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### National government should:

Establish legislative frameworks to support PHE mainstreaming.

We ask the national government to:

Establish legislative frameworks to support PHE mainstreaming and build the capacity of government agencies to implement PHE approaches effectively.

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### County governments should:

Increase financial commitments for PHE.

We ask county governments to:

Establish the institutional mechanisms to coordinate across sectors, integrate PHE into county development plans, increase financial commitments, and allocate resources for PHE.

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### Civil society organizations should:

Strengthen collaboration across sectors and advocate for greater resources for PHE implementation at the national and subnational levels.

We ask civil society organizations to:

Explore opportunities to collaborate on PHE efforts and support resource allocation at the national and county levels.

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It is time for Kenya to take the lead in sustainable development.

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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National Council for Population and Development  
 Chancery Building, Fourth Floor, Valley Road  
 P.O. Box 48994-00100, Nairobi  
 Tel: +254 20 2711600 • Mobile: +254 72 4256202 / 73 5700208  
 Email: [info@ncpd.go.ke](mailto:info@ncpd.go.ke) • Website: [www.ncpd.go.ke](http://www.ncpd.go.ke)



# INTEGRATING POPULATION, HEALTH, AND ENVIRONMENT

FOR SUSTAINABLE DEVELOPMENT IN KENYA

## KEY MESSAGES



**USAID**  
FROM THE AMERICAN PEOPLE

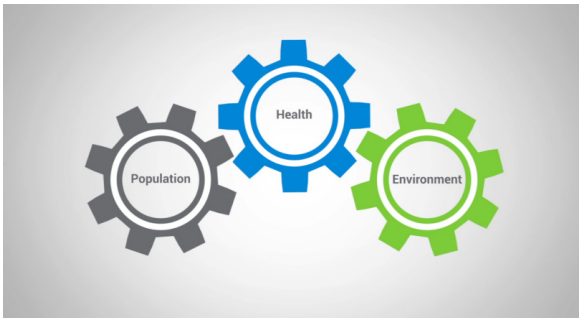




Kenya is a leader in Africa especially when it comes to progressive policies and programs that improve the economic, social, and political well-being of its people and strengthen its economy.<sup>1</sup>

Still, more needs to be done to address the links between our rapidly growing population, our health and well-being, and how we use our natural resources.

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



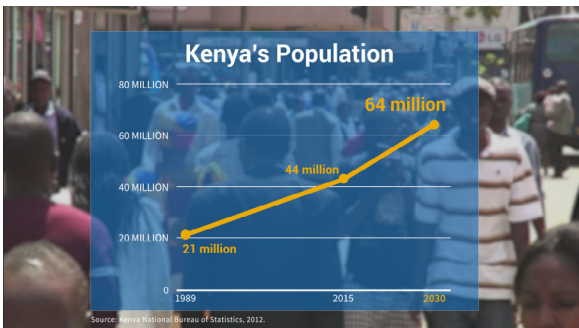
The Population, Health, and Environment approach, or PHE, recognizes the complex connection between people, their health, and the natural resources upon which they depend.

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



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.<sup>2</sup>

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



In Kenya's rural and poor communities, 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.<sup>3</sup>

When families have more children than they want, the population also grows rapidly. Kenya's population more than doubled from 21 million in 1989 to 44 million in 2015 and is projected to reach 64 million people by 2030.<sup>4</sup>



Rapid population growth can impact the environment and affect how people use their natural resources.

Forests are cut down at alarming rates to meet increased demands for farm lands, grazing lands, fuel, and housing, and lakes are experiencing declines in the volume of fish from unsustainable fishing practices and industrial use.<sup>5</sup>



In addition, changing weather patterns and extreme climate events such as droughts destroy crops and livestock leading to food insecurity, loss of income for families, and increased poverty.<sup>6</sup>

In fact, extreme climate events are 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.<sup>7</sup>



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.

PHE efforts in Kisumu County increased access to health services, including voluntary family planning. More couples are better able to plan their families and access critical health services, including maternal and child health services, and HIV and malaria treatment and prevention services.<sup>8</sup>



PHE efforts in Kisumu County also addressed the related environmental and natural resource management needs of the community by teaching residents about sustainable agricultural and fishing practices.

Today, community members no longer rely heavily on any single natural resource, they have diverse sources of income and nutrition, and they are more knowledgeable about sustainable practices that help ease the pressure on the environment.





PHE approaches package health and natural resource management messages together, while meeting the needs of individuals and families for health care, nutrition, and livelihoods.

As a result, communities embrace PHE approaches making them sustainable beyond the life of the project.



The PHE approach has been shown to be more cost-effective than single sector projects.<sup>9</sup>

Economists estimate that every dollar Kenya invests in voluntary family planning and reducing land degradation results in a \$4 return.<sup>10</sup> The cost-effectiveness of PHE interventions builds on these worthwhile investments.



PHE projects in Kenya and around the world show that integrated PHE approaches are effective and have added value outside the population, health, and environment sectors, such as greater health and economic empowerment for women; greater buy-in and community support for health and environmental interventions; increased time savings and cost savings for households and project implementers; and the ability to reach young people in a meaningful way.<sup>11</sup>



We ask national and county leaders to:

Affirm their commitment to PHE as a development strategy.

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

Translate policies into action to effectively implement PHE by seeking guidance from the PHE Strategy, which was developed by the East African Community.