



DISCOVERIES FOR HEALTHIER LIVES

COMBATING NON-COMMUNICABLE DISEASES WITH INTERGENERATIONAL PROGRAMS IN TANZANIA



“With Pfizer’s support, we’re empowering older people, health workers and community volunteers in Tanzania to prevent and manage chronic, non-communicable diseases. This intergenerational program is groundbreaking work that sets the pace on how societies should respond to population aging.”

AMLESET TEWODROS

COUNTRY DIRECTOR
HELPAGE TANZANIA

HELPAGE TANZANIA COMBATING NON-COMMUNICABLE DISEASES

HelpAge International and Pfizer have worked together since 2012 to reduce the impact of non-communicable diseases (NCDs) among older people in Tanzania. During the first two years, the initiative began supporting the Government of Tanzania’s efforts to provide appropriate health services to older citizens. NCDs include a range of chronic conditions, including cancer, diabetes, cardiovascular disease and hypertension, as well as Alzheimer’s and other dementias. They are commonly thought of as “diseases of affluence,” whereas, in reality, four-fifths of deaths from NCDs are in low- and middle-income countries and older people in developing countries are particularly at risk. Prevention through an active and healthy lifestyle can turn some of these debilitating diseases into manageable conditions.

The ongoing project focuses on developing health messaging through an intergenerational approach. It pilots a range of community-based activities aimed at promoting prevention and management of NCDs by practicing healthy lifestyles, while working with health providers at local and national levels to improve prevention, early diagnosis, follow-up and treatment of NCDs as well as improving on data collection and analysis to inform appropriate policies. While the community-based activities are carried out in Morogoro, Kibaha and Songea districts in collaboration with organizations of older people, the curriculum reform and support to improve health information management will be undertaken together with the Ministry of Health and Social Welfare at various levels.