



2025 Annual Report

January–December 2025



Prepared by

Tanzania health opportunities (THO)



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A MESSAGE FROM OUR CEO

At the heart of Tanzania Health Opportunities (THO) are the people who believe in our mission. Just as meaningful healthcare goes beyond treating visible symptoms, our work would not be possible without the generosity, trust, and commitment of your continued support.

Throughout 2025, THO brought essential healthcare services closer to underserved communities across Tanzania. With the support of donors, volunteers, and partners, our teams delivered free medical services, preventive screenings, and health education in communities with limited access to care.

Because of your support, individuals and families received care they might otherwise have gone without. Undiagnosed conditions were identified early, preventive care was strengthened, and communities were empowered with knowledge to make healthier choices.

This impact was made possible through collaboration with the Ministry of Health, local government authorities, health facilities, and community leaders, as well as the dedication of volunteers working with compassion and respect.

With you by our side, there are no limits to what we can achieve. Thank you for being an essential part of this journey and for helping bring healthcare closer to those who need it most.



DR. William – CEO

ABOUT TANZANIA HEALTH OPPORTUNITIES (THO)

Tanzania Health Opportunities (THO) is a nonprofit organization dedicated to improving access to quality healthcare for underserved communities across Tanzania. THO bridges healthcare gaps through free medical outreaches, health education, hospital support, and capacity building in collaboration with public health institutions

OUR MISSION

Improve access to quality healthcare and health education for underserved communities in Tanzania and seek sustainable solutions through integrated medical outreaches, education, and research.

OUR VISION

A healthier and more prosperous society in which every individual actively participates in personal and national development.

Our Core Focus Areas



Community Medical Outreaches

Medical outreaches in underserved communities, providing free consultations, basic treatments for eyes and dental, preventive screenings, and referrals. These outreaches are designed to identify health conditions early, reduce preventable illness, and connect patients to appropriate care.



Health Education and Disease Prevention

We deliver community-based health education on priority health issues, including non-communicable diseases, maternal and child health, infectious diseases, and healthy lifestyle practices. Education is a central pillar of THO's approach to long term impact.



Hospitals Support and Volunteer Engagement

We partner with local hospitals through structured volunteer programs that strengthen service delivery while providing medical students and healthcare professionals with supervised clinical exposure and emergency response training, including Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR).

PROGRAMS AND ACTIVITIES 2025

Community Medical Outreaches



These locations were selected to reach populations facing financial, geographic, and informational barriers to healthcare access.

Outreach area covered Included:

- Bagamoyo District Hospital
- Kerege Health Centre
- Makurunge Ward
- Yombo village
- Kitame Village
- Mwavi Village (Fukayosi Ward)
- Chamazi Temeke

Health Services Provided



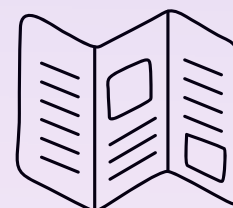
All medications for identified conditions were provided free of charge, and referral pathways were established for patients requiring further care.

- General medical consultations
- Blood pressure screening (hypertension detection)
- Blood glucose testing (diabetes and pre-diabetes screening)
- Nutrition assessment (BMI and MUAC)
- HIV testing and counseling
- Malaria rapid diagnostic testing (mRDT)
- Cervical cancer screening & HPV Vaccination
- Basic dental and Eye screening
- Health education on disease prevention and healthy lifestyles

Health education was a core pillar of every outreach. Interactive sessions addressed:

- Hygiene and sanitation practices
- Nutrition and balanced diets
- Prevention and early detection of NCDs (hypertension, diabetes)
- Malaria prevention and mosquito net use
- Maternal and reproductive health
- Importance of early diagnosis and routine check-ups

Health Education and Prevention



Educational materials were delivered in locally appropriate language (Swahili) ensuring understanding and retention beyond the outreach day.

IMPACT AT A GLANCE 2025



2560+

TOTAL
PEOPLE REACHED



10+

TOTAL
OUTREACH CONDUCTED



150+

TOTAL
VOLUNTEERS



425+

TOTAL
MEDICINE PRESCRIBED

IMPACT AT A GLANCE 2025



THO with the Pwani Regional medical officer (RMO) and Regional healthcare team discussing on improving healthcare service



Bagamoyo District Officer with THO in one of outreach in bagamoyo district



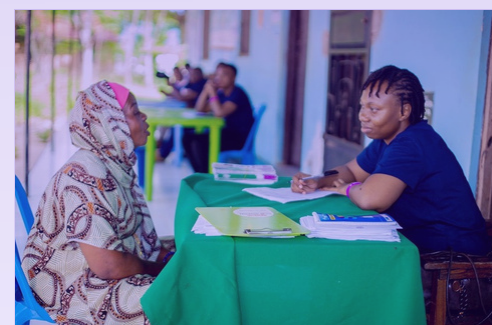
Bagamoyo District Medical officer with THO team during our outreach in Bagamoyo district



THO donated two computers and medical supplies to Mwananyamala Regional Referral Hospital to support healthcare service delivery.



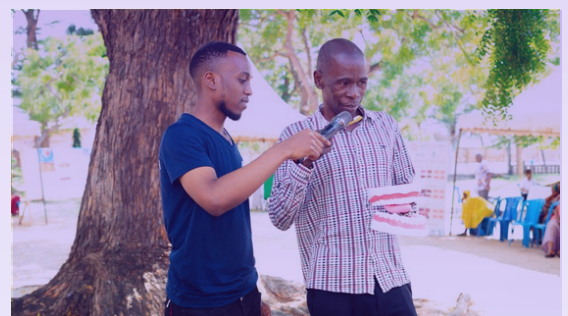
Patients queuing to receive healthcare services during one of community medical outreach.



Doctor consultation during medical outreach.



A patient receiving eye screening during a medical outreach in Kitame Village



A patient receiving oral healthcare as community members receive dental health education.



Hypertension screening during NCDs services in Makurunge ward.



A patient being screened for HIV during a medical outreach.



A patient being screened for malaria, and Random sugar (Diabetes) during a medical outreach.

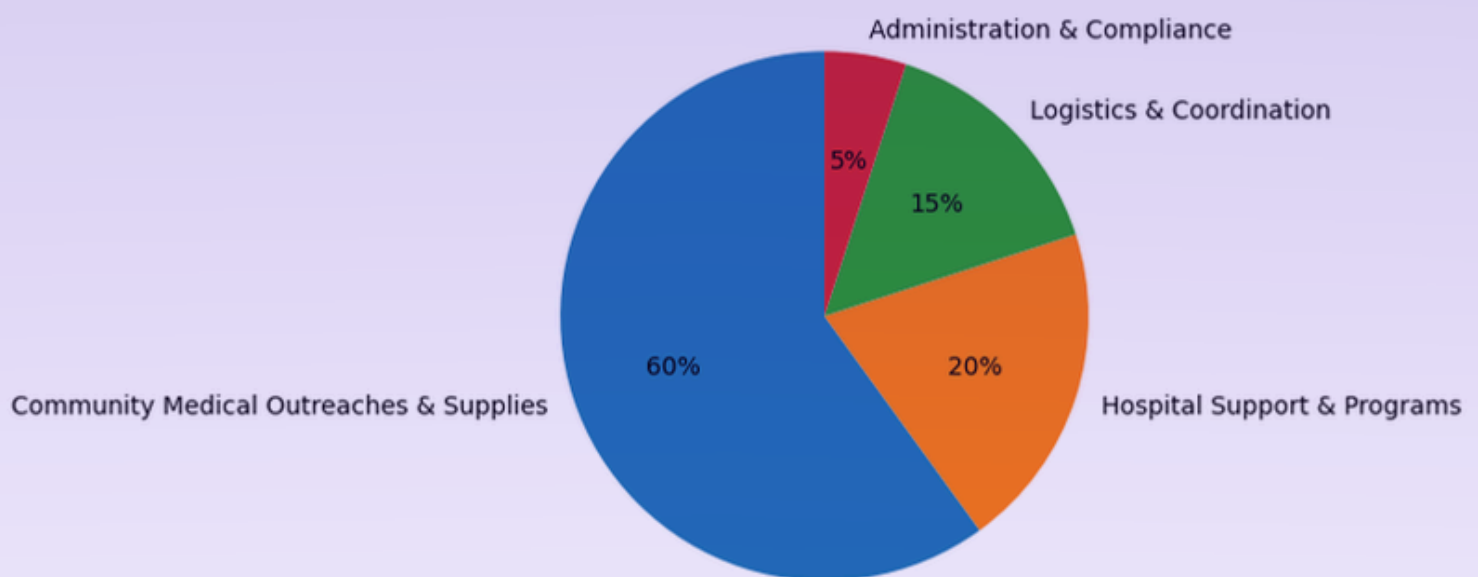
FINANCIAL OVERVIEW

2025

During the 2025 financial year, THO mobilized resources to support community medical outreaches, hospital based programs, and health education initiatives targeting underserved communities in the Coastal region and Dar Es Salaam in Tanzania.

**Total Donation raised and received:
38,399,015.38 TZS**

[See financial distribution chart](#)



Financial Stewardship and Accountability

THO practices transparent and responsible financial management, prioritizing direct program implementation while keeping administrative costs minimal to maximize community health impact.

This work was made possible through the generous support of individual donors, volunteer fundraising campaigns, and partners. See the Donor Acknowledgements for details.

ACKNOWLEDGEMENTS DONOR AND PARTNER

Tanzania Health Opportunities (THO) gratefully acknowledges the generous individuals and institutions whose contributions made our community medical outreaches, hospital programs, and health education initiatives possible this year.

With sincere appreciation, we thank you for your support:

- Cristian Canarini
- Elena Bianca & Riccio Serena
- Lenne Mortier
- Kato Engelbos & Manon Spaas
- Emailine Geens
- Francesca Sabelli
- Ana Filipan
- zolziekenhuis oost-Limburg Hospital
- Pleun, Nikki & Lynn
- Harmanpreet Jabbal
- Anse Mathot
- Marina Moran Estra
- Ella, Lobke & Boell
- Lore De Raedt
- Giulia Pasolini
- Liliana Gomes

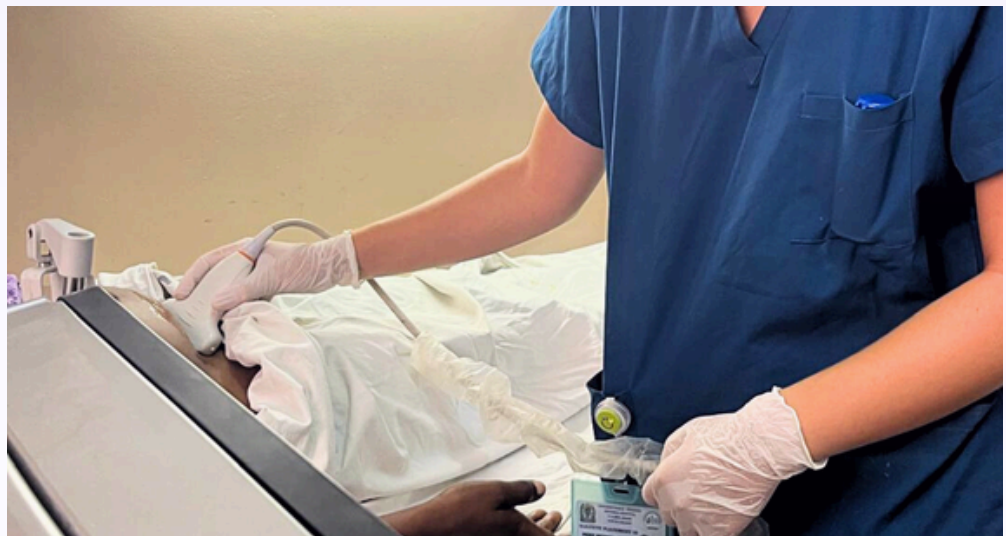


Your generosity has helped bring healthcare closer to underserved communities in Tanzania.

CHALLENGES AND LESSONS LEARNED



Key challenges included lack of portable diagnostic equipment (**Portable ultrasound** and **Portable ECG**), funding limitations, and transportation barriers to reach remote communities.



These experiences highlighted the need for investment in portable technologies, sustainable funding, and stronger logistics to improve outreach impact and effectiveness.

CALL TO ACTION



The impact highlighted in this report was made possible through collective effort. As Tanzania Health Opportunities (THO) continues to expand access to essential healthcare services, we invite you to be part of this mission.

Together, we can reach more communities, detect health conditions earlier, and build stronger, healthier futures for underserved populations across Tanzania.

You can support by

DONATE

To support community medical outreaches, diagnostic equipment, and essential medical supplies

VOLUNTEER

Your time and skills support community and hospital based health programs

PARTNER

To strengthen healthcare systems, expand outreach coverage, and create sustainable impact

Together, we can ensure no community is left behind in accessing essential healthcare.

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