



**TANZANIA SPORTS ALLIANCE**

# **ENHANCING YOUTH DEVELOPMENT THROUGH SPORTS, COMMUNITY HEALTH & NUTRITION INITIATIVES**

Concept note for funding proposal



**FOR BETTER HEALTH IN ZANZIBAR**

tanzaniasportsalliance@gmail.com

Phone/Whatsapp: +255620549935



# WHO WE ARE

**Tanzania Sports Alliance (TSA) is a non-governmental organization founded in Zanzibar, with extensive experience in the local and international sports and health sectors. TSA is dedicated to addressing the critical challenges of malnutrition and related health issues in Zanzibar. Our holistic approach integrates sports, education, and nutrition to empower children and communities.**

TSA aim to empower children and communities through a holistic approach that integrates sports, education, and nutrition. Aligned with the Zanzibar Multi-Sectoral Nutrition Action Plan (ZMNSAP) established by the Revolutionary Government of Zanzibar in 2020, our mission is to foster healthy lifestyles and equip individuals with essential skills to combat lifestyle disorders and promote overall well-being.

Through key projects—including School and Teacher Training Programs, Sports Competitions, and Community Nutrition Projects—TSA is committed to creating a positive impact on the lives of children and families in Zanzibar. By engaging youth in physical activities, enhancing educator capabilities, and promoting nutrition awareness, we aim to build a healthier, more active population ready to face evolving health challenges.

## OUR MILESTONES...

**30 + LOCAL YOUTH TRAINED AND WORKING AS FITNESS COACHES**

**50 + ATHLETES SPONSORED**

**1000 + BENEFICIARIES OF COMMUNITY FITNESS CLASSES**

**100 000 + VIEWS OF OUR FITNESS AND HEALTH INFORMATION**



## CONCEPT NOTE FOR FUNDING PROPOSAL

# ENHANCING YOUTH DEVELOPMENT THROUGH SPORTS AND COMMUNITY HEALTH & NUTRITION INITIATIVES

Despite decades of effort, progress towards elimination of malnutrition in Zanzibar has been slow and unacceptably high levels of the condition remain. While the incidence of undernutrition has been declining, problems of diet-related non-communicable diseases (DRNCs) have been increasing at a fast pace. Currently Zanzibar suffers from the triple burden of malnutrition comprising protein energy deficiency, micronutrient deficiencies, and problems of dietary related non communicable diseases as they manifest themselves in increased weight, obesity, diabetes, high blood pressure, stroke, heart diseases and several types of cancer. Addressing this challenge requires a comprehensive, multi-faceted response, as articulated in the Zanzibar Multi-Sectoral Nutrition Action Plan (ZMNSAP) (Revolutionary Government of Zanzibar, 2020).



## MISSION

The Tanzania Sports Alliance (TSA) is dedicated to empowering children and communities through sports, education, and nutrition. Our mission is to foster healthy lifestyles and skills development, transforming lives across Zanzibar and preventing lifestyle disorders and non-communicable diseases.

## OBJECTIVES

**Launch Comprehensive School and Teacher Training Initiatives:** Implement targeted programs to enhance physical education in schools. Key focus areas will include improving the quality of sports coaching, increasing student participation in physical activities, and enhancing nutrition knowledge among students.

**Organize National and International Sports Competitions:** Host a series of national and international sports tournaments to promote physical health, foster student and community engagement, and cultivate skills and talent within the community.

**Initiate a Community Health and Nutrition Project:** Develop a project aimed at educating families on healthy eating, regular physical activity, and nutrition, ensuring a holistic approach to community well-being.

## PROJECT DESCRIPTION

### School and Teacher Training Initiatives:

This project aims to strengthen physical education by actively engaging children and youth in various sports activities, including Brazilian Jiu-Jitsu and athletics. It will promote physical health, teamwork, and leadership skills through training sessions, local competitions, and community events. Comprehensive workshops will be conducted for teachers to enhance their coaching techniques, sports management skills, and nutrition knowledge, establishing a sustainable model for sports education in schools.

### National and International Sports Competitions:

TSA will host national and international sports competitions in Zanzibar, allowing students to showcase their talents and gain valuable competition experience in athletics and Brazilian Jiu-Jitsu (BJJ). The event will begin with regional competitions, where schools will compete in a series of matches to qualify for the semi-finals. The top competitors from Zanzibar and Pemba will then face off to determine the finalists, culminating in grand finals at Amani Stadium featuring the best male and female athletes.



## Community Health and Nutrition Project:

This initiative focuses on educating families about nutrition through workshops, community cinema, and cooking demonstrations. Participants will learn balanced diet principles, food preparation, and the importance of nutrition for active lifestyles.

## TARGET BENEFICIARIES

- Children and youth of school-age.
- Teachers and educators involved in sports and physical education.
- Families, shehas and peers within the community, open to health and nutrition education.

## EXPECTED OUTCOMES

- Increased participation of children in sports activities.
- Improved coaching skills among teachers.
- Strengthened physical education and sports groups in primary schools.
- Enhanced training and competition opportunities that significantly elevate skills in both Brazilian Jiu-Jitsu (BJJ) and athletics.
- Enhanced community awareness of nutrition and healthy eating practices.
- Enhanced community awareness on diet-related non-communicable diseases (DRNCDs) and how to prevent disease by healthy lifestyle.

## CONCLUSION

By supporting the TSA's initiatives, funders will contribute to the holistic development of children and communities in Zanzibar, fostering a healthier, more active population. We invite you to partner with us in making a lasting impact.

## CONTACT

tanzaniasportsalliance@gmail.com  
Phone/Whatsapp: +255620549935 (Tanzania)  
Phone/Whatsapp: +4746445892 (Norway)  
Instagram: @tanzaniasportsalliance  
Facebook: @tanzaniasportsalliance

