry of Health estimated the national HIV prevalence rate at 12 percent, with significant regional variation (as high as 11-14 percent in Iringa and Mbeya and Dar es Salaam), while recent UNAIDS data estimates the national prevalence rate at seven percent. In Zanzibar, rates are lower than those in mainland Tanzania, but are steadily increasing. Youth, ages 15-24, comprise 20 percent of the population, but account for 60 percent of new HIV infections, disproportionately affecting young women. Knowledge of HIV prevention is high, but this has translated to little in the way of behavior change and increased condom use.

PATHFINDER’S RESPONSE TO HIV/AIDS IN TANZANIA

Pathfinder began working in Tanzania in 1984 and has since developed a solid experience base with policy makers, service providers, labor organizations, and women's and youth groups. Pathfinder pioneered community-based distribution of Family Planning (FP) information, established a youth center program, supported an adolescent fertility survey and education project for young mothers, and strengthened the institutional capacity of a number of local partners in Tanzania. Its programs foster partnerships with public, private, and Nongovernmental Organizations (NGOs) to decrease the spread of HIV/AIDS, provide care and support to people living with HIV/AIDS and their families, and deliver quality reproductive health services.

- **African Youth Alliance (AYA)/Tanzania**
  Pathfinder recently completed a five-year partnership with PATH and UNFPA to implement activities under the African Youth Alliance (AYA). AYA was funded by the Bill and Melinda Gates Foundation to improve adolescent sexual and reproductive health and reduce the spread of HIV in Botswana, Ghana, Tanzania, and Uganda. Pathfinder was specifically responsible for improving access to Youth-Friendly Services (YFS) and institutional capacity building of implementing organizations. Under the YFS component, AYA worked with 57 clinics in 10 districts of mainland Tanzania and Zanzibar, through 14 implementing partner organizations. Through AYA, facilities were strengthened (through training of service providers and clinic upgrades) and peer outreach programs were begun.

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or expanded to provide young people with youth-friendly sexual and reproductive health information and services especially addressing the vulnerability of youth to sexually transmitted infections and HIV/AIDS, particularly young women.

- **Community Home-Based Care Project**

Pathfinder is conducting a five-year Community Home-Based Care (CHBC) project in Tanzania, funded through a cooperative agreement with the U.S. Centers for Disease Control and Prevention. The project is the continuation of the work begun with funding by an anonymous donor in 2002. Locally, the project is referred to by a Kiswahili name: “Tutunzane,” which means “Let’s take care of one another.”

In the first year of the project, Community Health Workers (CHWs) provided CHBC services in Dar es Salaam and Arusha. Activities will be expanded to several new areas including Tanga, Kilimanjaro, and Morogoro. CHWs were initially trained to provide physical and emotional support to people living with HIV/AIDS and their caretakers. Now they train caregivers and provide referrals to medical facilities, support groups, and other social services. The CHBC program also contributes to prevention efforts by clarifying myths about HIV/AIDS, reducing stigma, and encouraging testing. Strong linkages to health facilities, support networks, and income-generating activities are maintained. Fourteen stakeholders, including the Ministry of Health, community and faith-based organizations, NGOs, and groups of people living with aids, participate in the design and implementation of the program. A total of 321 CHWs and over 7,393 caregivers have been trained by the project, which in its first year served 7,252 patients and made thousands of referrals for services.

- **Prevention of Mother-to-Child Transmission of HIV/AIDS**

Through a sub-award from EngenderHealth, Pathfinder initiated a scale-up of Prevention of Mother-To-Child Transmission (PMTCT) services in three districts of Tanzania: Arumeru, Monduli, and Arusha municipality of the Arusha region. Pathfinder’s objective is to empower women in the region to make voluntary and well-informed decisions about PMTCT, and provide support to these women in implementing those decisions. Sensitization meetings for leaders, CHWs, and Traditional Birth Attendants (TBA) increase awareness of PMTCT services, galvanize their support. Training for CHWs and TBAs, enables them to offer more comprehensive PMTCT services, including distribution of condoms, dual referral for antenatal care and treatment, counseling on safer infant feeding, and care and support.

Pathfinder expects the program to reach 5,000 women with PMTCT messages at the community level, and that home contact will be made with approximately 3,900 families, increasing the number of referrals of woman and infants to health clinics where they will receive valuable PMTCT services. Ongoing care and treatment for the mother, baby, and family (known as PMTCT+), will be emphasized within the program. Integration of CHBC and PMTCT activities, personnel, and services will also be accomplished wherever possible.

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