



Accomplishment Report

2021



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Tanzania Better Health

ABOUT TBH

Tanzania Better Health (TBH) is a non-governmental, non-profit, non-partisan organization registered in Tanzania under the Non-Governmental Act No. 24 of 2002 (Registration number OONGO/R/0926). The organization was founded in 2020 and operates in Tanzania mainland with the headquarters located in Kigamboni, Dar es Salaam.

OUR VISION

TBH envisions to be a national leading innovative non-government organization dedicated to improving the health of citizens of Tanzania.

OUR MISSION

TBH serves the society by empowering and engaging the community and healthcare providers through training, community service, research and policy promotion while partnering with the government and other like-minded stakeholders.

OUR VALUES

Volunteerism
Compassion
Trust
Excellence
Partnership

FOCUS AREA

Health of Women, Children and Adolescents



Children Health Checkup (CHECK) Project

The CHECK project aims at providing free health check-ups for school-aged children accompanied by health education designed especially for children and adolescents.

Health check-ups focus on conditions common in this age group and the Tanzanian context and include skin conditions, nutritional disorders including anaemia, and infections such as malaria and Urinary Tract Infections.

192

School-aged children and adolescents residing in Mikocheni, Dar es Salaam received free health check-ups and health education.

190

School-aged children and adolescents residing in Mikocheni, Dar es Salaam received free health check-ups and health education.



Community Outreach Programme

During the general community outreach programme in the Dar es Salaam region, different community-related health activities were carried out. These included providing free health screening services and providing health education on the prevention of non-communicable diseases and prevention of HIV in particular. These activities were implemented in collaboration with healthcare practitioners, local government authorities, local organisations, and religious institutions, highlighting the importance of multi-sectoral partnerships in addressing community challenges.

40

Residents of Kigamboni Municipality received services during "Mwenge Day" celebrations

97

People of different age groups were served during TOT Bonanza at Kijitonyama, Dar es Salaam

243

Individuals of different age groups were served during health check RIOT Ministry at Sinza, Dar es Salaam

357

People were served during a Medical Mission Outreach at Tegeta, Dar es Salaam





Public Health Education Projects



138

Parents/caregivers of
vulnerable children
received education on
HIV and Child Abuse
Prevention

38

Adolescent girls
received education
on HIV Prevention

TBH joined hands with the Tanzania Assemblies of God (TAG), Dar Calvary Temple in Tabata, Dar es Salaam, Tanzania as well as the Mikocheni Children's centre to provide health education to parents and/or caregivers of vulnerable children including adolescent girls on prevention of HIV and Child Abuse in its various forms. These project activities were largely successful due to involvement of key stakeholders within the community.

Strategic Partnerships



This year, TBH had the honour of participating as an exhibitor at various events organised by local organizations in Dar es Salaam, Tanzania. These were opportunities to build strategic partnerships and collaborations and showcase our work to policymakers and other key stakeholders.

Other Accomplishments

At Tanzania Better Health, we believe in celebrating all victories no matter the size. In our second year of operating we set up social media accounts and launched our official website to increase our reach; recruited new volunteers and improved other office operations to support the running of the organization.



Strengthened Online Presence

TBH launched its website and created social media accounts across different platforms such as Facebook, Twitter, LinkedIn, Instagram and YouTube to increase our reach and support our program activities.



Expanded Volunteer Pool

One of our core values at TBH is the spirit of volunteerism, a truly rewarding experience. We are delighted to have increased our volunteers to over 30 committed and talented youth who have been instrumental in our success.



Operational Achievements

To improve our operational activities, TBH completed the regulatory processes to obtain a bank account and postal address.

Our Reach in Numbers

470

Children

250

Adolescents

1290

Adult Men and Women



CHALLENGES

TBH has made substantial strides toward achieving our vision and mission. However, there are still challenges that require innovation, creativity and collaboration to keep us on track.

01

Medical Equipment and Health Education Facilities

Due to the large number of individuals to be served especially children and women during the outreach programs, the medical equipment and other supplies including health education facilities do not meet the demand.

02

Transport

The organization aims to reach vulnerable groups and those in hard-to-reach areas. The lack of permanent transport methods to reach remote areas has been a huge challenge.

03

Permanent center for TBH activities

Currently, TBH operates in a rental office which is not permanent. Having a permanent center (secured land) dedicated to TBH activities can accommodate needs. This center can also be a potential area for establishing a health facility specialized in the provision of services for women, children and adolescents.

LOOKING AHEAD

In the next year, TBH plans to continue with our existing projects and initiate new projects to reach more women, children and adolescents and contribute to the improvement of their health outcomes.

01

SHORT TERM GOAL

The short-term goal is to reach at least 1,000 women, and at least 1,000 children and adolescents in the coming year, especially in remote areas through the outreach programs.

02

LONG TERM GOAL

The long-term goal is to establish a health facility with specialized services for women, children, and adolescents. The health facility will provide services at a subsidized cost for vulnerable groups. Further, revenues obtained from clients who can afford the services will be channelled towards supporting other TBH community programmes.

ACKNOWLEDGEMENTS

This year's projects consumed huge amount of hard work and commitment. Still, their success would not have been possible if we did not have a support of our volunteers, partners and beneficiaries. Therefore we would like to extend our gratitude to all of them. In particular, we would like to extend our most sincere gratitude to the following:

- TBH Board of Directors and Advisors
- Our Volunteer Team
- TMC Msasani Child Development Centre
- TAG GCC Mburahati
- TAG Dar Calvary Temple
- Department of Health, Kigamboni Municipal Council
- Tanzania Health and Medical Education Foundation (TAHMEF)
- Jesus Cares Church
- Mobile Afya
- Impilo Polyclinic
- R.I.O.T Ministry Sinza

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Tanzania Better Health



Tanzania Better Health (TBH)

Support Our Cause

At TBH we welcome individuals and organisations to support our cause to contribute to "Better Health for Better Economy". Support for our projects can be through volunteering or via donations. For further information, please visit our site at www.tbh.or.tz.

1

Donate via Bank

Bank Name: CRDB Bank plc
Branch: Azikiwe Premier
A/C Name: Tanzania Better Health
A/C No: 015C499231700
SWIFT Code: CORUTZTZ

Donate via Sendwave

Name: Tanzania Better Health
Donation Number: +255 757 971 173

2

3

Donate via M-Pesa

Name: Tanzania Better Health
Donation Number: +255 757 971 173

Become a TBH Volunteer

For interested local or international volunteers, kindly visit our website at www.tbh.or.tz to see available volunteer opportunities.

4

5

Partner with Us

For interested organizations kindly visit our website at www.tbh.or.tz to fill and submit a collaboration request form.



"Better Health for Better Economy"