

Chronic Health Conditions in Northern Tanzania

Benjamin Miller PhD, ARNP



Heart
Disease

HIV

COPD/Asthma

Filarisis

Africa

Malaria

Hypertension

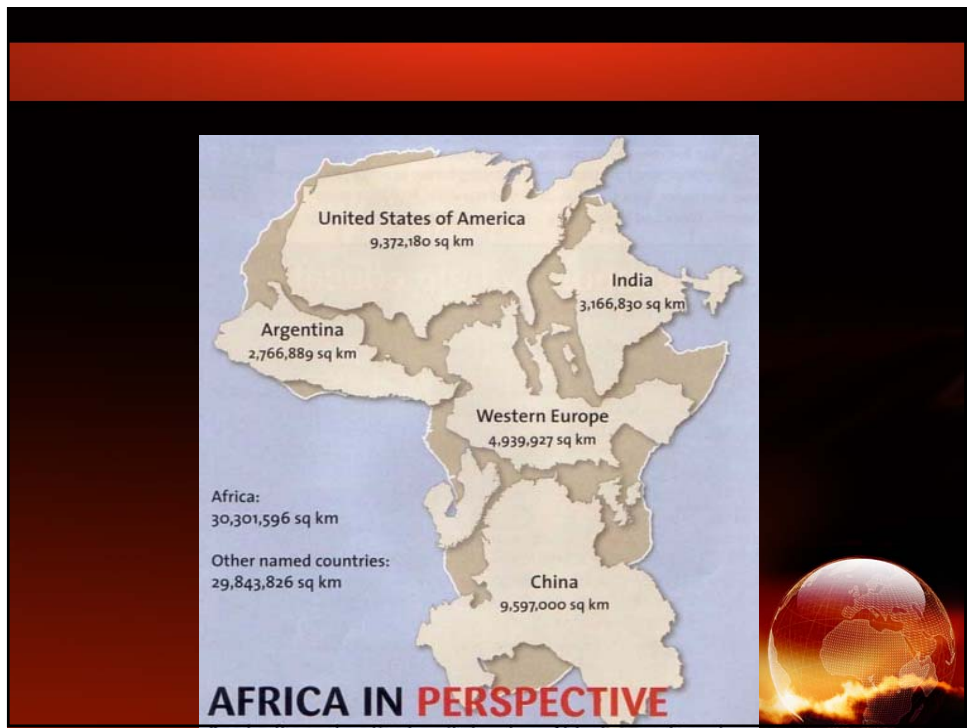
Type 2 diabetes

Tuberculosis

Stroke

Malnutrition





Historical Tanzania

- German Colony 1884-1920
- British Colony 1920-1961
 - League of Nations
- Independence in 1961
 - Tanganyika merged with Zanzibar to become Tanzania
- Strong British influence



Medical care in Tanzania



Nkoaranga Hospital



Courtyard between the ward and cafeteria



State of the art X-ray



Maternity Ward

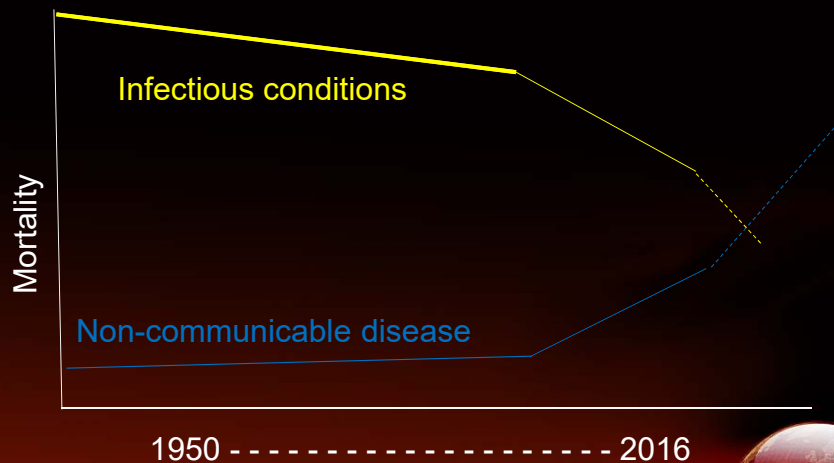
Health conditions

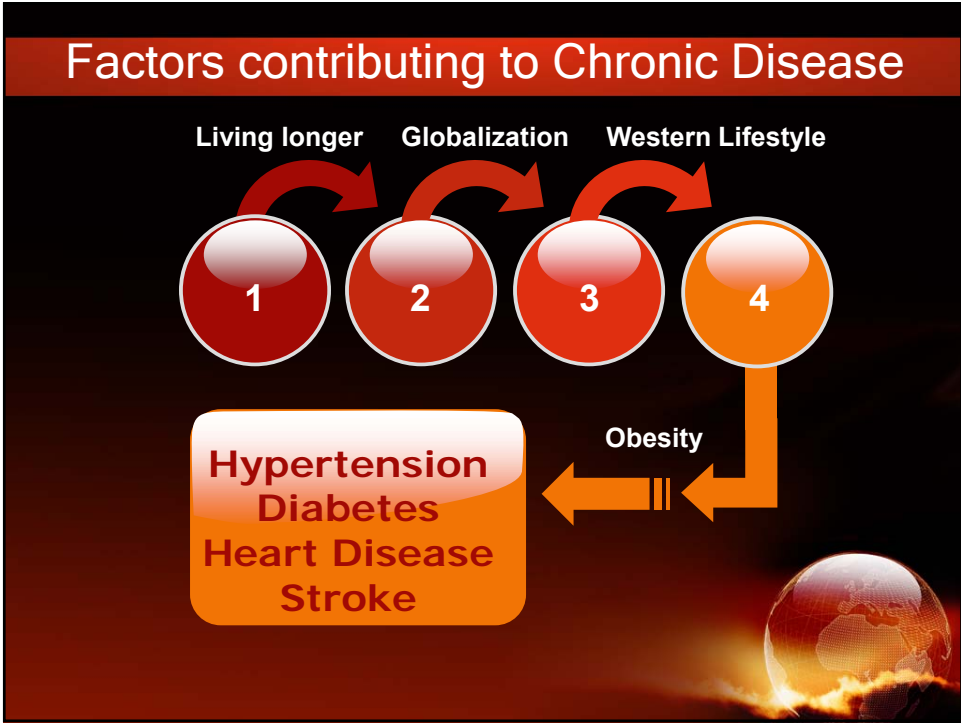
- HIV AIDS (2001-2007) ‡
 - Decreasing prevalence
 - 7.0% to 6.2%
 - Decreasing Mortality
 - 130,000 to 110,000
 - Access to ARV
 - 3500 to 142,000
- Malaria (2000-2009) †
 - Mortality in Adults
 - 51% to 7.9%
 - Mortality in Children
 - 51% to 14.4%
- Non-Infectious ‡ ‡
 - Diseases (Chronic Disease)
 - 36 million deaths in 2008 were from NCDs.
 - 17 million deaths were from CVD
 - 1.2 million from diabetes
- Tanzania
 - 24% of mortality
 - Increase by 17%

‡ UNAIDS/WHO Epidemiological Fact Sheets on HIV and AIDS, 2008 Update
 † 2010 WHO Malaria Report
 ‡ ‡ WHO 2012 Country Profile- United Republic of Tanzania



Changes in mortality in Africa





Tanzania Daily News (Dar es Salaam) EMAIL PRINT SHARE

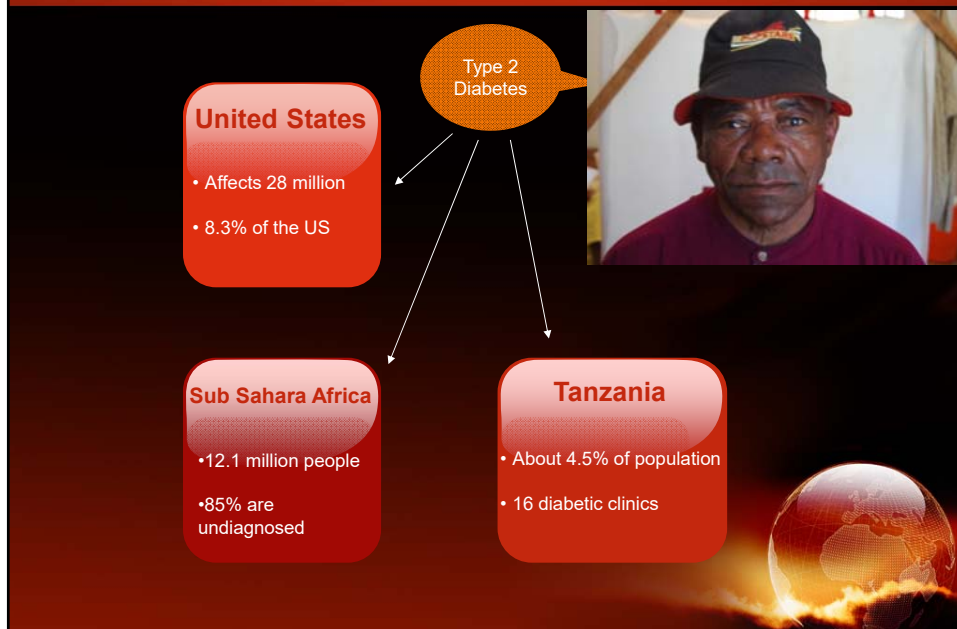
Tanzania: Coca-Cola Plans to Pump in Billions

14 MAY 2012

Comment Recommend 1 Tweet 0 +1 0

THE Coca-Cola Company and its bottling partners will invest 187 million US dollars (about 300bn/-) in Tanzania over the next three years as part of an aggressive growth plan aimed at tapping emerging opportunities in the Non-alcoholic Ready to Drink (NARTD) beverages market.

Global to local impact of type 2 diabetes



Wealth and Health

- How do variables of wealth impact the health in developing countries?
 - Caloric Intake versus Energy Expenditure
 - Cell Phones
 - Fresh water wells
 - Motor vehicles/motor cycles

Wealth Indicators in Tanzania

- Household flooring construction
- Source of drinking water
- Level of education
- Mode of transportation

Indicators not examined

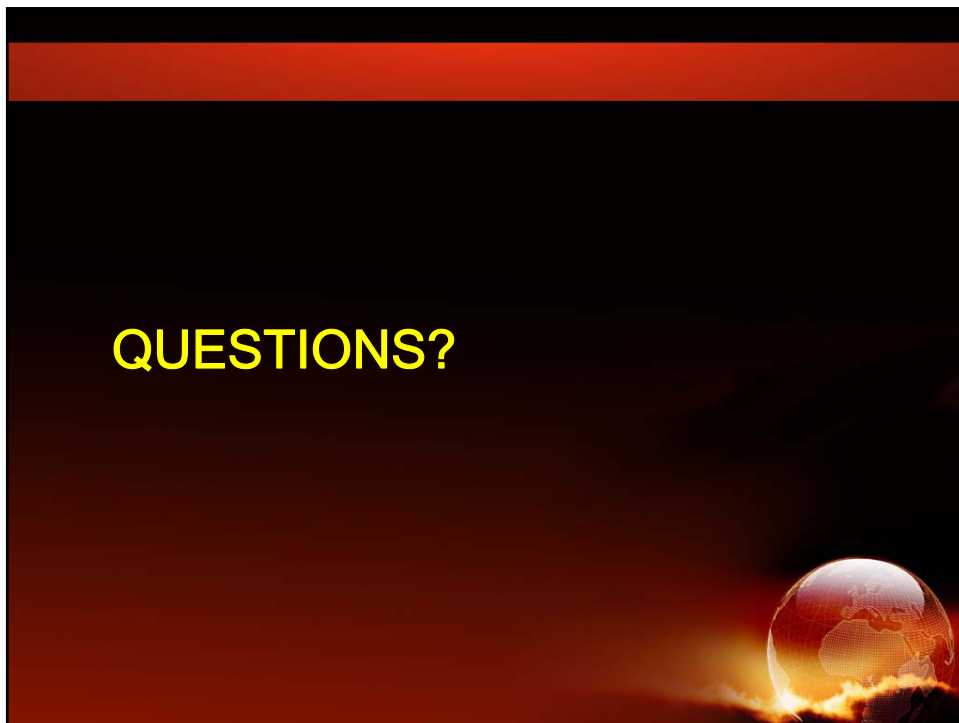
- Livestock
- Cell phone access
- Internet access



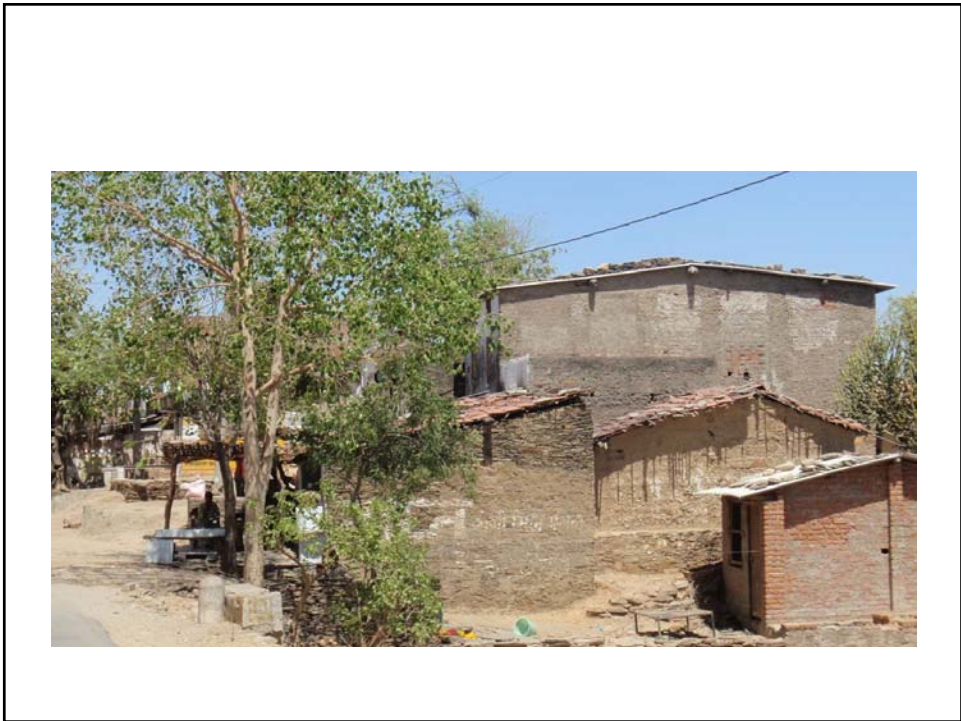
Results

- The life expectancy in Tanzania is 50
- The mean age of my study was 51 (18-104)
- Higher education was the most significant variable on predicting the development of obesity and hypertension.
- Sweet drink consumption is directly related to the development of obesity and diabetes























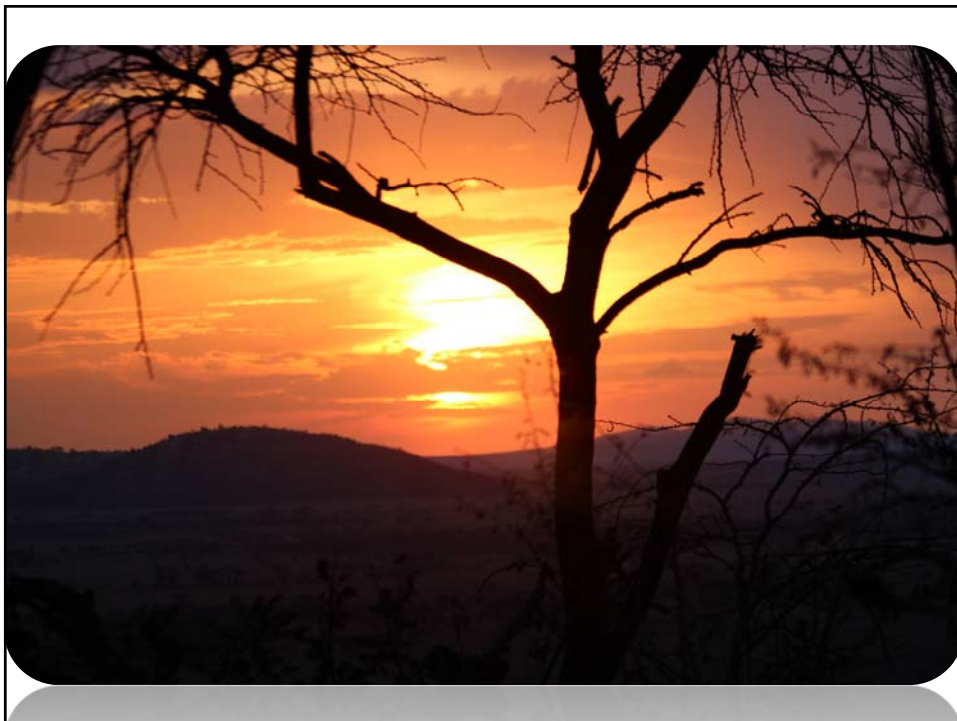
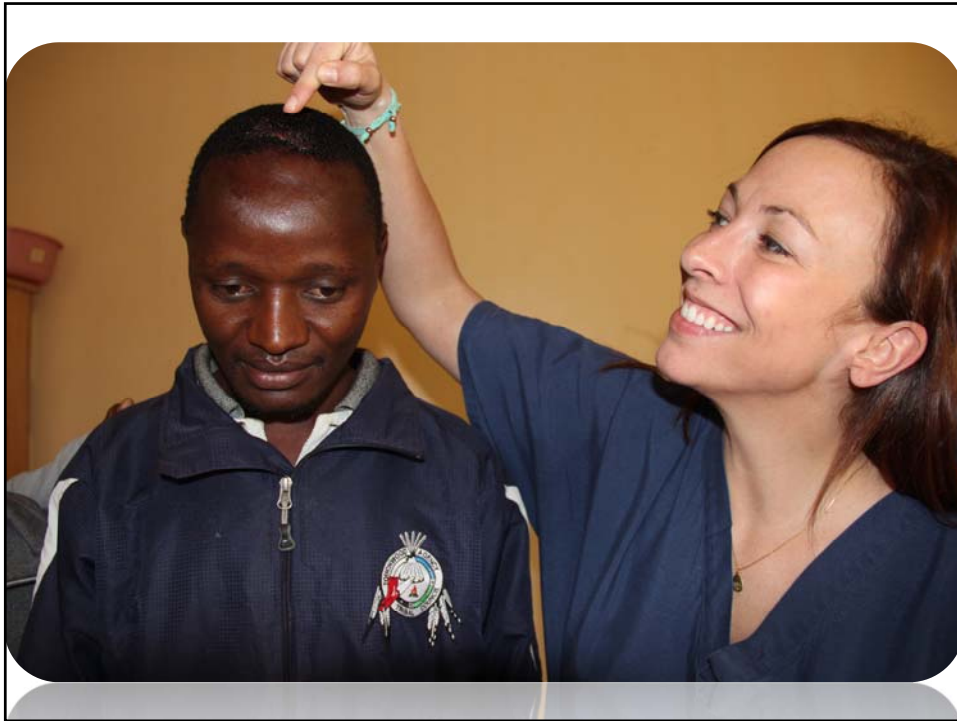


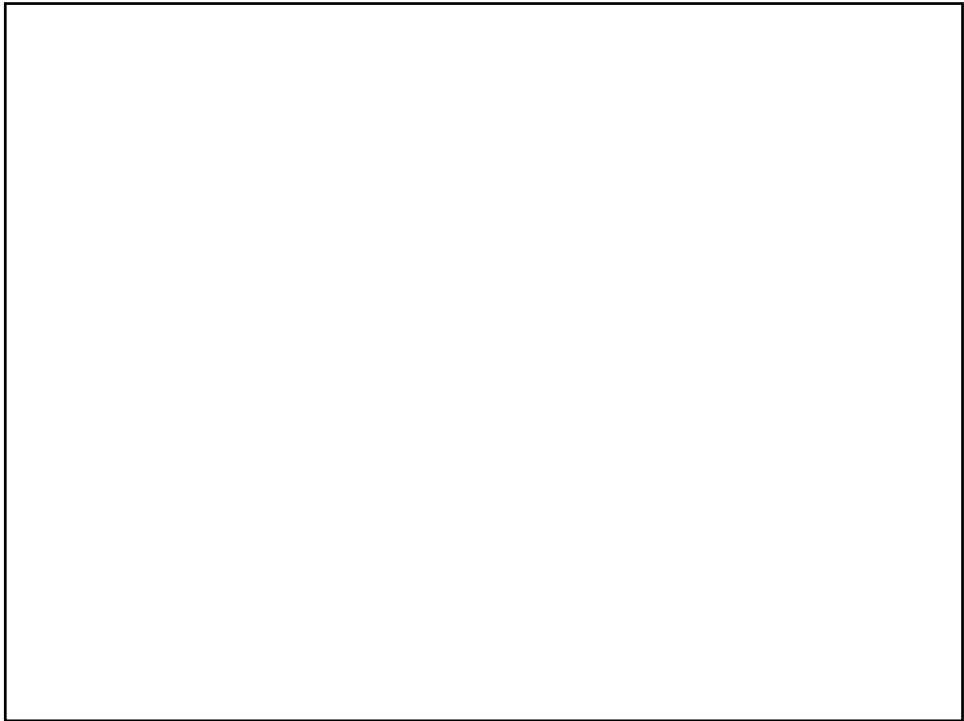














La Habana, Cuba




Washington State / Cuba



Healthcare Fact Finding Mission

SEPTEMBER 4 - 9, 2016

DOLORES ROSSMAN



Office of Lieutenant Governor
220 Legislative Building
416 Sid Snyder Ave. SW
Olympia, WA 98504-0400
USA

