

Case Statement

EMPOWER TANZANIA

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OUR MISSION:

Empower Tanzania's mission is to work with Tanzanians to develop models that sustainably improve the quality of life and resilience of rural areas through education, health improvements, and economic empowerment.

Empower Tanzania was created in 2008 by a group of Iowans with a passion to help raise the standard of living of people in rural Tanzania. We had been working there for some time in a church-to-church partnership doing a variety of small projects. Since 2008, Empower Tanzania has grown by incorporating existing projects and adding new ones.

From our small beginning, we've grown, serving thousands of people in the rural communities of the Same and Mwanga Districts in the northeastern part of the country.

WHY TANZANIA?

Tanzania is one of the poorest countries in the world. Of a population of approximately 58 million people, about half live below the international poverty line of \$1.90/day. 85% of the total population lives on less than \$3.20 per day.

- 65.5 percent of the population lives in rural areas where poverty is greatest.
- Only 45 percent of rural households have safe water and 35 percent of the rural population has access to improved toilet facilities.
- 97 percent of rural households have no electricity.
- 24 percent of women and 31 percent of men attend secondary school.
- Women have an average of 5.7 children but only 43 percent of pregnant women have four antenatal visits. Nearly half the births in rural areas occur in the home with less than 40 percent of these having a skilled attendant present. These factors lead to an infant mortality rate of 26 per 1,000 live births. In the US, the infant mortality rate is 5.7 per 1000 live births.
- Poverty also leads to poor nutrition and that causes 34.5 percent of children under five years old to be stunted.
- One-third of all women are subjected to Gender-Based Violence each year. A survey of adolescents (age 15-19) showed that 39 percent of men believed that wife beating was justified under certain circumstances. Even more revealing was the fact that 52 percent of adolescent women agreed with this.
- While 90 percent of women believe that female genital cutting should be stopped, at least 15 percent of women are subjected to this each year.
- Poverty places limitations on infrastructure, education, and health care services leading to a great need for programming that improves the lives of people in rural areas who are hardest hit by these limitations.

Sources updated 2020: CDC, World Bank, WHO, Unicef, Global Nutrition Report



What We Have Learned

In our more than fifteen years of working in Tanzania, we have come to believe that education changes everything. We have also come to believe that the local people know the problems they face, and in most cases, know the answers. That is why our most dominant governing principle is that we listen, listen again, and listen a third time before offering a suggestion.

By respecting the ability of Tanzanians to identify their problems and set priorities, Empower Tanzania lives up to its name—we are empowering Tanzanians.

These are our values and principles:

- Build partnerships
- Work on problems identified by Tanzanians
- Focus on the community level, directly involving local leaders in planning and implementation
- Choose practical solutions
- Recruit Tanzanian staff and buy materials locally
- Look for creative opportunities
- Ensure financial feasibility and plan for sustainability
- Demonstrate excellence and the highest ethical standards
- Measure results
- Collaborate with other organizations



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With Whom Do We Work?

Empower Tanzania's constituency is the people of rural and suburban Tanzania, with much of our work focused on improving the lives of women. We believe that people support that which they help to create. Thus we collaborate with the local people where the projects will be implemented and with organizations that share our mission of education, such as the local government, churches, and other non-profits.



We Believe That Education Changes Everything

From the beginning we have believed that education changes everything. In the village of Mramba, a local committee identified 50 of the community's most vulnerable children, mostly orphans or children from very poor homes. They requested help in trying to prepare these children with basic skills in a way their families were unable to do. Working with a grant from the Des Moines Rotary Club, and at the suggestion of the village leaders, we sent three local teachers from Mramba for child development training, and we obtained permission to use the local primary school for Saturday programming for these 50 children.

The Mramba Most Vulnerable Children's Program officially began in 2011, providing hot and nutritious meals each Saturday for the children, and teaching basic life skills such as hygiene and nutrition, relationships and conflict management, gardening, and animal husbandry. Most of these children were not in school because their families could not afford the uniforms that were required, so when the St. John's congregation learned of this problem, they bought uniforms and shoes, and all the children began to attend the local primary school. St. John's Lutheran Church in Des Moines agreed to sustain this program.

For these 50 children, education indeed, has changed everything.



We believe that education changes everything. When you educate a victim of domestic violence, you empower her to change her life and that of her children.

Pastor Rose introduced us to eight women from her congregation. They all knew each other and knew that each was a victim of domestic violence. During an afternoon, they told us their stories. All had been beaten. Three had been nearly murdered by their husbands and the police did nothing. Two were widows who were being evicted from their homes by their husband's families, since women cannot own property. The eight bonded, and Empower Tanzania helped them set up a support group. Pastor Rose hosted their weekly meetings and as they developed trust and confidence, they dreamed of creating financial independence for themselves. Their idea was to earn income by buying bags of rice just after harvest, and store them until it was in short supply and could be sold for a profit.

Three months after our initial meeting, we met them again and learned that they had studied this carefully—and they were saving money to do this project, but it would take four years to save enough to buy the ten 100-kg bags of rice. We became their partners in this project by giving them the extra money to buy the rice immediately. In exchange, they agreed to document every step of the process and to serve as our consultants in facilitating other support groups and their income generating activities. These empowered women help each other with their domestic violence issues and are achieving their dream of financial self-sufficiency. They are now on their way to becoming full participants in Tanzanian society, and role models for the other women of the village.



We Believe That Education Changes Everything



We believe that education changes everything. When you offer education to local women to support each other during childbirth, they are empowered to save the lives of both mothers and babies. In 2010, a medical team was invited to the remote Maasai village of Nadururu to see the school that they had just constructed. A progressive chief named Isaiah supported the idea of school for the tribe's children. "Even the girls," he said. After lunch on the bare concrete floors, we asked if they had other problems or issues, and this opened the floodgates of emotional statements from many. Their women were dying in childbirth at a stunning rate of about 30%. With the nearest health facility over 20 km away and no transportation, there was almost no prenatal care. If a problem developed during childbirth, the mother-to-be began walking in hope of reaching the hospital in time to deliver her baby, but more often than not, she would die on the way.



After discussing the problem, the team decided that something had to be done. That began a commitment, which involved planning with the Maasai community, including unprecedented involvement by the women of the tribe, to find a practical solution to the problem. Several generous donors provided the necessary funds for Empower Tanzania and the Maasai tribe at Nadururu to construct a clinic, train 10 of the women as birth attendants, and create an ongoing relationship with the nearest hospital—three hours away by car. The birth attendants provide basic prenatal care and identify problem cases early so they can be referred to the hospital.



Everyone in the village participated in the success of the clinic: the men, by providing sweat equity when helping with construction, the women who were selected to train as birth attendants, and the women who volunteered to cover the birth attendants' daily chores while they were away at training. With improved prenatal education, cooperation among all the villagers, and a linkage to the health system, life is better for the Maasai of Nadururu. What we learned during the implementation of this project we duplicated when we later built a clinic in the Maasai village of Pangaro. We believe that education changes everything. When you educate women and men in topics such as safe water, hand washing, and malaria prevention, you create a huge ripple effect into the community and increase overall community knowledge about how to stay healthy.

We Believe That Education Changes Everything

The **Improving Women's Health Program** meets an important need in rural communities where basic health education can result in improvements in health of women and their families. Under the direction of the program manager, women representing each of the 34 Wards of the Same District were hired and trained to deliver basic health education programs in their communities.

With the active support of local government officials and church leaders, these 34 Community Health Educators use training videos produced in Iowa to present basic health information. During the first quarter of operation, safe water, was the topic presented. In the first month, 5,500 people attended, in the second month over 7,000 attended, and in the third month, nearly 10,000 were reached. In just the first three months of this program, nearly 10% of the Same District's 270,000 people attended these programs. To date, over 2 million attendees have learned impactful health information through these public sessions.

This program continues to provide educational seminars on such topics as Hand Washing, Nutrition, Malaria Prevention, Family Planning, HIV Prevention and Reducing Gender-Based Violence. This model program will be replicated throughout Tanzania as funding becomes available.



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The Empower Tanzania Staff pictured outside the office in Same, Tanzania, in February of 2020.

We've grown to employ full-time, part-time, and support staff.



Program Areas & Goals

At Empower Tanzania, we believe that we can achieve the greatest results by focusing our energy and resources. We work in rural and urban Tanzania and confine our activities to removing the barriers that hinder development at the community and household levels. **Our work falls into four pillars of Health Care, Education, Economic Development, and Environment.** We partner with local authorities and organizations that share our mission and we develop our specific programs by listening to the Tanzanians who help identify needs, as well as the methods for meeting those needs.



In health care, the focus continues to be on primary care by reducing maternal mortality at Maasai clinics, by offering basic health education to women, and by supporting the delivery of palliative care and HIV education to terminally ill people and their families.

Specifically, these will:

Program Area: HEALTH CARE

- Reduce maternal mortality
- Reduce parasitic infections
- Reduce sexually transmitted diseases, including HIV
- Increase cleanliness and comfort for palliative care patients



Our education efforts are found throughout all of our programming, and include adult education as well as education of children.

Program Area: EDUCATION

- We will establish more Vulnerable Children's Clubs, which offer Saturday training programs on life skills and provide children with what they need to attend school.
- We will establish vocational training programs for those children and young adults who do not attend secondary school.
- Adult education will continue as we work with women to improve their health and income generating activities, and work to improve agricultural practices as well as nutrition education.
- We will provide basic health education through Community Health Care Workers to help recovering AIDS patients return to society.
- We will collaborate with local officials to teach primary and secondary school students on reproductive health and relationships - avoiding STDs, teen pregnancy, and HIV/AIDS.





We believe that one key to economic development is access to free and fair markets, so our Economic Development programming continues to be a major area of interest.

Our two guiding principles are:

1. We collaborate with local organizations whenever possible
2. We keep our focus on small, community-based development programs

Program Area: ECONOMIC DEVELOPMENT

Specifically, we will:

- Collaborate with established organizations (stakeholders) for agriculture and nutrition.
- Collaborate with local governments to identify village level development projects and connect them to micro financing organizations.
- Support projects to rehabilitate broken wells and to dig new ones, improving health and enabling increasing amounts of agriculture activity.
- Demonstrate appropriate agriculture, working with farmers to introduce best farming practices and identify markets for their products.

We believe that education leads to a sense of ownership in the project and empowers people to think creatively.

What Results Do We Get?

When an Empower Tanzania project is planned, it has an intended outcome and measurable impact. As the project progresses, we carefully monitor it to ensure that we are completing our objectives, and document the work, both to demonstrate the outcomes and for use as a model in future projects. In addition, we look for stories. “Unanticipated accomplishments” are those ripple effects that happen in a community when change begins, and people find new and creative ways to use the skills or facilities they have been given. These stories are not only inspiring, but they illustrate the creativity and drive of people when, through education and new ideas, they feel ownership and empowerment in the projects. To Empower Tanzania, this is one of our greatest markers of success.

What follows are TWO EXAMPLES (from many) of the unanticipated accomplishments Empower Tanzania has had with our programs and projects: Palliative Care & The Nanny Project

We work carefully in the planning stages to ensure that the local people are involved and that they take ownership of the program.

Palliative Care

- When this federally funded project began in 2008, it was very narrowly focused on bringing end-of-life care to AIDS patients. Medical staff in the area was trained in Palliative Care, and then over 100 local lay-people were trained as Community Health Workers to go into homes and support the families who were caring for the dying. If it had only done that, the program would have been very effective, and we would have considered it a success, but as it evolved, it did more.
- Community Health Workers also treated patients dying of other things besides AIDS, and expanded the care to many additional families.
- As families learned more about AIDS and how to care safely for their dying family members, knowledge of the causes of HIV/AIDS and how it is transmitted led to increased testing and treatment, and reduced stigma in the community.
- Community Health Workers, already out in the field, expanded their knowledge to include counseling for pregnant women, encouraging them to seek prenatal care and deliver their babies in hospitals. This led to decreased infant and maternal mortality rates.
- The program has expanded to include 240 Community Health Workers in 24 communities.
- ETI now has a system of educated and willing trainers throughout the area, so adding services like nutrition or diabetes screening is simply a question of additional training. The system is in place to deliver the care and education to people in extreme remote areas.



The Nanny Project

In 2010, the Nanny Project began as a way to give farmers in the village of Hedaru (Same District) the skills to grow more nutritious food in larger quantity on small pieces of land around their homes. The concept was simple: train 20 people in animal husbandry and gardening, give them each two pregnant dairy goats, and help them learn to support each other as they build their farms.

- The project requires each new farmer to pass an animal forward to help someone else begin a farm, and pass an animal backwards to help support the cost of the ongoing training. The project was very successful. Fourteen farmers qualified to receive animals and 32 animals were purchased, including three breeding males, and from this beginning, there have been many unanticipated accomplishments.
- Two strong leaders rose up from the group. One man named Tunzo took the lead, and directed the entire group of farmers. One woman named Nietiwe became a trainer, and started helping other farmers. As a team, they have been able to help every one of the farmers experience success with their goat farms.
- In some cases, the farmers have added bio-gas cooking systems, new latrines for their families, remodeled their homes, installed clean water systems, introduced other kinds of animals, and purchased motorcycles to use in gathering grasses to feed the animals. They started tracking profit and loss, and now farm as a business, not just to feed their own families.
- Other farmers in the area are noticing the progress of our Nanny Farmers, and want to know how they can also participate. In a rural community that does not easily accept new ways of doing things, people are very open to the ideas this project has taught, because they see the results of those new ideas, living next door.
- The program was handed over to local control in 2018.





What Do We Want?

We want to continue to empower Tanzanians to improve their lives. The need is great and Empower Tanzania is experienced and ready to help. As an organization, we need support to expand our collaborative efforts from northeast Tanzania to the entire country.

1. We want to expand our programming from the pilot programs in northeast Tanzania to the entire country. Dollars go a long way in a developing country, and you can be sure that your donation will have a real and long-lasting impact on many lives.
2. We need immediate support for environmental, water, agriculture and WaSH (sanitation) programs.
3. We want your expertise, time and volunteer energy. Everyone has some skill to contribute. Working together, we can make a difference.



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Empower Tanzania depends on contributions to carry out its essential work in Tanzania.

Please remember Empower Tanzania in your will, matching gifts at work and United Way campaigns. Even if Empower Tanzania is not listed, many workplace giving campaigns allow you to write in our name. We also have opportunities for monthly giving, as well as required minimum distributions.

To make a contribution, please contact:

*Empower Tanzania, Inc. | PO BOX 1596 / PMB 62763 / Des Moines, Iowa 50305
information@empowertz.org | www.empowertz.org/donate*

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and all contributions are tax deductible as allowed by law.*