United Republic of Tanzania - Scale-N Nutrition Survey 2016

University of Hohenheim, Department of Nutritional Biochemistry, Sokoine University of Agriculture, Department of Food Science and Agro-processing, Leibniz Centre for Agricultural Landscape Research e.V.

Report generated on: June 1, 2026

Identification

SURVEY ID NUMBER
TZA_2016_SNNS_v01_M_v01_A_ESS

TITLE
Scale-N Nutrition Survey 2016

COUNTRY

Name	Country code
United Republic of Tanzania	TZA

STUDY TYPE
Individual Food Consumption/Dietary Survey [hh/ifcs]

ABSTRACT
The Scale-N project is a multidisciplinary study under the call for research proposals published in 2013 titled “Nutrition - Diversified Agriculture for a Balanced Nutrition in Sub-Saharan Africa”. This program is financially supported by the German Federal Ministry of Food and Agriculture based on the decision of the Parliament of the Federal Republic of Germany through the Federal Office for Agriculture and Food. The Scale-N project aims to achieve food and nutrition security of the rural population in Tanzania by supporting and developing a nutrient sensitive agricultural production and improving nutritional behavior. The major tasks of the nutritional study in 2016 were to assess anthropometrics, blood micronutrient status, and dietary intake including 24 hours recalls among mothers and/or caregivers and their school-children from four villages, two in each of the districts Chamwino and Kilosa.

KIND OF DATA
Sample survey data [ssd]

UNIT OF ANALYSIS
Individuals

Scope

NOTES
The survey collected information on:
- SUBJECTS: information on the participants such as age, sex, and geographical location
- CONSUMPTION: information on all foods consumed by each participant in each survey day, including quantities and nutrient values

Coverage

GEOGRAPHIC COVERAGE
Sub-national coverage, only rural areas.

UNIVERSE
The population groups covered in the dataset were adult women (mothers/caregivers) and their school-age children (5-10 years old).

Producers and sponsors

PRIMARY INVESTIGATORS

Name

University of Hohenheim (UHOH, Universität Hohenheim), Department of Nutritional Biochemistry (Fachgebiet für Biochemie der Ernährung)
Sokoine University of Agriculture, Department of Food Science and Agro-processing
Leibniz Centre for Agricultural Landscape Research e.V. (ZALF, Leibniz-Zentrum für Agrarlandschaftsforschung)

Sampling

SAMPLING PROCEDURE

The households included in the study were sampled from four villages participating in the Scale-N project: Mzula and Chinoje in the Chamwino district, and Tindiga and Mhenda-Kitunduweta in the Kilosa district. The villagers and study population were almost all self-sufficient small-scale farmers.

The original plan was to include at least 150 households with associated school-age children (6-9 years) in each of the 4 villages. From the village register, and using ENA for SMART software version 2011, more than 165 households that met the inclusion criterion of having a mother and a corresponding school-age child, were randomly selected per village. The village- and hamlet leaders and agriculture extension officers of each village supported the field team in the admission of the mother/caregiver-children pairs to the study at the respective schools of the villages. A total of eligible 669 households with mothers or caregivers and apparently healthy school children aged 5 to 10 years were successfully enrolled in the study.

The survey was carried out according to the guidelines laid out in the Declaration of Helsinki and approved by the National Institute for Medical Research and the Ministry of Health, Community Development, Gender, Elderly and Children in Dar es Salaam, Tanzania (NIMR/HQ/R.8a/Vol. IX/2226) and the Ethics Committee Landesärztekammer Baden-Württemberg, Stuttgart, Germany (F-2016-049). Written informed consent was obtained from 669 mothers and/or caregivers for the analysis of nutritional status (anthropometry and dietary intake) and the collection of blood for the determination of serum micronutrients. Three households with mother-child pairs were excluded from the analysis due to missing blood draw or uncompleted questionnaires, giving a total sample size of 666 school children within the baseline survey.

WEIGHTING

No survey weights were used in this survey.

Data collection

DATES OF DATA COLLECTION

Start	End
2016-07-18	2016-08-07

DATA COLLECTION MODE

Face-to-face [f2f]

DATA COLLECTION NOTES

Dietary intake was assessed using quantitative individual 24-hour recalls. No repeated dietary recalls were collected. Portion size estimation was done using participants' estimation of quantities of presented plates and bowls.

Access policy

CONTACTS

Name	Affiliation	Email
Food and Nutrition Division	Food and Agriculture Organization of the United Nations	fao-who-gift@fao.org

CONFIDENTIALITY

The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO

ACCESS CONDITIONS

Micro datasets disseminated by FAO shall only be allowed for research and statistical purposes. Any user which requests access working for a commercial company will not be granted access to any micro dataset regardless of their specified purpose. Users requesting access to any datasets must agree to the following minimal conditions:
- The micro dataset will only be used for statistical and/or research purposes;
- Any results derived from the micro dataset will be used solely for reporting aggregated information, and not for any specific individual entities or data subjects;
- The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO;
- The micro dataset cannot be re-disseminated by users or shared with anyone other than the individuals that are granted access to the micro dataset by FAO.

CITATION REQUIREMENTS

Stuetz W, Gowele V, Kinabo J, Bundala N, Mbwana H, Rybak C, Eleraky L, Lambert C, Biesalski HK. Consumption of Dark Green Leafy Vegetables Predicts Vitamin A and Iron Intake and Status among Female Small-Scale Farmers in Tanzania. Nutrients. 2019 May 7;11(5):1025. doi: 10.3390/nu11051025.

Disclaimer and copyrights

DISCLAIMER

The user of the data acknowledges that the original collector of the data, the authorized distributor of the data, and the relevant funding agency bear no responsibility for use of the data or for interpretations or inferences based upon such uses

Metadata production

DDI DOCUMENT ID

DDI_TZA_2016_SNNS_v01_M_v01_A_ESS_FAO

PRODUCERS

Name	Abbreviation	Affiliation	Role
Food and Nutrition Division	ESN	Food and Agriculture Organization of the United Nations	Metadata producer
Statistics Division	ESS	Food and Agriculture Organization of the United Nations	Metadata adapted for FAM

Data Dictionary

Data file	Cases	Variables