TANZANIA

- Largest East African country
- General population - 45 millions
- Diverse ethnicity and tradition practices
- Mixed Economy
  - Majority - small scale farming
Mwanza City
• Scarcity of data
• Few studies done on food and respiratory allergies
  – For training purposes
  – With no diagnostic tools
• Allergic diseases are commonly spoken and understanding is differ from one tribe to another and urban to rural.

Food allergy
  - Chronic or recurrent skin condition failed to be treated in Hospital

  – Respiratory allergy
    • Dry cough with recurrent nature
There is high prevalence of perceived allergy disorders in the community with poor understanding on possible causes and preventive measures

Highlights of few studies done in TZ

Atopic Dermatitis. A clinical and epidemiological study in a village in Kilimanjaro Region in Tanzania

Prevalence of food allergy reported were 8.8% and 1.0% among AD and non AD children respectively

Masenga et al, 1997
Respiratory Symptoms and Dust exposure among workers in small-scale wood industries in Tanzania

• Prevalence of respiratory symptoms in 12 months was significantly higher in exposed group compared to non exposed office workers.

• Allergy and sensitivity symptoms were regularly reported in exposed group.

• Conclusion
  – Working in wood industries associated with an increased prevalence of respiratory symptoms.

Rongo L M B et al. JOEM, 2002
Incidence, knowledge and health seeking behaviour for perceived allergies at household level; a case study in Ilala district Dar es Salaam Tanzania

60.0% reported to allergic to different substances
- Food 16.7%,
- Animal dander and fur 15.4%,
- Pollen 13.3%,
- House dust 11.7%,
- Medicine 8.3%,
- Cosmetics 5.8% and Plants 6.3%
- Most common complaints were skin allergies 35.9%, Respiratory allergies 13.3% and eye allergies 10.8%

Prevalence of Immediate Food Hypersensitivity among Atopic Dermatitis children attending RDTC at KCMC, Moshi-Kilimanjaro

Prevalence of immediate food hypersensitisation was 36.5% in AD children and 18.0% non AD children

Peanut (7.7%)
cow milk (5.8%)
hen eggs (5.8%)
fish (3.7%) and pork (2.9%)

Mang’ondi N et al. BMC, 2013
Discharged diagnosis in pediatric wards at BMC in past six months

- Others 82%
- Asthma 11.3%
- Food Allergy 4.0%
- Respiratory A 3.7%
Percentage of common allergen in past six months observed in pediatric wards at BMC by SPT
Conclusion

Foods, Respiratory allergies are emerging problems in Tanzania

Resources need to be diverted to study, diagnose, treat and prevent these diseases.

• Allergy crash course by Prof. Dr.med. Schmid-Grendelmaier
  RDTC, KCMC
  Moshi, Kilimanjaro-Tanzania