

INTEGRATING POPULATION, HEALTH, AND ENVIRONMENT

FOR SUSTAINABLE DEVELOPMENT IN KENYA

PRESENTATION SCRIPT



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“Integrating Population, Health, and Environment for Sustainable Development in Kenya” is a multimedia advocacy tool developed by the PHE Kenya Multimedia Task Force chaired by the National Council for Population and Development in collaboration with the Population Reference Bureau.

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PRESENTATION SCRIPT

Integrating Population, Health, and Environment for Sustainable Development in Kenya

An ENGAGE Multimedia Presentation

Slide 1

Title Slide —

Integrating Population, Health, and Environment for Sustainable Development in Kenya
—An ENGAGE Presentation

→ Click Forward 2

Kenya is a leader in Africa especially when it comes to progressive policies and programs...

→ Click Forward 3

...that improve the economic, social, and political well-being of its people and strengthen its economy.^{1,2,3}

→ Click Forward 4

Kenya also launched the National Climate Change Response Strategy to strengthen the country's resilience and capacity to adapt to a rapidly changing environment.⁴

→ Click Forward 5

And environmental champions, like Wangari Maathai, have opened our eyes to the importance of environmental restoration.

These policies improve health...

→ Click Forward 6

...and set Kenya on the path toward economic growth and development.

Still, more needs to be done...

→ Click Forward 7

To address the links between our rapidly growing population...

→ Click Forward 8

...our health and well-being...

→ Click Forward 9

... and how we use our natural resources.

→ **Click Forward 10**

Kenya can be a leader in improved health, environmental sustainability, and greater economic prosperity by addressing all three challenges together.

→ **Click Forward 11**

The Population, Health, and Environment approach, or PHE, recognizes the complex connection between people, their health, and the natural resources upon which they depend.

→ **Click Forward 12**

PHE addresses population dynamics through voluntary family planning, which improves...

→ **Click Forward 13**

health outcomes for people and their children, and...

→ **Click Forward 14**

the way people interact with their environment.

→ **Click Forward 15**

PHE incorporates voluntary family planning information and services and primary health care with sustainable natural resource management.

→ **Click Forward 16**

Imagine a family in rural Kenya.

→ **Click Forward 17**

They're not always able to reach a clinic because it is often far away

→ **Click Forward 18**

...but community health workers bring essential primary and reproductive health services to their home. As a result, the parents are able to plan and space the births of their children and the entire family can access basic health services.

→ **Click Forward 19**

The family depends on the environment for their everyday needs: Agriculture provides for their livelihoods and sustenance,

→ **Click Forward 20**

the forest provides wood for fuel

→ **Click Forward 21**

...livestock graze on the grasslands

→ **Click Forward 22**

...and the lakes provide fresh water for cooking and washing.

Although the family relies on the environment, they are not overly dependent on these resources because...

→ **Click Forward 23**

...they can generate income from alternative livelihoods, such as producing handicrafts; they have a fuel-efficient stove to heat and cook their food; and they employ sustainable farming, fishing, and grazing practices.

Healthy and sustainable practices increase the family's resilience...

→ **Click Forward 24**

...against growing environmental shocks that damage and deplete these natural resources.

→ **Click Forward 25**

The family's resilience contributes to improved health, increased food security, and more income to invest in education and other household needs.

→ **Click Forward 26**

These sustainable practices have an even greater impact at the community level.

They are all connected and can be packaged as part of an integrated solution to sustainable development.

→ **Click Forward 27**

In rural communities – where three in four Kenyans live and most integrated PHE projects take place—health and livelihoods are inextricably linked with natural resources and food security.^{5,6}

→ **Click Forward 28**

But rapid population growth, unsustainable use of resources, and climate change can have negative impacts on human health and may limit quality of life and economic growth.

→ **Click Forward 29**

The environment affects the health and well-being of individuals and families, as does the area in which they live.

→ **Click Forward 30**

Weak health and transportation infrastructure—especially in remote areas—prevent families from accessing health services.

→ **Click Forward 31**

Access to health services is critical to continue to make progress in HIV and malaria treatment and prevention, water and sanitation, and maternal and child health.

→ **Click Forward 32**

And reproductive health services, including family planning, impact not only the health and well-being of families, but also the rate at which our population is growing.

For example, in Kenya's poor communities...

→ **Click Forward 33**

...women often have two more children than they intended to have. As a result, families need more resources to provide for everyone, which can increase poverty at the household and national levels.⁷

→ **Click Forward 34**

When families have more children than they want, the population also grows rapidly.

In less than 30 years, Kenya's population more than doubled from 21 million in 1989 to 44 million in 2015...

→ **Click Forward 35**

...and is projected to reach 64 million people by 2030.^{8,9}

→ **Click Forward 36**

This kind of rapid population growth can impact the environment....

→ **Click Forward 37**

...and affect how people use their natural resources.

→ **Click Forward 38**

The agriculture,

→ **Click Forward 39**

forestry, and

→ **Click Forward 40**

fishing sector

→ **Click Forward 41**

employs 75% of Kenya's labor force.^{10,11}

→ **Click Forward 42**

It contributed one-third of Kenya's GDP, or gross domestic product, in 2016 and is central to our development strategy. We must preserve these resources to meet our development goals.¹²

→ **Click Forward 43**

Yet today, farms are becoming smaller as farmers subdivide their land among their children.

→ **Click Forward 44**

In fact, two in three rural farmers believe...

→ **Click Forward 45**

...the land they own is not sufficient for their children to continue to farm.¹³

→ **Click Forward 46**

Forests are cut down at alarming rates to meet increased demands for farm lands, grazing lands, fuel, and housing.¹⁴

→ **Click Forward 47**

Lakes are experiencing declines in the volume of fish from unsustainable fishing practices and industrial use.^{15, 16, 17, 18}

→ **Click Forward 48**

In addition, changing weather patterns and extreme climate events such as droughts destroy crops and livestock...

→ **Click Forward 49**

...leading to food insecurity...

→ **Click Forward 50**

loss of income for families...

→ **Click Forward 51**

...and increased poverty...

→ **Click Forward 52**

...especially in Kenya's arid and semiarid rangelands, which cover roughly 80 percent of the country and are critical to the livelihoods of pastoral and agro-pastoral communities.^{19, 20}

→ **Click Forward 53**

In fact, climate change is projected to have a negative impact on Kenya's economy, with losses across sectors estimated at about \$1 billion to \$3 billion dollars or 100 billion to 300 billion Kenyan shillings per year by 2030.²¹

→ **Click Forward 54**

Women and girls are particularly vulnerable to climate change.^{22, 23, 24}

→ **Click Forward 55**

Their household responsibilities, such as collecting firewood and water, and farming, become a greater burden as they must walk farther for wood and water and work harder to raise crops on depleted soils.

→ **Click Forward 56**

In addition, there is an increased risk of human-wildlife conflict as communities migrate closer to more plentiful resources near protected areas where wildlife can damage their crops or homes.²⁵

→ **Click Forward 57**

Diminishing resources and limited income-generating opportunities in rural areas can present challenges for young people who want and need to earn a livelihood...²⁶

→ **Click Forward 58**

...and pushes individuals and families to move to cities in search of work.

→ **Click Forward 59**

The rapid increase of unplanned urban settlements poses a growing challenge to city officials as they attempt to meet the basic needs of the community.

→ **Click Forward 60**

Integrated approaches to development such as PHE can effectively address population, health, livelihood, and natural resource challenges in a holistic way that meets specific community needs and addresses multiple, connected challenges.

→ **Click Forward 61**

PHE approaches improve the health and well-being of women, their partners, and their children by making health services more available. PHE approaches build the capacity of communities to sustainably use their environmental resources and take up practices that may improve their resilience to climate change and adaptation.

Let's take a closer look at how the PHE approach has improved the health and well-being of families, empowered communities, and helped preserve natural resources in Kenya.

→ **Click Forward 62**

The Health of People and Environment–Lake Victoria Basin Project, or HoPE-LVB, began working in Kenya in 2012. HoPE-LVB increased access to health services, including voluntary family planning. Through the project, more couples are delaying births and accessing critical health services, including maternal and child health services, and HIV and malaria treatment and prevention services.^{27, 28}

→ **Click Forward 63**

Caren, a member of a woman's community group shares how the project has affected her family.

→ **Click Forward 64**

[INTERVIEW: Caren Odek, HoPE-LVB community member]

"I used to think giving birth to many children would make my husband love me more. Little did I know this would be the beginning of my struggles..."

"My children would get sick very often, and the health facilities were very far..."

"Our homesteads were dirty, and that didn't bother us because we had no knowledge on the importance of a clean environment..."

"But after the project came, we now know how to dispose of our waste properly..."

→ **Click Forward 65**

As HoPE-LVB increased knowledge of and access to basic health information and services, it also addressed the related environmental and natural resource management needs of the community^{29,30}

→ **Click Forward 66**

The project addressed livelihoods and nutrition, which are linked with the environment in fishing communities. Overfishing and unsustainable land use practices reduced the fish population and damaged the land that the community depended on.^{31,32}

→ **Click Forward 67**

In response, the project increased community capacity for sustainable agricultural practices, which has reduced the reliance on any single natural resource, and diversified sources of income and nutrition.^{33,34}

→ **Click Forward 68**

Sarah, a woman from the HoPE-LVB project area, explains:

→ **Click Forward 69**

[INTERVIEW: Sarah Achieng' Onyango, HoPE-LVB, community member]

"I have learned how to intercrop so I get a variety of products..."

"...I am assured of food for the rest of the year. My attitude towards tree planting has changed and I have planted a variety of trees..."

→ **Click Forward 70**

Learning skills for alternate livelihoods also diversified people's sources of incomes and decreased pressure on the environment.^{35,36}

→ **Click Forward 71**

[INTERVIEW: Sarah Achieng' Onyango, HoPE-LVB community member]

"The most valuable skill I acquired is molding and installing the energy-saving stoves."

"This has become my additional source of income."

→ **Click Forward 72**

HoPE-LVB also helped the community in reducing wildlife-human conflicts.

→ **Click Forward 73**

[INTERVIEW: Tom Guda, Chairman, East Africa Beach Management Unit]

"There's a lot of wildlife-human conflict arising from people plowing uphill areas that are left for the wildlife and this not only makes the shoreline shaky and therefore is easily eroded into the ecosystem. Working closely with people from KWS (Kenya Wildlife Service) and also working closely with our partner from agriculture, the communities were sensitized not to plow very close to the riverbanks, also not to plow very close to the shorelines, so that we reduce the conflict."

→ **Click Forward 74**

By reducing overfishing, food security has also increased because fish populations are now flourishing in Lake Victoria.^{37,38}

→ **Click Forward 75**

A Beach Management Unit, which supports and enforces fishing laws established by the community, has seen a marked difference in Lake Victoria.^{39,40, 41}

→ **Click Forward 76**

[INTERVIEW: Peter Sikuku, Chair, Chuowe Beach Management Unit]

“The project helped us to demarcate fish breeding zones in the lake. The fish are now reproducing and we have seen significant increase in fish harvest.”

→ **Click Forward 77**

Impressed by the positive impacts on health and the environment, Homa Bay county officials established a PHE department and steering committee to coordinate county PHE activities.⁴²

→ **Click Forward 78**

Since health and natural resource management messages are packaged together, and people’s basic health, nutrition, and livelihoods needs are being met, communities embrace PHE approaches, making them sustainable beyond the life of the project.

→ **Click Forward 79**

The PHE approach is also cost-effective, reducing the resources needed to implement health and natural resource management interventions by strategically integrating activities that complement one another and filling the gap left by single-sector projects that only address some of the challenges communities face.⁴³

→ **Click Forward 80**

From 2011-2013, the Program Research for Strengthening Services, or PROGRESS project, in partnership with the Green Belt Movement, showed that environmental workers could effectively deliver health messages to their community members.^{44,45,46}

→ **Click Forward 81**

The Green Belt Movement was established when women were having trouble meeting household needs for firewood. The organization educated women on sustainable tree planting practices.⁴⁷

→ **Click Forward 82**

To address health needs in the community, the PROGRESS project also trained forestry specialists in Nyeri and Meru counties in effective health messaging that they successfully delivered to members of the community.⁴⁸

→ **Click Forward 83**

The collaboration demonstrated that nonhealth community workers could effectively and enthusiastically deliver accurate health information to their communities.⁴⁹

→ **Click Forward 84**

Green Volunteers also increased male engagement and involvement in family planning discussions among male community members.⁵⁰

→ **Click Forward 85**

These integrated approaches to population, health, and environment are taking place throughout Kenya and have the potential for implementation in other parts of the country.⁵¹

→ **Click Forward 86**

Together, these projects, and other projects from around the world, show that integrated PHE approaches are effective and have added value outside the population, health, and environment sectors, such as:

→ **Click Forward 87**

Greater health and economic empowerment for women;

→ **Click Forward 88**

Greater buy-in and community support for health and environmental interventions; and

→ **Click Forward 89**

Increased time savings and cost savings for households and project implementers.⁵²

→ **Click Forward 90**

In addition, the ability of PHE projects to reach young people can contribute to Kenya's accelerated economic growth by engaging with and investing in youth.⁵³

→ **Click Forward 91**

The PHE approach has been shown to be more cost-effective than single sector projects.⁵⁴ Economists estimate that every dollar Kenya invests in voluntary family planning and reducing land degradation result in a \$4 return^{55, 56} The cost-effectiveness of PHE interventions builds on these worthwhile investments.

→ **Click Forward 92**

Slowing population growth,

→ **Click Forward 93**

investing in health, and...

→ **Click Forward 94**

...protecting our natural resources are critical to achieve Kenya's Vision 2030, the African Union's Vision 2063, and the Sustainable Development Goals.

→ **Click Forward 95**

[INTERVIEW: Hon. Andrew Toboso, Former Member of Parliament, Butere Constituency, Kakamega County]

“County Governments must in their strategic plan, in their policy formulation, in their legislation, put a lot of resources to ensure that they put in laws that can protect the environment, they have policies that will drive proper and positive environmental stewardship, and they invest enough resources in health sector to ensure that the rural population is healthy enough to be productive. That productivity will drive the county economy, which of course, cumulatively will then drive the national economy.”

→ **Click Forward 96**

PHE can play a critical role in improving the socioeconomic development and quality of life of communities.

→ **Click Forward 97**

We ask national and county leaders to:

Affirm their commitment to PHE as a development strategy...

→ **Click Forward 98**

...review existing policies to enhance and promote the mainstreaming of PHE across sectors,

→ **Click Forward 99**

and translate policies into action to effectively implement PHE.

→ **Click Forward 100**

Kenya can seek guidance from the PHE Strategy that was developed by the East African Community, a regional intergovernmental organization of six partner states, including Kenya.

→ **Click Forward 101**

The national government should establish legislative frameworks to support PHE mainstreaming...

→ **Click Forward 102**

...and build the capacity of government agencies to implement PHE approaches effectively.

→ **Click Forward 103**

County governments should establish the institutional mechanisms to coordinate across sectors, integrate PHE into county development plans,

→ **Click Forward 104**

increase financial commitments, and allocate resources for PHE.

→ **Click Forward 105**

Civil society organizations working across different sectors should explore opportunities to collaborate on PHE efforts and support resource allocation at the national and county levels.

→ **Click Forward 106**

[INTERVIEW: Pastor John Akuno, Kisumu County]

“From the impact we have realized here, if you can actually extend it to other communities it can help a great deal. It can help most people to know how to manage for their population, to know how to manage for their health, and actually conserve their environment.”

→ **Click Forward 107**

It is time for Kenya to take the lead in sustainable development, by addressing the collective effects of poor access to health services, limited income-generating opportunities, depletion of natural resources, and the effects of climate change.

→ **Click Forward 108**

Everyone has a role to play, but most critically, national and county leaders must demonstrate their commitment to the well-being of all Kenyans and the future of our country by investing in integrated PHE approaches.

→ **Click Forward 109**

By recognizing the relationships between Kenya’s people, their health, and the sustainable use of natural resources, and acting now, we can keep Kenya on the path to achieve its economic and development goals, and improve the quality of life of millions of Kenyans, while preserving our environment for future generations.

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