

OBESITY FUELS RISE IN NON-INFECTICIOUS DISEASES

Daily News Reporter;;

;

© 2021, ECONOMIC AND SOCIAL RESEARCH FOUNDATION (ESRF); AND THE DAILY NEWSPAPER



This work is licensed under the Creative Commons Attribution License (<https://creativecommons.org/licenses/by/4.0/legalcode>), which permits unrestricted use, distribution, and reproduction, provided the original work is properly credited.

Cette œuvre est mise à disposition selon les termes de la licence Creative Commons Attribution (<https://creativecommons.org/licenses/by/4.0/legalcode>), qui permet l'utilisation, la distribution et la reproduction sans restriction, pourvu que le mérite de la création originale soit adéquatement reconnu.

IDRC Grant/ Subvention du CRDI: 108657-001-The Potential Effects of Sugar-Sweetened Beverages Tax on Obesity Prevalence in Tanzania

CCM underlines lessons from CPC successes

By BERNARD LUGONGO

THE ruling Chama Cha Mapinduzi joined centenary celebrations of its long-partner, the Communist Party of China (CPC), and recalled best lessons to learn for further socio-economic prosperity for Tanzania and Africa at large.

During the global summit for world political parties

organised by the CPC on Wednesday on marking the centenary, CCM and other stakeholders took part virtually from the Mwalimu Nyerere Leadership School in Kibaha District, Coast Region.

CCM's Secretary General, Daniel Chongolo said China has been an all-weather development partner and friend to Tanzania since the attainment of Tanzania's in-

dependence in 1961 and during the struggle for liberation of countries in southern Africa.

"We are proud to showcase various landmark projects that have been implemented in Tanzania with the support of the Chinese government under the leadership of the CPC," Mr Chongolo stated.

He said the relation between CCM and CPC has

been growing from day to day, and that this relation has been strengthened by the visitation of leaders from both sides.

"I am confident that our relations will continue to prosper in the future for the mutual benefit of our two sisterly countries."

"As the CPC is celebrating the centenary of its founding, we Africans should not only send our

congratulations to our Chinese friends, but learn from their experiences in industrialisation with modesty," he stated.

Former Prime Minister, Murengo Pinda, who is vice chairman of the Tanzania-China Friendship Promotion Association, said CPC has proven to the world that a country can choose and maintain a unique development path that suits its na-

tional conditions and still manage to realise economic development.

"We in the developing world continue to study carefully how the CPC led China to lift millions of its people out of poverty in a short period of time," he said.

He said relations between China and Tanzania can best be described as all-weather and time tested. One cannot overstate the pivotal role our

two political parties

He stated that despite being one of the oldest political parties in Africa, CCM still continues to draw valuable experiences from its brotherly party, the CPC.

On his part, Xu Chen, Chargé d'Affaires and Interim of the Embassy of China to Tanzania, noted that since its birth, the CPC has taken serving the people wholeheartedly as its fundamental

purpose and focused on the people's aspiration to live a better life.

"With combined and incessant endeavours, CPC and the Chinese people have been striving for abundant, happy and confident lives," he said.

The CPC persists in contributing to the cause of human progress and makes a profound impact on development of the world.

Ministry eyes major reforms

By DAILY NEWS Reporter

THE ministry of Information, Culture, Arts and Sports has innovated five pillars geared at expediting government's development strategies.

The pillars are envisaged to transform all sectors falling under the docket in order to ensure they contribute immensely to national development.

They include reaching out to its various stakeholders to address their challenges, doing institutional and administrative reforms and changing the mind-set among its officials and institutions.

Other pillars are supervising good governance within its sectors, construction of infrastructures for sports and arts and mobilising resources.

The ministry unveiled the pillars during its meeting led by the Minister for the portfolio, Mr Innocent Bashungwa, through which participants deliberated on strategies for implementing the ministry's tasks for the next six months in order to bring big sectoral reforms.

Mr Bashungwa said the meeting was significant at reorganizing the ministry in order to ensure the sixth-phase government under President Samia Suluhu Hassan attains its development goals.

He said his ministry will continue building a culture of convening and deliberating on strategies for developing all sectors, noting that those meetings were also part of making follow ups on implementation of directives from leaders and various activities of the ministry.

The minister pointed out that the ministry's innovation was commendable and puts the ministry at a good position to implement its strategies.

Earlier, the Permanent Secretary of the Ministry, Dr Hassan Abbasi, said the pillars are intended to help the ministry meet its objectives and bring positive changes within all its sectors.

On her part, Deputy Minister, Pauline Gekul, hailed the management for the good job and called for speedy implementation of the strategies for developing sport for women across the country.

During the meeting, several issues were discussed and resolved.



CCM Secretary General, Daniel Chongolo (right) leads CCM officials and members to listen to ZANU PF Chairman, who is also the President of Zimbabwe, Emmerson Mnangagwa (left), during the global summit for world political parties organised by Communist Party of China (CPC) to mark the commemoration of its 100th Anniversary. CCM is among six parties which struggled for liberation of Southern African countries. (Photo by Venance Nestory)

Obesity fuels rise in non-infectious diseases

By DAILY NEWS Reporter

A NEW study conducted by the Economic and Social Research Foundation (ESRF) has shown that obesity cases are rising in Tanzania, increasing the risk of non-communicable diseases.

The study shows that if no action is taken this will impose heavy economic burden on individuals, families and the government.

The Economic and Social Research Foundation in their report following the research calls for urgent policy intervention by the government to arrest the trend it says has led to upsurge of non-communicable diseases (NCDs).

Apart from the ever rising death toll from the NCDs, individual pa-

tients incur medical and non-medical costs totalling 1,211.78 US dollars annually, on average, as well as indirect costs such as loss of income, according to the report.

The cost to the government of caring for NCD patients nearly doubled from 142.7 million dollars in 2015/16 to 280.6 million dollars in 2019/20.

Obesity and NCDs are a global concern. According to the World Health Organization (WHO), 39 per cent of the global adult population or 1.9 billion people were overweight in 2016 while 13 per cent (650 million people) were obese.

Some 41 million children under five years were also diagnosed overweight or obese.

The research by the policy think

tank found that five per cent of Tanzania's adult population had excessive weight in 2008, but this rose to 8.4 per cent in 2016, whereas deaths from NCDs accounted for a third of all deaths. Obesity was reported to be higher among females (12.7 per cent) than men (4.1 per cent) and it affects the age group 45-54 years most.

Lack of community awareness on NCDs and the government's concentration on curative care services rather than preventive measures is blamed for the continued growth of the diseases.

The study led by Professor Fortunata Songora Makene, ESRF's Head of Strategic Research and Publications Department, found that 97 per cent of the government's

total health service budget was spent on caring for NCD patients and only three per cent went to management of the diseases.

Obesity is the accumulation of excessive body fat, which is largely the result of habitual consumption of high caloric foods and drinks. The ESRF research, sponsored by the International Development Research Centre (IDRC) of Canada, built its analysis on the already established strong effect of Sugar-Sweetened Beverages (SSBs) on weight gain and found them strongly related.

Obese people are in turn vulnerable to developing non-communicable ailments, such as cardiovascular complications, diabetes and various cancers.

To discourage the consumption of SSBs, in addition to calling for multi sectoral measures to promote healthy eating and physical activity, the study report recommends an increase on the excise tax charged, equivalent to 20 per cent of the current price of sugar-sweetened soft drinks and juices, as a policy intervention measure.

"The SSB tax already exists. The proposed reform is that of increasing the tax rate rather than introducing a new tax," says the report.

The study found that middle-aged adults consumed high intake of sugary drinks, concluding that imposition of tax would help lower the intake, thereby reducing obesity prevalence by 6.6 per cent overall.

The researchers recommend consultation with SSB manufacturers, consumers and other stakeholders on the proposal to ensure inclusive implementation.

The report gives evidence that the fiscal policy intervention has proved effective in many countries, including South Africa, India, Brazil, Denmark, France, United Kingdom and Bulgaria.

This is the first study in Eastern Africa and second only to one carried out in South Africa on the continent.

Raising the excise tax on sugar-sweetened drinks by 20 per cent of the price would not only complement other measures to reduce obesity, but will also boost government revenues by an additional 452bn.

TFS festival set to attract more tourists

By DAILY NEWS Reporter

TANZANIA Forest Service (TFS) has organised a tourism festival aimed at promoting forest conservation and ecotourism to supplement government efforts to increase the number of tourists to 5 million come 2025.

The festival dubbed 'West Kilimanjaro Run and Mountain Forest Bike' will be held on July 10 this year and will include running, mountain biking and hiking.

West Kilimanjaro Forest Plantation Tourism Officer Mesteur Elly who also doubles as the Race Coordinator said that the event will include running of 5kms, 10kms and 22kms, mountain biking 10kms and 22kms and 5kms hiking.

"People who will walk for 5kms will have an opportunity to find waterfalls found within the forest plantation and see different attractions, such as natural ecosystems and different wild animals such as monkey, baboons, white and black colobus," he said.

He said the festival is part of the implementation of Chama Cha Map-

induzi Election Manifesto 2020-2025 to increase the number of tourists to five million in the next five years and boost revenue from the sector.

"TFS has started to work on the manifesto to support the government efforts so that we can attain the said objective in a given time frame," he said.

Plantation Forest Conservator, Masawanga Ismail said that since TFS is entrusted to oversee national forest reserves, it has also the responsibility of encouraging people to visit various attractions in the forests.

"The aim of this festival is to attract Tanzanians and foreign visitors to visit our natural forests and see different attractions," he said.

He noted that West Kilimanjaro Forest Plantation also has attractions such as caves, elephant pool, and a variety of flora and fauna.

On her part, TFS Communication Manager, Martha Chasama said that the festival was crucial for her agency to collaborate with other stakeholders to promote ecotourism.

CCM election manifesto directs the government to increase the number of tourists to five million in the

next five years and boost revenue from the sector from US dollars 2.9 billion to US dollars 6 billion.

To realize the plan, the government said it will widen tourism attractions by promoting conference, hunting and beach tourism and also build infrastructure that will enable tourism vessels to market the country's tourist sites.

According to the 2018 International Visitors Exit Survey Report, the number of tourists in Tanzania increased to 1.5 million in 2018, compared to 1.3 million in 2017.

According to the Ministry of Natural Resources and Tourism, tourism activities generated \$2.4bn in 2018, an increase of 7.2 per cent from \$2.3bn earned in 2017.

An increase in the number of tourists was largely attributed by the ongoing promotional efforts by the sixth phase government coupled with beautiful tourist attractions in the country.

The report showed that top 15 source markets accounted for 71.8 per cent of total visitors, with the United States taking the lead for accounting for 15.6 per cent, followed by Kenya and the UK.

Judiciary improves justice service delivery

By FAUSTINE KAPAMA

THE Judiciary of Tanzania will continue to improve justice services delivery and fully implement the Five-Year National Development Plan III to stimulate economic growth in the country.

This was revealed by Principal Judge, Dr Eliezer Feleshi, at the Saba Saba Grounds in Dar es Salaam yesterday when he visited various pavilions, including the Judiciary's Pavilion at the ongoing 45th International Trade Fair.

"No country can survive without having a better Judiciary. Thus, the Judiciary of Tanzania will continue to improve justice service delivery at all times with the aim of facilitating timely access to justice and ultimately facilitating the country's economic growth," he said.

Speaking to reporters at the grounds, the Prin-

cipal Judge assured the people that the Judiciary would continue to hear various cases, including those relating to commercial disputes and make decisions in time to achieve the dream of an industrial economy.

"If an investor has a dispute and takes it to court and if it is heard and decisions are made, sooner we will be creating an investment-friendly environment," said Dr Feleshi.

He pointed out that the ongoing improvements of various infrastructures in terms of court buildings, information and communication technology and other reforms within the Judiciary of Tanzania were aimed at acceleration of justice dispensation and maintain trust of the people on such third pillar of the state.

In addition, the Principal Judge recommended that various business disputes should be referred to

the Arbitration Center so that the parties could sign contracts to facilitate the settlement without wasting time in court.

On the other hand, Dr Feleshi called on the public to visit the Judiciary Pavilion to learn about various issues and court procedures, including online filing of cases and how best to resolve disputes through mediation.

Some services available in the Judiciary Pavilion include a mobile court service that registers and hears cases of inheritance, divorce, civil litigations and criminal proceedings, and hearing some cases online through what is known as 'Virtual Court'.

The other services provided include the provision of education on various procedures for the opening of proceedings, notably those related to administration of estates, how to write a will, hear and resolve grievances of the

people.

Dr Feleshi mentioned other services such as issuing admission forms of the Lushoto based Institute of Judicial Administration (IJA) and legal aid that involves signing oaths and certification of copies of various documents.

Among the pavilions visited by the Principal Judge, apart from that of the Judiciary of Tanzania, include that of Wamachinga (patty traders) Pavilion, the Zanzibar Pavilion and the Police Force of Tanzania.

While at the Pavilion of the Judiciary of Tanzania, Dr Feleshi witnessed the Kisutu Resident Magistrate's Court, which had temporarily moved to the grounds, conducting a criminal case through video conference technology, which connected from the Saba Saba Grounds to Segerea Remand Prison, where the accused persons are remanded.