



Vitamin A Supplementation Programmes and Their Impact on Under-Five Children in Northern Tanzania: A Five-Year Evaluation

Kamasi Mwesemwa¹

¹ Ardhi University, Dar es Salaam

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Correspondence: kmwesemwa@outlook.com

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Author notes

Kamasi Mwesemwa is affiliated with Ardhi University, Dar es Salaam and focuses on African Studies research in Africa.

Abstract

Vitamin A supplementation (VAS) programmes are widely implemented to combat vitamin A deficiency among under-five children in developing countries. This evaluation utilised secondary data sources from government records and international health organizations, focusing on the geographical area of Northern Tanzania where VAS programmes have been consistently implemented. A notable finding was an increased vaccination coverage rate among under-five children in areas with ongoing VAS programmes compared to those without, suggesting a direct correlation between programme presence and public health intervention effectiveness. The findings underscore the importance of sustained and comprehensive VAS programmes for improving child health outcomes in Northern Tanzania. Given the positive impact observed, it is recommended that ongoing or expanded VAS programmes be prioritised to ensure universal access and maximise health benefits for under-five children.

Keywords: *Tanzania, Vitamin A Deficiency, Epidemiology, Public Health Interventions, Child Mortality Reduction, Randomized Controlled Trials, Longitudinal Studies*

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