



Healthcare Outreach in Tanzania

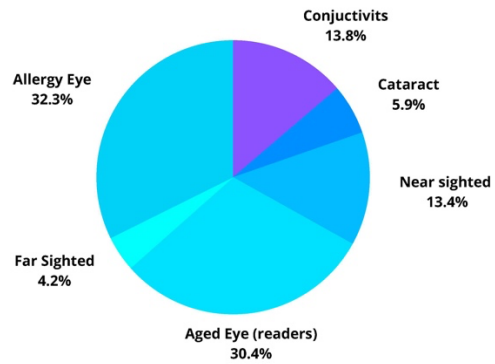
May 2022



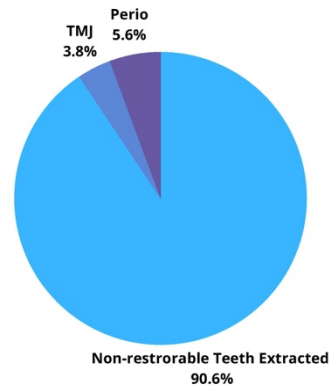
Our team of 15 volunteers returned to Tanzania in May. From our portable clinic, we provided dental, vision and medical care, health assessments and preventative education to impoverished families in need of basic services. Each person's chief concerns were addressed in over 1300 doctor visits with treatments delivered within our host church-based clinic. To increase health education in the community, patients were provided health assessments for body mass index, blood pressure, blood glucose, and nutritional education.

Following our church-based community outreach, we relocated our clinic to Tumaini Tutor School to care for 240 Tumaini Tutor students and neighborhood children, along with women of Health & Hope Women's Business Groups. All the children received medical, vision, and dental exams and care including dental cleaning, fluoride treatments, and general health assessments.

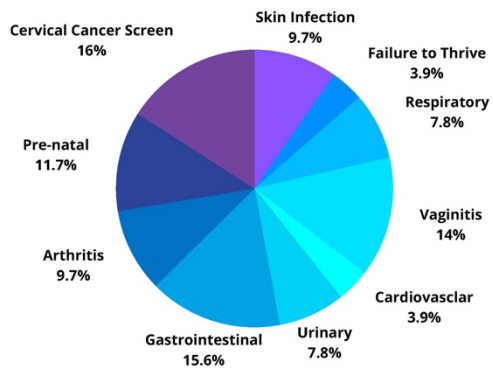
## Delivering Healthcare and Sustainable Change



Vision Care for 700 children and adults



Dental Care for 430 children and adults



Medical Care for 370 children and adults.



The opportunity for a general health assessment was greeted with many smiles. Patients were offered ideas to enhance affordable family nutrition.

Happily only 6% of our adult patients in this community demonstrated hypertension or high blood glucose levels. Referrals were made to a local hospital when levels were determined to be excessive.

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## News from Tumaini Tutor School



Tumaini Tutor School's computer program and internet curriculum received a fantastic boost from Tom and Jan O's expert network knowledge. Once they assessed the local internet capacity, they arranged for the local purchase of 5 new Toshiba Tablet laptops. They worked with our local IT expert to load the computers with educational software as well as trained teachers to be ready to set up additional tablet laptops in the future.

Many thanks to Dave A for enhancing the school electrical system for improved safety!



### **Glasses for Tumaini Tutor Students.**

They look smart in their public school uniforms *and* they are smart! With the delivery of the needed glasses, there is no stopping these students now!



### **Tumaini Footballers are Kickin' It!**

Instead of playing barefoot, these guys can now play wearing shoes... real soccer shoes!! Now they look like pros with soccer shoes, balls, and even goalie gloves!!

Thank you to Bellevue, WA Crossfire Premier Boys Soccer and ENCL players and parents!



## Nutrition for Health and Education

Our Tumaini student healthcare clinic assessment revealed the need for improved nutrition to support proper growth and development for many of our students. Health & Hope is now exploring opportunities to expand our current nutrition program to address this need.



*"We are not the same people that left the USA. We have grown and expanded our world views. Our lives changed forever in many different ways. I have a new, broader perspective on my life and individuals in other parts of the world. I am truly grateful for the opportunity to join this valuable outreach to bring basic necessities to those in need. I was challenged in many ways and even surprised myself! Many thanks to HHF and all the wonderful new friends I met in Tanzania!" Linda H.*

**Do more than dream..... Do.**



**Thank you for what YOU do.**

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**YOU MAKE A DIFFERENCE.**