

Country Disease Outlook

Tanzania

August 2023



World Health
Organization

African Region

Background

The United Republic of Tanzania is a country in East Africa, bordering the Indian Ocean. Its neighbours are Kenya and Uganda, to the north, Burundi, Democratic Republic of the Congo and Rwanda, to the west, and Malawi, Mozambique and Zambia, to the south. The terrain includes coastal plains, a central plateau, and highlands in the north and south, as well as the islands of Zanzibar, Pemba, and Mafia. It is a lower-middle income with a GDP per capita of US\$ 1,099 (2021). Its population is 63.6 million (2021).

Key points

- ❖ Tanzania has a high burden of communicable and non-communicable disease (NCDs), with the latter making up 34% of deaths in 2019.
- ❖ While Tanzania has improved its child survival rates between 2015 and 2021, it is not yet meeting the SDG targets for neonatal or under-five mortality rates.
- ❖ Malaria remains a significant health problem in Tanzania, with an estimated 8 million cases in 2021, resulting in 25,787 deaths. Despite satisfactory progress in 2015-17, the country is off-track to meet the Global Technical Strategy for Malaria targets as the incidence rate has been slowly increasing since 2018.
- ❖ Tanzania had 1.5 million people receiving antiretroviral therapy in 2021 and almost achieved the 95-95-95 goals for HIV, reaching 88-97-97.
- ❖ With historically high vaccination coverage rates, Tanzania has been experiencing a steady decline since 2017, with the third dose of DTP-containing vaccine at 81% in 2021, its lowest-level since 2000. The low coverage rate, combined with a large population, resulted in 424,727 under-immunised children and 402,373 zero-dose children, and an urgent need to implement catch-up vaccination strategies.

UHC/CN

Universal Health Coverage/Communicable
and Non-communicable Diseases
WHO Regional Office for Africa





2019

34%

of deaths due to NCDs

Broad disease outlook

The country has a high burden of both communicable (such as malaria, tuberculosis, HIV/AIDS) and non-communicable disease (NCDs). The latter was estimated to have caused 34% of deaths in 2019.

Communicable diseases

Malaria

Malaria remains a public health problem in Tanzania, with an estimated 8 million cases in 2021 (incidence rate of 125.8 per 1,000 people), resulting in 25,787 deaths. Despite satisfactory progress in 2015-17, the country is now off-track to meet the Global Technical Strategy for Malaria targets as the incidence rate per 1,000 population has been slowly increasing since 2018.

There are opportunities to strengthen the malaria programme. Insecticide-treated bednet use in children under five years was 43.7% and 54.6% of people with fever, for whom care was sought and received a finger/heel prick, used artemisinin-based combination therapy (ACT).

Tuberculosis and HIV/AIDS

With an estimated burden of 208 TB cases per 100,000 in 2021, the rate continues to fall, but the burden is still high and Tanzania is among a watch list high TB burden countries. Estimates of mortality rates related to TB have decreased since 2015 from 55 to 29 per 100,000 population.

The 95-95-95 goals are close to being fully achieved:

- ▲ 88% of people living with HIV that know their status.
- ▲ 97% of people living with HIV who know their status are on treatment.
- ▲ 97% of people living with HIV and on treatment who are virally suppressed.

Approximately 1.5 million people were receiving anti-retroviral treatment in 2021.

Neglected tropical diseases

Tanzania is endemic for all of the NTDs amenable to preventive chemotherapy through mass drug administration (MDA), namely lymphatic filariasis, soil-transmitted helminthiasis, schistosomiasis and onchocerciasis and trachoma. In 2021, there were 23 million people targeted for MDA, although only 19.3 million were treated.

Other notable NTDs that remain endemic are Buruli ulcer, leishmaniasis (cutaneous and visceral), leprosy

and rabies.

Non-communicable diseases

NCDs are a major health problems in Tanzania. The age-standardised mortality rate across four major NCDs (Cardiovascular Disease, Chronic Respiratory Disease, Cancer and Diabetes) was 557 per 100,000 in males and 498 in females in 2021.

Tanzania has implemented efforts on the NCD progress indicators related to tobacco taxes, NCD policy and plan, NCD guidelines, but progress has been more limited on indicators related to other aspects of tobacco control, alcohol (alcohol taxes and advertising restrictions), salt policies, trans fats policies, marketing to children and physical activity guidelines.

Childhood Immunization

Tanzania had achieved high coverage rates of immunisation in children, with the third dose of DTP-containing vaccine above 90% throughout 2010-17. The coverage rate for the third dose of DTP-containing vaccine in 2021 fell to just 81%, the lowest-level it has been since 2000. Similarly, the measles vaccination coverage for the first dose was 76% in 2021, the lowest since 1999.

The low coverage rate, combined with the high population size, resulted in an estimated 424,727 under-immunised children and 402,373 zero-dose children in 2021. This suggests an urgent need to implement catch-up vaccination strategies in the country.

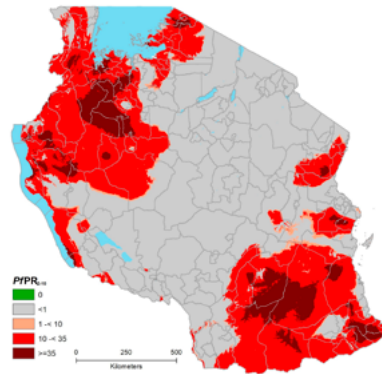
Child survival

Based on the UN Inter-agency Group for Child Mortality Estimation (UN IGME) estimates, the under-5 mortality rate has fallen from 58 to 47 per 1000 live births between 2015 and 2021, it is still above the SDG target of 25 per 1,000 live births. Similarly, neonatal mortality fell from 23 to 20 per 1,000 live births in the same period, although it remains above the SDG target of 12.

Malaria

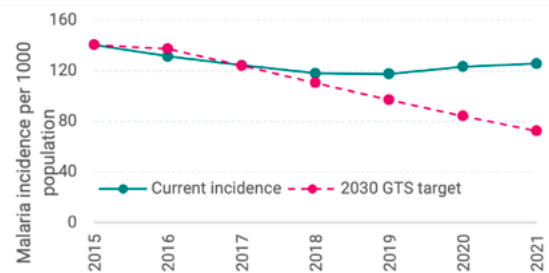
POPULATION AT RISK IN 2022	TOTAL MALARIA CASES IN 2021	TOTAL MALARIA DEATHS IN 2021
63.6 million	8.0 million	25787

ITN use in children under five years (43.7%) and 54.6% use of ACTs among those with fever for whom care was sought and received a finger or heel prick

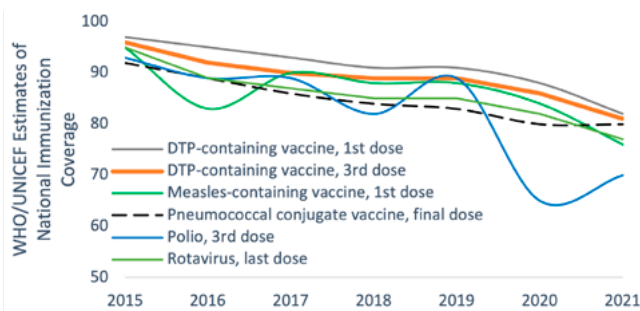


Plasmodium falciparum malaria prevalence in children in the United Republic of Tanzania in 2020. Estimates from the Malaria Atlas project

Based on the GTS targets, the malaria incidence in 2021 in this HBHI country indicates that it is not on track to meet the global targets.



EXPANDED PROGRAMME ON IMMUNIZATION IN CHILDREN



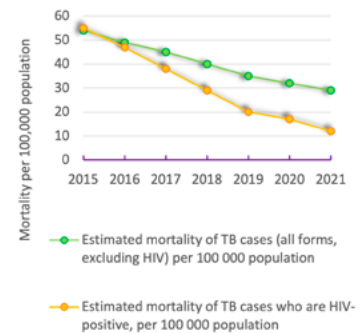
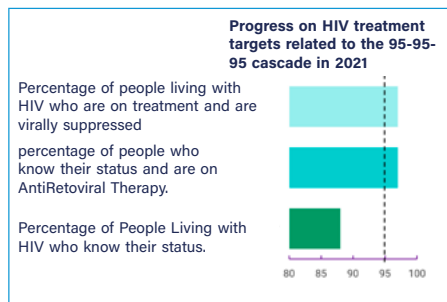
Zero dose children 402,373 **Under-immunized 424,727**

WUENIC estimates show historically low vaccination coverage has been <60% for most basic antigens. Highlights the need to increase coverage of basic vaccines in children.

There was a major outbreak of measles in 2019 with 3,401 cases reported

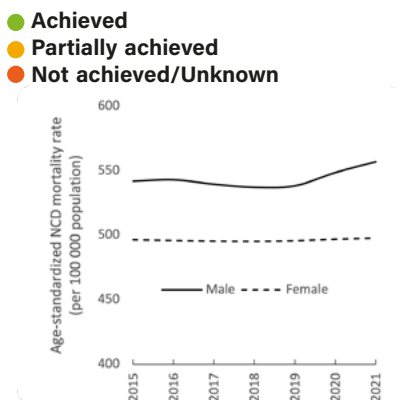
HIV AND TUBERCULOSIS

- 1.5** people receiving antiretroviral therapy in 2021
 - 92%** Treatment success rate for HIV-positive TB cases
 - 75%** of children (aged < 5 years) household contacts of bacteriologically-confirmed TB cases on preventive treatment
- 14%** Domestic funding for TB
5% Domestic funding for HIV



- Indicator 1 - Targets
- Indicator 2 - CRV Mortality
- Indicator 3 - Surveys
- Indicator 4 - NCD policy and Plan
- Indicator 5A - Tobacco taxes
- Indicator 5B - Tobacco smoke free/polution
- Indicator 5C - Tobacco health warning
- Indicator 5D - Tobacco advertising ban
- Indicator 5E - Tobacco media campaign
- Indicator 6A - Alcohol availability
- Indicator 6B - Alcohol advertising restrictions
- Indicator 6C - Alcohol taxes
- Indicator 7A - Salt policies
- Indicator 7B - Trans fats policies
- Indicator 7C - Marketing to children
- Indicator 8 - Physical activity awareness
- Indicator 9 - NCD guidelines

NCD PROGRESS INDICATORS



NEGLECTED TROPICAL DISEASES

- Endemic NTDS requiring Preventive Chemotherapy (PC)**
- Lymphatic filariasis
 - Trachoma
 - Soil-transmitted helminthiasis
 - Onchocerciasis
 - Schistosomiasis
- PC-NTDs treatment in 2021**
23.0 million targeted for MDA
19.3 million treated with MDA
- OTHER MAJOR NTDS**
- Buruli Ulcer
 - Leprosy
 - Leishmaniasis (Cutaneous and visceral)
 - Rabies