



2015 KENYA NATIONAL **ADOLESCENT AND YOUTH** SURVEY (NAYS)

EMBU COUNTY



January 2017



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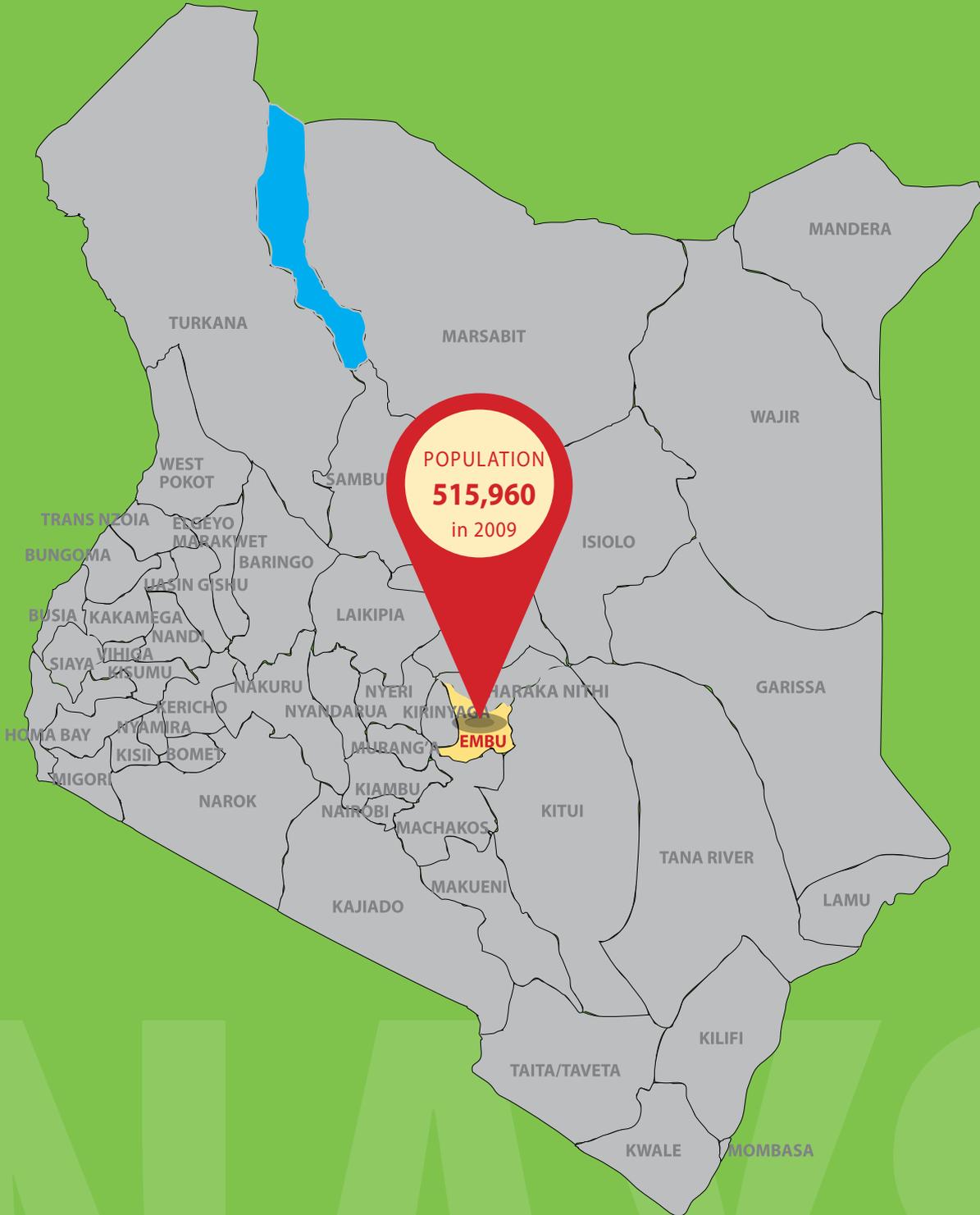
Acronyms and Abbreviations

AFIDEP	African Institute for Development Policy	M&E	Monitoring and Evaluation
AIDS	Acquired Immuno-Deficiency Syndrome	NASSEPV	National Sample Survey and Evaluation Programme
AGPO	Access to Government Procurement Opportunities	NAYS	National Adolescents and Youth Survey
CBO	Community Based Organization	NER	Net Enrolment Rate
CDF	Constituency Development Fund	NGO	Non-Governmental Organization
CPC	County Population Coordinators	NYS	National Youth Service
CPR	Contraceptive Prevalence Rate	PADIS	Population, Administration, and Decision Information System International
DemDiv	Demographic Dividend	PWD	People with Disability
DSA	Drug and Substance Abuse	SGBV	Sexual and Gender Based Violence
FGD	Focus Group Discussion	SRH	Sexual Reproductive Health
FGM	Female Genital Mutilation	STI	Sexually Transmitted Infections
FHOK	Family Health Option Kenya	TFR	Total Fertility Rates
FP	Family Planning	UNFPA	United Nations Population Fund
FPE	Free Primary Education	USAID	United States Agency for International Development
GER	Gross Enrolment Rate	WEF	Women Enterprise Fund
HDI	Human Development Index	YEDF	Youth Enterprise Development Fund
HIV	Human Immuno-Deficiency Virus	YFS	Youth Friendly Services
ICT	Information and Communication Technology		
IDI	In-Depth Interview		
KDHS	Kenya Demographic and Health Survey		
KII	Key Informant Interview		
KIPPRA	Kenya Institute for Public Policy Research & Analysis		
KKV	Kazi Kwa Vijana		
KNBS	Kenya National Bureau of Statistics		

Glossary of Terms

Demographic Dividend	The accelerated economic growth that is achieved through a reduction in the population growth rate coupled with strategic investments in the health, education, and economic opportunities for the population.
Demographic Window	Period when the proportion of a country's population aged below 15 years falls below 30 percent of the total population while at the same time the proportion of those aged 65 years and above is still below 15 percent of the total population.
Gross Enrolment Rate (GER)	This rate identifies the number of children newly admitted to the first year of school, regardless of age as a percentage of children who are entitled to admission.
Human Development Index	The Human Development Index (HDI) is a composite statistic of life expectancy, education, and income per capita indicators, which are used to rank countries into four tiers of human development. A country scores higher HDI when the life expectancy at birth is longer, the education period is longer, and the income per capita is higher.
Mwongozo	Code of governance for state corporations in Kenya.
Net Enrolment Rate (NER)	Age-specific corresponds to the legal admission age. Ratio of children of official school-age who are enrolled in school to the population of the corresponding school age.
Nyumba Kumi Initiative	Security model that encompasses groups of 10 houses with the aim of enhancing security.
Transition Rate	The proportion of children admitted, relative to the number of those who were, the year before, in the final school-year of the preceding level.

EMBU COUNTY



Foreword

Kenya has a large population of young people below the age of 35 years. Three in every four Kenyans are young people. This population segment presents both a challenge and opportunity to the country's development agenda. The main challenge brought about by this population is the ever growing need for social services such as health, education, and other social amenities. Each year, an increasing number of these young people graduate from educational institutions thereby necessitating an increase in the creation of employment and income opportunities to meet the demands of this group. On the other hand, if Kenya can meet the social and economic needs of this population, then the socio-economic development of the country will be greatly enhanced. In this case the large population of young people will become an asset to the country. It is in recognition of this that the Government of Kenya has put in place several initiatives aimed at improving the socio-economic opportunities and well-being of young people.

The demographic dividend concept advocates for strategic investments in health, education, economic and governance with a view of ensuring that the population of young people is healthy, well-educated, trained for the job market, and economically engaged in a well governed environment. Kenya subscribes to the ideals of this concept whose eventual outcome is accelerated socio-economic growth and improved quality of life which is in line with the aspirations of *Kenya Vision 2030*. In this regard, Kenya's challenge is to match the population growth rate with the available resources.

Results from the modelling of Kenya's demographic dividend potential, which was done in 2014, showed impressive results that the country can achieve on the social and economic fronts when strategic investments are made in these sectors. However, for Kenya to realize these benefits, each of the forty seven counties in the country will have to make strategic investments in health, education, economic, and governance so that the full potential of young people can be harnessed and socio-economic growth accelerated. The 2015 Kenya National Adolescents and Youth Survey (NAYS) was occasioned by the need to provide each county with information on their respective demographic dividend potential and the specific actions that they need to undertake to realize this potential. This report will therefore be very useful to counties when planning for their respective development activities. It is my hope that each county will make use of this report and contribute to making Kenya a better country where citizens enjoy a high quality of life in a safe environment.

Mr. Saitoti Torome, CBS
Principal Secretary
State Department of Planning

Acknowledgment

The Kenya National Adolescents and Youth Survey (NAYS) was conducted in 2015 with the goal of contributing to the country's efforts of harnessing the potential of the young people in accelerating national development. Results from this survey will inform counties on the actions that they need to undertake in order to achieve accelerated economic growth

The 2015 NAYS was implemented through a collaborative effort between NCPD and various partners and stakeholders. In this regard, NCPD would like to thank the United Nations Population Fund (UNFPA) and the Norwegian Government, through the African Institute for Development Policy (AFIDEP), for both their technical and financial support to the survey.

The implementation of the 2015 NAYS was guided by a Task Force made up of two committees, namely; Steering and Technical Committees. The Steering Committee provided advice on the conceptualisation and the implementation strategies and modalities while the Technical Committee was responsible for the development of the survey tools, recruitment and training of the research assistants, coordination, and supervision of data collection, data processing, analysis and report writing. NCPD is grateful to members of the two committees.

The NCPD's County Population Coordinators (CPCs) were responsible for introducing the research assistants to the various counties under their jurisdiction and ensuring their smooth movement within the counties. They were also responsible for conducting the Key Informant Interviews. Given the success of the fieldwork, NCPD would like to thank all the CPCs.

Finally, NCPD would like to take this opportunity to thank the Council of Governors and the individual Governors for facilitating the entry of the research teams into the counties, and the respondents in all the counties who participated in the focus group discussions, in-depth interviews, and the key informant interviews. These respondents include community members, pupils, students, health workers, and heads of learning institutions, programme managers, employers, and government officials. The information that was provided by these respondents facilitated the development of this report. It is therefore NCPD's hope that this report will be useful to all the counties as they contribute to the national efforts towards harnessing the demographic dividend.

Dr. Josephine Kibaru-Mbae, OGW
 Director General
 National Council for Population and Development

Executive Summary

This report presents Embu County profile based on the findings of the 2015 National Adolescents and Youth Survey conducted by the National Council for Population and Development (NCPD) in conjunction with Ministry of Education, Science and Technology, Ministry of Health, Youth department, KNBS and various development partners. The survey covered all the 47 counties with the multiple objectives of examining what potential exists for a demographic dividend in each of the 47 counties, Identifying health, education, economic and governance issues that affect young people in each county, identifying what specific investment opportunities that could accelerate achievement of the demographic dividend and providing policy and programme recommendations based on the survey findings.

This report interrogates the demographic profile of the county and the prevailing socio-economic indicators of the county and further identifies the challenges and opportunities that exist for harnessing the benefits of a growing youth population. The report therefore presents an overview of the key demographic, health, education, economic and governance indicators. These are the main sectors whose performance is critical in harnessing the potential of the youth people in accelerating economic growth and development.

Embu County had a population of 515,960 in 2009 and is projected to increase to 682,527 people in 2030 and 805,081 people by 2050. The population below age 15 constitute 37.6 percent of the total population and is projected to reduce to 28.3 percent and 22.4 percent by 2030 and 2050, respectively. The population in the working ages (15-64) was 57.3 of the total population in 2009 and is projected to increase to 66.5 percent in 2030 and 69 percent in 2050. The county has a very dependency ratio. In 2009, the ratio was 74.6 but it is projected to decline to 50.5 in 2030 and 45.6 in 2050 as result of the changes in the population age structure. The county's demographic window of opportunity is projected to open in the year 2021 and to end in the year 2061.

Embu county has a fertility rate of 3.1 children per woman and has one of the highest contraceptive prevalence rates in the whole country; about seventy one (70.6) percent of the currently married woman in the county are using contraceptives. About 81 percent of the births in the county are attended by a skilled health worker while 85.5 percent of children 12-23 months are fully vaccinated. The county's HIV prevalence rate is 3.7 percent which is lower than the national average of 6.4 percent.

The Human Development Index (HDI) which is a composite index that measures the levels of literacy, health and economic well being stands at 0.552 which is better than the national average of 0.520

School enrolment is very high in the county. Primary school net enrolment rate is 96.2 percent while the secondary school net enrolment rate is 73 percent. These figures indicate about 27 percent of the secondary school age children are out of school in the county.

In the context of the four pillars of the demographic dividend, the survey in the county revealed the following findings: The health of young people in Embu County is being affected by issues such as drug and substance abuse sexually transmitted diseases, HIV/AIDS, teenage pregnancy, mental health and SGBV. These issues caused mainly by poverty, peer pressure and idleness, and lack of access to sexuality and reproductive health information and services. In order to improve health standards of the county, the county should create alleviate poverty through creation of training and employment opportunities for the young people, increase public health education, have comprehensive sexuality education programs in schools and provide youth friendly health services, including the provision of reproductive health services and provision life skills to the youth.

The survey found that the main issues affecting education of the young people in Embu County to include drug and substance abuse, child labour, school absenteeism of teachers and students and lack of school fees. These issues were found to be caused mainly by peer pressure, poverty and lack parental guidance. In order to improve education standards in Embu County, there is need to address these issues by increasing bursary allocation, conducting public education on the dangers of drugs and substance abuse, establish rehabilitation centres, recruit more teachers and enforce laws on DSA.

The survey found out that young people in Embu County are engaged in the available economic opportunities the main ones being trade, farming and *boda boda* and employment in casual jobs. The young people were experiencing challenges in accessing these opportunities. The main challenges mentioned are poor pay, harassment by employers, lack of business capital, lack of necessary skills, *boda boda* accidents and lack of markets. For the young people to be fully engaged in the economic activities the county should create more training and employment opportunities, enable the young people to access credit facilities (loans) enforce the laws on child labour and provide avenues for young people to gain relevant skills.

Young people's access and utilisation of ICT in the county is hindered by high charges by mobile providers, lack of adequate internet outlets and lack of computer skills. There is therefore need to offer computer skills to all schools and expand low cost internet connections.

The main governance concerns in Embu County included land disputes, crime, lack of cohesion between upper and lower Embu and corruption. These challenges could be addressed through recruitment of more police officers, taking firm disciplinary action on corrupt officers and public awareness on integration and cohesion.



INTRODUCTION

1.1 Background

1.1.1 Youth in Kenya

The United Nations uses the terms 'youth' and 'young people' interchangeably to mean people aged 15-24 years with the understanding that member states and other entities may use different definitions. The Constitution of Kenya (2010) defines youth as those individuals who have attained the age of 18 years but have not attained the age of 35 years. Those aged 18-34 years constitute about 30 percent of Kenya's total population while those aged 0-34 years constitute 78 percent of the population. This youthful population is a demographic asset and investing in their education, health, skill development and employment prospects will accelerate a demographic dividend. To reap the benefits of this dividend, Kenya must make sound investment in health, education and economic development.

1.1.2 The Demographic Dividend

The demographic dividend refers to the accelerated economic development that a country can attain by slowing down the pace of population growth while at the same time making strategic investments in the health, education, economic, and governance sectors. The demographic dividend concept is being popularized in developing countries as a potential solution to their development challenges. In embracing this concept, Kenya modelled the demographic dividend in 2014 using the *DemDiv* Model that was developed by Futures Group. The modelling of Kenya's demographic dividend was supported by USAID through the Health Policy Project. Results from the model showed that Kenya could achieve the following results by 2050 through implementation of activities aimed at achieving the demographic dividend: Investments per capita will increase to about US\$ 2,000 from the current figure of about US\$ 200; Fertility levels will decline to an average of 2 children per woman from the current 4 children per woman thereby decreasing the dependency ratio: Even with an increase in the population size, the employment gap (i.e. people in the labour force who are not active) will be 8 million which is less than the current gap of 10 million. These results are consistent with the aspirations of *Kenya Vision 2030*.

1.1.3 Population Size, Growth and Composition

The population of Kenya was enumerated at 38.6 million people in 2009. It was estimated to be increasing at a rate of 1 million people each year representing a growth rate of about 2.9 percent

annually. From the census results, the dependency ratio was recorded at 87 dependents for every 100 people in the working ages (15-64 years). The 2009 Census also indicated that Kenya's population-age structure is youthful because the population of children below the age of 15 years was 43 percent, way above the cut-off limit of 35 percent. This was corroborated by the fact that those aged below 35 years constitute 78 percent of the country's total population. This population-age structure does not lend itself to the country's efforts to attain a rapid economic growth because most of the resources are spent on meeting the ever increasing social needs (health, housing, education, water and sanitation) of the fast growing population.

Kenya's Population Policy for National Development recognizes that the rapid growth in the population size is a constraint to national development. To counter this, the policy proposes a reduction in the fertility levels from 5 children per woman in 2009 to 2 children per woman in 2050. According to the 2014 KDHS, the fertility level was 4 children per woman in 2014 which is a clear indication that the fertility levels are dropping. If this trend continues and Kenya achieves a fertility level of 2 children per woman by 2050 then the population size will increase to 59 million people in 2030 and 75 million people in 2050 with the proportion of those aged below 15 years decreasing to 33 and 25 percent respectively. The dependency ratio for the country in 2030 and 2050 will be 57 and 45 dependents for every 100 people in the working ages (15-64 years) respectively.

1.2 Survey Rationale

In 2014, NCPD and various partners modeled Kenya's demographic dividend using the DemDiv model. The results obtained from the modeling exercise showed that Kenya could achieve accelerated socio-economic growth through targeted investments. However, it was recognized that for this to happen, each of the 47 counties would have to play a role. Unfortunately, information on the demographic dividend potential for each county and the specific activities that they each need to implement so as to benefit from this potential was largely lacking. Given the differences in the health, education, economic and governance status of the counties, it was necessary to conduct this survey to generate county specific information on the demographic dividend potential and activities that need to be implemented. With this information at hand, each county would know what they need to do to harness the potential of their youthful population.

1.3 Survey Goal and Objectives

Survey goal

The goal of the 2015 National Adolescents and Youth Survey was to provide solid evidence on how the growing youth population can be harnessed to accelerate economic growth and achieve a demographic dividend.

Survey objectives

The objectives of the 2015 NAYS were:

- a. To generate a profile of adolescents and young people in each county. This includes the population size, age distribution, and socio-demographic characteristics.
- b. Identify Health, Education, Economic and Governance issues that affect young people in each county.
- c. Identify investment opportunities in the key sectors in each county.
- d. Provide policy and programme recommendations based on the survey findings.

1.4 Survey Organisation

The implementation of the survey was facilitated by two committees; Steering and Technical committees whose members were drawn from different organisations representing the different sectors that have a key role in the country's efforts to harness the demographic dividend. Members of the Steering Committee were involved in providing policy guidance and field work monitoring while members of the Technical Committee were involved in giving technical input and supervision of field teams alongside the NCPD County Population Coordinators.

1.4.1 Pre-test

The survey pre-test was conducted in April 2015, where 26 Technical Committee members and a selection of research assistants participated. The purpose of the pre-test was to check on the flow and meaning of questions, language used in the tools, and the time it would take to administer each tool. During the pre-test, the programme for the fieldwork training was developed and reviewed to ensure that the training for the fieldwork would cover all the necessary aspects that are required to fully equip the research assistants in readiness for the data collection exercise.

1.4.2 Trainings

The Technical Committee members were trained for three days, in February 2015, on demographic dividend and its applicability in the Kenyan context so that they could be conversant with the concept before embarking on the development of the survey tools. This enabled the Technical Committee members to develop the data collection tools that responded to the objectives of the survey.

In April 2015, thirty-four (34) research assistants were competitively recruited for data collection in the 47 counties. They were trained from 29th April to 9th May 2015 in Nakuru. The trainees were taken through the survey tools, materials and modalities of recruiting the respondents for the different tools that were to be administered. They were also trained on how to conduct interviews. Different methodologies and approaches were used in the training to ensure that the research assistants were well equipped to collect quality data.

1.5 Survey Methodology and Implementation

The NAYS survey used two methodologies namely; quantitative and qualitative. The quantitative methodology involved the desk review of secondary data from the *2009 Kenya Population and Housing Census*, the *2014 Kenya Demographic and Health Survey (KDHS)*, the *2014 Economic Survey* and the *2014 Basic Education Statistical Booklet*. These sources were used to generate information on population, health, education, and economic issues at both national and county levels. It presented a synopsis of the demographic and socioeconomic characteristics of the country and each of the counties. The quantitative methodology also involved the generation of population projection data for each of the counties using **PADIS software**. The qualitative methodology involved the collection of qualitative data through focus group discussions, in-depth interviews, and key informant interviews.

1.5.1 Survey Tools

In collecting the qualitative data, the following tools were used:

- a. Focus Group Discussions (FGD) guides for conducting focus group discussions.
- b. Key Informant Interview (KII) guides for conducting key informant interviews with policy/ decision makers at county level.
- c. In-Depth Interview (IDI) guides conducting in-depth interviews with service providers in health, education, and economic sectors.
- d. Check list for youth-serving organisations.

The FGD, KII, and IDI guides were used to solicit information on the key issues affecting the wellbeing and participation of young people in terms of health, education, economic opportunities and governance. In addition to this, the tools were used to collect information on how the identified issues could be addressed. The checklist for youth serving organisations was used to assess the state of health and education facilities and services for young people.

1.5.2 Sampling

The sample for the qualitative component of the survey was national in scope covering the 47 counties in Kenya. These counties were clustered into 16 survey regions based on social-demographic characteristics. Table 1.1 shows the clustering of all the counties from which the set of all the tools were administered.

Table 1.1 Cluster counties by study regions

	Region	Counties
1.	Nairobi	Nairobi
2.	North Eastern	Garrisa, Wajir, Mandera
3.	Upper Eastern	Isiolo, Marsabit
4.	Central Eastern	Meru, Embu, Tharaka Nithi
5.	Lower Eastern	Kitui, Makueni, Machakos
6.	North Rift (1)	Trans Nzoia, West Pokot, Turkana,
7.	North Rift (2)	UasinGishu, Elgeiyo Marakwet, Nandi
8.	Central Rift	Nakuru, Kericho, Bomet, Baringo
9.	South Rift	Kajiado, Narok, Samburu
10.	Western	Kakamega, Vihiga, Bungoma, Busia
11.	Nyanza South	Kisii, Nyamira, Migori (Kuria)
12.	Nyanza North	Kisumu, Siaya, Homa Bay, Migori (Luo)
13.	Central (1)	Kiambu, Murang'a, Kirinyaga,
14.	Central (2)	Nyeri, Nyandarua, Laikipia
15.	Coast (1)	Mombasa, Kwale, TaitaTaveta,
16.	Coast (2)	Tana River, Lamu, Kilifi

In mapping out areas where the data was collected from, the survey was guided by the National Sample Survey and Evaluation Programme (NASSEP V) which is developed and managed by the Kenya National Bureau of Statistics. Each tool was administered to targeted respondents who had been determined using criteria that had been set prior to the survey field work. The criteria used to recruit those who would participate in the focus group discussions were age, sex, and schooling status. FGDs were conducted for the following age groups 10-14, 15-19, 20-24, 25-34 and 35-60 year olds. Given the survey objectives, the young people responded to issues on health, education, economic, and governance that touched on their daily lives. The older age groups (35-60 years) gave their perceptions on health, education, economic, and governance as it relates to the young people. In order to triangulate the information collected, Key Informant Interviews (KIIs) and In-Depth Interviews (IDIs) were used to collect information from key informants and service providers respectively. The KIIs

were administered to policy makers' in-charge of the specific sectors of interest in the counties. The respondents to the IDIs were service providers in the health, education and economic sectors.

Table 1.2 and 1.3 show that the target for each county was 8 Key Informant Interviews, 8 In-Depth Interviews, and 9 Focus Group Discussions.

Table 1.2 Key informant interviews and in-depth interviews sample frame for each county

Sector	Key Informant Interviews (KIIs)	In-Depth Interviews (IDIs)
Health	County Executive Committee Member (CEC) – Health OR Chief Officer Health OR County Director of Health	1. Health Facility In-charge 2. Manager In-charge of Youth Serving Organisation in Health
Education	1. County Director of Education (CDE) 2. County Executive Committee Member (CEC) - Education	1. Primary School with Pre-primary – School heads (1 public School) 2. Secondary School – Principals (1 public school) 3. Tertiary Institutions – Dean of student (1) 4. TVET (1)
Economy	1. County Director of Youth Development 2. County Executive Committee Member (CEC) - Youth Affairs 3. CEC to be selected depending on the main economic activity of the county	1. Enterprise Development Fund Representative (UWEZO, YEDF, WEF etc) 2. A leading employer in the County
Governance	1. County Commissioner 2. County Executive Committee Member (CEC) – Public Administration	N/A

Table 1.3 Focus group discussions sample frame for each county

Group	Additional Criteria	No. of FGDs	Place
Young people, Age 10-14	1 for males and 1 for females	2	School
Young people, Age 15-19	1 for males and 1 for females	2	School
Young people, Age 15-19	1 mixed group out of school (male & female, married & unmarried)	1	Community
Young people Age 15-24	1 for marginalized populations	1	Community
Young people, Age 20-24	1 for married and unmarried youths	1	Community
Young people, Age 25-34	1 for married and unmarried youths	1	Community
Older people, Age 35-60	1 for older people (male and female)	1	Community

1.5.3 Data Collection

Data collection was done by 16 teams, each consisting of two research assistants. The fieldwork commenced on 11th May and ended on 31st July 2015. Each team was assigned two or three counties for data collection. In addition to this, each team had a vehicle and a driver to ensure smooth movement during the data collection exercise. Using the field work plan developed during the fieldwork training, the research assistants systematically collected data from their assigned regions. Throughout this process, they were guided by their respective supervisors. At the end of each day the team members got together to share their experiences and prepare the day's summaries. This sharing helped the teams to strategise the next day's work. Table 1.4 summarises the response rate for the interviews conducted using the FGD, KII, and IDI guides.

Table 1.4 shows that IDIs had the highest response at 93 percent followed by FGDs at 92 percent. KIIs, which targeted the policy makers at county level, had the lowest response rate at 78 percent.

Table 1.4 Survey response rates

	Focus Group Discussions	Key Informant Interviews	In-Depth Interviews
Interviews Targeted	423	376	376
Interviews Conducted	389	294	348
Coverage (percent)	92%	78%	93%

1.5.4 Data Processing and Analysis

As part of the data collection exercise, the interviews were captured using both digital recorders and note books. The data was then transcribed in the original language of the interview after which it was translated into English language in cases where the interview language was not English. The hard copies of the English scripts were then typed using Microsoft Word to convert them into soft copies. This was done by the research assistants. On receipt of the data at NCPD headquarters, the same was handed over to data clerks for checking, cleaning and processing.

The quantitative data was processed using SPSS and PADIS while the qualitative data was processed using NVIVO QRS (version 10) software. NVIVO software was used to access, organize, manage, shape, code, explore, extract and analyse the textual data. A team of thirteen (13) data clerks were trained on how to process the data using this software. To ensure consistency and quality, two supervisors reviewed and verified the coded data.

2

EMBU COUNTY SURVEY FINDINGS

2.1 Background

Embu County is located approximately between latitude 0° 8' and 0° 50' South and longitude 37° 3' and 37° 9' East. It borders Kirinyaga County to the West, Kitui County to the East, Machakos County to the South, Murang'a County to the South West, Tharaka Nithi County to the North and Meru to the North West. The County covers a total area of 2,818 km². Embu County has two agro-climatic zone; the upper cold areas around Mount Kenya, while the lower parts are consists of Mbeere North and Mbeere South constituencies are drier. The most conspicuous physical features in the County are Mt. Kenya, Mwea rice scheme, Masinga dam, Kamburu dam, Kindaruma dam, Kiambere dam and Gitaru dam. Administratively, the County is divided into five Sub-counties namely; Embu West, Embu North, Embu East, Mbeere North and Mbeere South.

2.2 Demographic and Socio-economic Situation

2.2.1 Population Size and Age Distribution

Population size and structure are both useful factors in resource planning and development. Table 2.1 shows the population size and structure of Embu County.

Table 2.1 Population size and structure

Demographic	2009	2030	2050
Population Size	515,960	682,527	805,081
Proportion of Population Below Age 15	37.6%	28.30%	22.40%
Proportion of Population Above Age 64	5.1%	5.20%	8.90%
Proportion of Population in the Working Ages (15-64)	57.3%	66.5%	68.7%
Dependency Ratio	74.6	50.5	45.6
Year Demographic Window of Opportunity Opens	2021		

Embu County had a population of 515,960 in 2009 according to the population and housing census. At the current growth rate, the population is projected to increase to 682,527 people by 2030 and 805,081 people by 2050. The population below age 15 constitute 37.6 percent of the population but

this proportion is expected to reduce to 28.3 percent and 22.4 percent by 2030 and 2050, respectively. Consequently, the proportions of population above age 64 and in the working ages are expected to increase from 5.1 percent and 57.3 percent to 8.90 percent and 68.7 percent between 2009 and 2050 respectively. The combined changes will result in reduction the dependency ratio from 74.6 to 45.6 over the same period. The demographic window of opportunity is projected to open by 2021 and to end in 2061.

2.2.2 Socio-economic Characteristics

Table 2.2 presents levels of selected social economic characteristics in Embu County.

Table 2.2 Socio-economic characteristics

Socio-economic characteristics	Indicators	
Health	Average Number of Children Per Woman	3.1
	Proportion of Married Women Using Contraception	70.6%
	Proportion of Births Attended by A Skilled Health Worker	81.5%
	HIV Prevalence	3.7%
	Children 12-23 months fully vaccinated	85.5%
Education	Primary School Net Enrolment Rate	96.2%
	Primary School Pupil-Teacher Ratio	23.2
	Number of Primary School-Age Children Out of School	4,109
	Secondary School Net Enrolment Rate	73.4%
	Secondary School Pupil-Teacher Ratio	17.8
	Number of Secondary School-Age Teenagers Out of School	11,766
Socio-economic	Human Development Index	0.552

Table 2.2 shows that the average number of children per woman in Embu County is 3.1 children. The low fertility can partly be explained by the high prevalence of contraceptive use among married women (70.6 percent) in the county. About 81 percent of the births in the county are attended by a skilled health worker while 85.5 percent of children 12-23 months are fully vaccinated. The county's HIV prevalence rate is 3.7 percent which is lower than the national average of 6.4 percent.

The Human Development Index (HDI) which is a composite index that measures the levels of literacy, health and economic well being stands at 0.552 which is better than the national average of 0.520

2.3 Health and Young People

2.3.1 Health Issues Affecting Young People

The health of young people plays an important role in development processes of any society. The survey sought to establish the health issues in the County, their causes and consequences and possible ways of addressing them. The main findings are presented in Table 2.3

Table 2.3 Main health problems affecting youth

Main health problems	Causes	Consequences	Ways of addressing these problems
Drug and Substance abuse	Poverty	Mental health	Create employment
Communicable diseases	Peer pressure	Poverty	Public education and awareness
STI and HIV/AIDS	Idleness	Poor health	Counselling
Teenage pregnancy	Bad morals	Death	Provide Life skills
Mental health	Unemployment		Improve sanitation and hygiene
SGBV			
Long distance to health facilities			

The survey revealed the main health issues are DSA, mental health, SGBV and teenage pregnancy. Most of the interviewed groups said that the issues are common in the County and have been caused by poverty, peer pressure and idleness due to lack of employment opportunities. One participant said:

“The young people here are very idle and that the thing results to them drinking cheap beers and that thing brings a lot of immorality. So we have a lot of sexually related illnesses. And you see a sick person has no tomorrow unless otherwise is done. So we would request if youths can have ways /things so that they don’t stay idle. I think they would not be getting involved in such things.”

[FGD. Mixed older people, 35-60 Embu]

To address the issues, the respondents recommended that youths be provided with life skills and employment opportunities. In addition, awareness on health issues should be increased through public education and counselling. The policy maker interviewed also mentioned that they have established a youth friendly centre at Embu level 5 hospitals and plan to expand to Ishiara market. However, he mentioned that they are looking for partners in this venture.

One of the health policy makers indicated that there are no County specific health strategies and guidelines but they are making efforts to domesticate the national ones. Some people have been trained on national guidelines as TOTs but capacity building at grass root level has not been affected due to lack of funds.

2.3.2 Access and Availability of Health Information and Services

The respondents were asked to give their views regarding access to and availability of health information and services. The key findings are presented on Table 2.4

Table 2.4 Access and availability of information and services

Sources of health information	Types of Health Information & Services	Usefulness of Information	Preferred Sources
Health facilities	STI, HIV/AIDS counselling and testing	Increases knowledge	Media
Media (Radio, TV)	Sexuality education	Right diagnosis	Health facility
School	Disease prevention and diagnosis	Disease prevention	School
Public health talks	Hygiene and sanitation	Behaviour change	Family
			Public forums

The survey findings show that the main sources of health information are health facilities, the media and schools. The information mostly provided is on STI/HIV/AIDS sexuality education disease prevention and hygiene and sanitation. The information is provided rarely because as some respondents said, one goes to hospital when you are seek only hence can't get the information regularly. According to them, the information has increased their knowledge on disease prevention hence improving behaviour change. One of the County health policy makers mentioned that the information dissemination mechanisms are few hence utilisation is low. Most of the respondents indicated that they would prefer receiving health information through media. Other channels mentioned include schools and, health facilities among others.

“As for me, from the health services like dispensary or hospital. From there you will be told the causes of the disease and how to protect it. And also on the disease, you can be told the measures you can put into to heal from the disease.”

[FGD. Male young people 15-19, Embu]

On the issue of youth friendly services, the respondents said that the facilities with those services are few and some of them lack confidentiality, something they blamed on the health workers being from the same areas they serve. Other respondents reported not having heard of youth friendly services in their County.

2.3.3 SRH/FP Information and Services

The respondents were specifically asked on SRH/FP information and services and the findings are presented in Table 2.5

Table 2.5 SRH/FP information and services

Main SRH/FP information & services available & accessible	Challenges in accessing SRH/FP information & services	Addressing Challenges
Condoms Contraceptive pills Injectables Coil	Stigma and fear Lack of enough drugs Ignorance Cost of services	Youthful health care providers Youth friendly services Create public awareness Provide free or subsidised services Gender preference for health care providers

When asked about the information received on SRH/FP, the respondents said the most commonly provided information and services are on contraceptives, condoms and injectables among others. It was also reported that the marginalise groups have activities targeting them in the County, for example; adoption, establishment of more children’s homes, and donations from well wishers.

Access to health services is hampered by stigma, lack of enough drugs and cost of services among other challenges. To address these challenges, the respondents recommended for establishment of more youth friendly services, increasing awareness on the issues mentioned and ensure gender and age balance in recruitment of health care providers.

2.3.4 Organisations Addressing Health Issues

The organisations addressing health issues in the County include government, individuals such as motivational speakers and NGOs (mainly APHIA Plus). Some respondents however said that they have not seen the presence of the NGOs in their areas but hear from other people in their neighbourhoods.

“May be that group helps people from his place . We don’t have any in Machang’a. So they are not doing anything. I only hear of it when I attend meetings which R2, IS chairing. But it is not in the community.”

[FGD. Mixed older people 35-60, Embu]

The respondents felt that the organisations are doing well in terms of capacity building and improving awareness on health matters which has generally improved health status in the County. The community members therefore appreciate that there has been behaviour improvement and reduction in HIV prevalence which some attributed to the activities of the organisations.

“Like the ones who came last year, they have changed the student, like when we try to engage in sex you think about the diseases that they told you (yeah) that will affect you and it can lead to death so one will have a feeling that they were speaking something and will abstain until the right time comes.”

[FGD. Female young people, 15-19, Embu]

2.3.5 Opportunities for Improvement

The respondents felt there is still room for improvement in health services. Areas that were mostly mentioned include strengthening of the already existing strategies such as capacity building, creating awareness on health issues, provision of drugs and hygiene and sanitation among others.

“You see it could be like those motivational speakers talking about issues like drugs, they could be talking orally just like us here. It could work better if they had some videos to show, it’s even better”

[FGD. Mixed young people 20-24, Embu]

2.4 Education and Young People

Education is considered to be an important aspect in human development. It empowers people to be able to handle several life issues in better manner. The survey sought to get insights on education situation in the County. Table 2.6 presents findings on issues affecting education, their causes and consequences and possible ways of addressing the issues.

2.4.1 Issues Affecting Education

Table 2.6 Issues affecting education

Main Education Issues affecting Young People	Causes	Consequences	Ways of addressing these problems
Lack of school fees	Peer pressure	School drop outs	Increase bursaries/subsidize education
Drug and substance abuse	Poor parental guidance	Poor academic results	Public education
Child labour	Poverty	School absenteeism	Establish rehabilitation centres
School drop outs	Myths	Lack of concentration	Law enforcement on DSA
Absenteeism by teachers and students			Employ more teachers
Corporal punishment			Increase school assessment programmes

The main issues affecting education in Embu County were reported to be lack of school fees, DSA, child labour, school drop outs and absenteeism by both teachers and students. It was also reported that punishment including corporal punishment has been an issue in the sector. These issues are mainly caused by peer pressure, poor parental guidance and poverty among other reasons. The issues were said to be very common and even include practices that were against the normal religious teaching thereby some students being regarded as worshipping the devil as reported in one of the FGDs.

“It is there and it will grow big It is becoming a very huge problem. They have even engaged up, they have stopped attending the normal churches.”

[FGD. Mixed older people 35-60 Embu]

These issues have resulted in poor performance and general reduction of education standards in the County. The respondents suggested the need to increase bursary allocation to assist more needy students in order to reduce the issue of child labour and drop outs. In addition, the FGD participants mentioned key strategies that can be applied to address the issues mentioned. The measures include public education on importance of education, establishment of rehabilitation centres and enforcing of laws on DSA. On the side of teachers, the in-service courses are being applied to improve the teachers' skills.

“And others use tobacco. They put it in the mouth and sniff, that affects them because they become addicted and instead of them thinking about education they think how they will steal so as to get the money to buy them. Even if they don't have they escape from school to go find money for drugs.”

[FGD. Male young people 10-14, Embu]

When asked about provision of sanitary towels, young people said they were being provided in their school while some from other schools said they were not. The policy maker at County level confirmed the County had benefitted from free sanitary towels from government and NGOs.

The policy makers was asked about enrolment and transition rates in the County and pointed out that enrolment at ECD is the highest and is almost equal to class one enrolment. However, due to the issues mentioned above, transition rates drop as they progress to secondary and tertiary. Girls have been observed to be raising their transition to tertiary levels. He also mentioned that there are serious shortages of teachers.

“Yah, we have serious shortage of teachers. And that is why quite a number of schools are employing teachers who are not qualified. Then we have the issue of absenteeism of teachers from school which is serious as we look school records in the county. Those teachers who are often absent may be involved in business and other things”.

[IDI. Policy maker Education, Embu]

2.4.2 Availability and Accessibility of Education Services

When asked about adequacy of facilities in their schools, the responses given were both negative and positive. Some respondents said there are enough desks and teachers in their schools while others indicated the dire lack facilities including laboratories, dormitories and libraries.

“Things like laboratory, there is no dormitory. We even don’t have a dining hall. We eat from outside.”

[FGD. Male young people, 15-19, Embu]

In regard to schools for people with special needs, the education policy maker pointed out that there are schools catering for hearing, visual, physical and even the intellectually challenged children. On the issue of gender disparities in learning institutions, some FGD participants agreed that there are more girls than boys in school especially primary level, a situation that is mainly caused by DSA. Distance was also cited as one other challenge affecting accessibility of schools.

The education policy maker said that all government managed primary schools have ECDs but the issue is complicated by private schools some of which start from primary school. He felt that the number of primary and secondary schools in the county was relatively adequate but the main problem was with tertiary institutions.

“No, neither have we done enough campaign to let the people know. The tertiary are not adequate, we need more, and maybe we are at 60 to 75 percent, the provision of tertiary. So we still have an area we need to improve, especially the variety of courses offered. We need something more to be done on the tertiary institutions.”

[Policy maker Education, Embu].

2.4.3 Relevance of Courses Taught in the Prevailing Job Market

Regarding the courses taught and their relevance in the job there were mixed feelings with some groups saying that the courses are relevant but the jobs are few. Others felt that the courses are not relevant since they are not able to train people on self employment.

“The courses that are being taught in school, even after the training, you end up putting up a small business. If only schools were specialising in something like business, then one would know that the business course he/she trained on will help him. If you have done Agriculture, you should apply it at home. The education system should be revised.”

[FGD. Mixed young people 25 - 34, Embu]

A dean of one of the institutions of higher learning mentioned that there is need to revise the curricula since most of them date back to 70s and are not addressing the current issues. The courses offered in the TVET institutions include electrical, tailoring, hospitality, secretarial among others. However, he stressed the need to include a course on electrical power generation which could be marketable but is not in the syllabus.

2.4.4 Organisations and Individuals Addressing Education and Training Challenges

The organisations addressing education issues which were mostly mentioned were government, NGOs, religious organisations, individuals and private companies like banks.

“KENGEN, Equity, Commercial Bank and even people individually partnering with schools but at this level we don’t know them. Also, people like NEEMA supporting 40 students and he has been doing it for more than 5 years.”

[FGD. Mixed older people 35-60, Embu]

The organisations are appreciated for the interventions in increasing facilities in schools e.g. desks, laboratories and libraries, improving infrastructure, capacity building for teachers and providing financial assistance to needy students.

2.4.5 Opportunities for Young People to Gain Skills

Most of the respondents indicated that there exist internship and attachment opportunities in the County though they are few. The internships offered are in areas such as tailoring, Carpentry, mechanics and beauticians. However, some of respondents said that such opportunities do not exist in their areas and where they exist, it is hard to get due to corruption.

“There are no such things here, things have become hard. Even when a person has gone up to college, to get somewhere to give him/her the experience he/she as to look for it or he be having someone he know somewhere.”

[FGD. Mixed older people 35-60, Embu]

The policy maker added that there is an opportunity to improve education if the function was fully devolved since the sector would attract more political goodwill and ownership.

2.5 Economic Status and Young People

Economic empowerment of youth is one of the ways to ensure their financial independence. This would in turn avert bad social behaviour and ensure better security for the citizens among other benefits. The respondents were asked questions on various aspects of employment and income opportunities for young people.

2.5.1 Main Employment and Income Opportunities

The survey found out that the main employment and income opportunities in Embu County were trade, farming and *boda boda* and government employment among others. The crops grown are mainly mangoes, maize, tea and others.

2.5.2 Challenges in Accessing Employment and Income Opportunities

The County residents encounter challenges in accessing these opportunities. The main challenges mentioned by the communities were corruption, insecurity, lack of capital and limited opportunities among others.

“Yah, there is insecurity here mostly at night... there is a lot of robbery at night. You find people breaking houses at night, now you see there is no security. It is people themselves who ensure there is security here. The other challenge is that those people that you organize for security with are the same people who cause insecurity... there are problems with insecurity here and there.”

[FGD. Mixed young people 20-24, Embu]

One of the County policy makers also added DSA as a major challenge in the youth since it has limited their ability to work. In addition, youth lack the experience required by recruiting organisations, something that he also partly blamed on the relevance of courses being offered at tertiary institutions.

2.5.3 Economic Activities Young People are Engaged In

The respondents were asked the main economic activities that youths were engaged in and the key activities are presented in Table 2.7.

Table 2.7 Economic activities young people are engaged in

Main economic activities	Challenges encountered	How to address the challenges encountered
Business	Poor pay and exploitation/ harassment by employer	Creation of empowerment groups
Agriculture	Financial constraints	Enforcement of laws on child labour
Boda boda	Lack of necessary skills	Creation of employment opportunities
Casual jobs	Boda boda accidents	Public awareness
Masonry	Lack of markets	Capacity building
	Health complications	

The findings show that young people in Embu County are mainly engaged in trade, farming, boda boda and casual jobs. These jobs are however burdened by challenges such as poor pay and exploitation, financial constraints lack of skills, boda boda accident and lack of markets among others. Boda boda accidents which were said to be mostly due to bad roads have caused huge losses to the riders apart from the injuries as mentioned by one FGD participant.

“May be the luggage is heavy it falls. And maybe the things are broken so he is forced to give money to buy the thing that were there”

[FGD. Male young people 10-14, Embu]

The respondents mentioned several recommendations that can address the issues. The main ones mentioned were creation of empowerment groups, enforcement of laws on child labour, creation of employment opportunities, public awareness and capacity building among others.

2.5.4 Interventions and Programmes Addressing Youth Unemployment

The respondents were discussed the interventions that are addressing youth employment and the findings are presented in Table 2.8

Table 2.8 Interventions and programmes addressing youth unemployment

Main interventions	Challenges in accessing the interventions	Ways to address these challenges
UWEZO fund YEDF NYS WEF Micro finance Kazi kwa vijana	Lack of awareness on interventions Program rules Corruption Fear of loans	Ease access to funds Address corruption Create public awareness

The most commonly mentioned intervention in the County was Uwezo fund, YEDF, NYS, and WEF among others. The Uwezo fund was particularly mentioned to be beneficial since it has enabled people to get interest free loans. One of the policy makers mentioned that the County government has been improving the policy environment on economic issues.

The NYS recruitment has been taking place in the County and has promoted skills development but the ones who complete are not getting government recruitment as it used to happen in the past. Other challenges mentioned include lack of awareness on the existence of the interventions, strict programme rules, corruption and fear to take loans. Some respondents indicated that the condition that the group members must have certain amount of money in the bank has made it difficult for start up businesses.

“You see for someone to join NYS most people use money, if you go and you don’t have qualifications and the other person has them, but because his financial status doesn’t support him, the one without qualification will be taken because he has bribed the seniors and this other is not taken. And that is normal as long as it this society.”

[FGD. Male young people 15-19, Embu]

The respondents suggested some ways of addressing the challenges and the most commonly mentioned were; relaxing of rules to get loans, taking the interventions closer to the people and conduct public awareness on the interventions.

2.5.5 Availability and Access to ICT Services

In regard to ICT services, the respondents mentioned that people in Embu County are mainly accessing information through Radio, TV, Phones and Internet. Most of the respondents said they would prefer to receive information through mobile phones due to confidentiality of information. The information the youth mostly seek on phones is mostly on job adverts, checking examination results and social media.

“I myself was browsing another day I got work outside country, so you can get job opportunities, market opportunities.”

[FGD. Mixed young people 20-24, Embu]

The main challenges young people are facing in accessing ICT services are; high charges by mobile providers, lack of adequate internet outlets and lack of computer skills among others. These challenges can be addressed through lowering of internet charges, expansion of networks and improving computer knowledge.

2.5.6 Access to ICT in schools

Access to ICT Services

The survey sought information on access to ICT services. The findings review that computers are not available in primary schools while some secondary schools are training in computers but they do not have enough facilities as explained by one FGD participant.

“They are there but at very low rate. For example I was doing computers in one secondary school but when I transferred I didn’t get the provision in the new school I had to take another class so technology in Embu has not been adopted well especially in day school.”

[FGD. Mixed marginalised group 15-24 Embu]

In addition, it was mentioned that tertiary institutions have computer classes but none for those with special needs.

2.5.7 Savings and Investment for Old Age

The respondents were asked about their opinion on young people savings and investments for old age. The survey revealed that most of the young people are thinking of their old age and are aware that they will not work during that time. However, some said that even if one is employed, they will still be in self employment after retirement.

“For the future, when I was saving I was thinking of buying land in future. I had bought some land here at 30 thousands. I also have one in Olkalou and in 2030 I will sell this land at 1million.”

[FGD. Mixed marginalised group 15-24, Embu]

Others are said to be taking alcohol (DSA) from all the daily earnings hence do not think of old age. Other highlighted barriers to young people savings were indicated to be poor pay or lack of employment and high cost of living. The respondents suggested that there should be more efforts in place to create employment if the above barriers are to be overcome. Other recommendations included enforcement of laws on DSA and relaxation of rules on taking loans.

2.5.8 Organisations and People Addressing Youth Economic Empowerment

The respondents were aware of some of the organisations addressing youth economic empowerment in the County and the ones mostly mentioned were business people, NGOs and the government as the main employers. Most of the organisations were providing financial services and the respondents were positive about the contribution in youth empowerment.

“Kenya women, BIMAS¹ was designed for youths and they benefited. I don’t know whether they are still benefitting. We also have Faulu Kenya.”

[Mixed older people 35-60, Embu]

2.5.9 Potential Sectors to Increase Employment and Income Opportunities

The respondents were asked to identify potential areas that would make increase young people’s employment and income opportunities in the County. The areas mostly mentioned included value added farming, trade and industry, business and livestock trading.

¹ BIMAS is a Micro-enterprise development programme implemented under the auspices of PLAN Embu. It was aimed at providing training and credit to small enterprises in Gachoka Division of the former Mbeer District and has since been expanded its operations to the largely un-banked populace in other areas of Embu County.

2.6 Governance and Young People

2.6.1 Rule of Law

The justice system

Table 2.9 presents the main cases in the county, challenges encountered in solving them and recommendations on how to address the challenges.

Table 2.9 Justice System

Main Cases Prevalent	Challenges encountered in solving cases	Ways of addressing the challenges
Land disputes Crime including murder Family disputes Rape Corruption	Corruption Lack of evidence	Address corruption Promote justice Provide title deeds where there is none Community involvement

The survey findings show that the cases that are more prevalent in Embu County include land disputes, crime including rape, family disputes and corruption. The cases are mainly solved through council of elders, administration, judicial systems, religious leaders and mob justice.

“Killing, if you are caught stealing, you hear they burnt him. That’s the most fearful.”

[FGD. Mixed young people 20-24 Embu]

Corruption is again felt to be a barrier in resolving these cases whereby the perpetrators bribe their way out of the case. Lack of evidence is another challenge involving land disputes since most of the people who were there during land demarcation are now dead and there are no proper boundaries.

The respondents therefore proposed the need to issue land title deeds, promote justice and address corruption issues in order to overcome the challenges.

“The government should try to fight such corruption because like now you can go to the court and you find that the judge needs only 1,000 shillings then the case is changed.”

[FGD. Mixed young people 25 - 34, Embu]

Security

Regarding security situation in Embu County, the respondents gave conflicting views with some pointing out that the security situation is poor while others said there is good security. The security situation was said to be better due to the introduction of Nyumba kumi initiative, vigilante groups and posting of more policemen.

“The security is okay because if you are not hearing cases of people being murdered or theft cases, the security is at least.”

[FGD. Mixed young people 25 – 34]

The youth are the ones mainly engaged in vigilantes/community policing but also are involved in reporting suspicious people to the authorities. In ensuring security, there are issues of corruption where criminals collude with law enforcers. Another key challenge mentioned was poor performance of police where they delay in responding to cases of crime.

To address the challenges, the respondents suggested the need to motivate the community members involved in security issues and establish more police posts among other recommendations

“Also the government should at least put a police post somewhere in the village (uh) kaa Kamugere, so that there is one place where people can get assistance.”

[FGD. Mixed young people 20-24, Embu].

Cohesion

When asked about their views on unity of the people in the County, the respondents said that they have in place some mechanisms to ensure people remain united. The ones most commonly mentioned include chiefs’ barazas, church interventions and peace meetings. However, the unity is still challenged by social class differences and misunderstandings mainly due to land issues. Another major issue was misunderstanding between Mbeere and Embu tribes as indicated by various FGD participants. The Mbeeres felt that despite living in the drier parts of the County, the Embus have been “boasting” to them.

“Heh! Heh! Heh! , those are very many . We have lived as Mbeere South. We were separated because of conflicts. Because a Mumbeere and a Muembu, they do not meet. They only meet on the road, talk but internally they are not together. We even want to have our own County.”

[FGD. Mixed older people 35-60, Embu]

To address these challenges, the participants proposed to have more peace meetings and civic education to be conducted on the importance of good coexistence.

2.6.2 Transparency and Accountability

The respondents were asked about mechanisms in the County to ensure transparency and accountability in programme implementation. The mechanisms that were well known to them included stepping aside for investigation, impeachment, formation of committees in County assembly, and disciplinary action including fines and warnings.

“There was a time illicit brew was too much and the Chief was told to step aside for investigations to be done where? Shauri Moyo.”

[FGD. Mixed marginalised group 15-24, Embu]

Some respondents however indicated that such mechanisms did not exist and there were no efforts to ensure transparency and accountability.

The methods used to reach youth on development issues include public advertisements through radio, Church or other forums and service delivery charters especially in medical facilities. To address the issues faced in ensuring transparency and accountability the participants proposed enforcement of the mechanisms in place.

2.6.3 Consensus, Equity, Inclusiveness, Participation and Responsiveness

The participants mentioned that young people are involved in projects in the County since they get employment but mostly in manual jobs. Most groups interviewed said that youth would like to be involved in the project process from design to implementation. The young people interviewed said that this does not happen since they are discriminated on age grounds and the old do not entrust them with responsibilities. Other challenges encountered include corruption, exploitation by employers and lack of motivation, a term that was not defined.

“You may find that the CDF is paying 500 shillings but when the person in charge is given the money to pay the workers he pays them 350 shillings. So when you learn that you will refuse to work there.”

[FGD. Mixed young people 15-19, Embu]

To improve young people's participation in projects, the respondents suggested the need to create public awareness on the projects, promote involvement of young people and strengthen capacity of youth in regard to skills.

2.6.4 Effectiveness and Efficiency

The respondents were asked about how resources available resources are allocated to ensure they benefit the intended target and what can be done to improve efficiency and effectiveness.

The FGD that was interviewed pointed out that they were not conversant with mechanisms of resource allocation in the County. However, they mentioned that they have heard of some of the resources such as Uwezo fund but young people are not represented in the allocation.

In addition, they said that they are not aware of any mechanisms in place to improve efficiency and effectiveness.

“Are they even there, like now if it is a water project and you will find nothing has been done? Unless the people should be told how the money is allocated.”

[FGD. Mixed young people 25-34, Embu].

This means the community members will find projects initiated in their areas but have no idea of how resources are being allocated.

2.6.5 Political Leadership

Role Political Leadership Play in Management of Youth Affairs

The survey sought to understand the role of political leaders from the community perspective.

The respondents mentioned that the politician in the County are mainly involved in resource allocation, creating more employment and improving infrastructure. Other participants indicated that the politicians do not do much apart from engaging the youth during political campaigns.

“We elected them in 2013 and since we have not heard any who has called a meeting somewhere. Even if there are there they are not close to us. During elections they organize meetings like now you can hear the senator has a group of some youths. But since elections we have not heard any.”

[FGD. Mixed young people 25 - 34, Embu]

2.7 Population Structure

Perspectives about Growing Population of Young People in Relation to Health

When asked about the perspectives of the population of young people and health, one of the health facilities in charge said that the population of youth in the County is actually decreasing. The main reason for this decrease was that youth are engaged in DSA and other vices hence die due to alcoholism and HIV/AIDS. He therefore suggested that there is need to teach young people about for instance DSA from as early as 10 years old. The current practice he said was in rehabilitating those who are already entrenched in the problems.

Perspectives about Growing Population of Young People in Relation to Education

A dean of one of the tertiary level institutions mentioned that the population of youth is growing rapidly hence need for more efforts to provide them with education and economic opportunities when they leave school. The education policy maker also noted that there is need to take care of the growing population of youth through involving them empowering them to attain their potential. There is need to build more capacity in them as they work.

Thoughts about growing population of young people in relation to economy

Regarding the population of young people and the economy, the respondents indicated that the population of youth was growing and the jobs were not enough for them. This situation is likely to translate to high levels of unemployment and poverty in the County. There is need to tap the huge workforce and make the youth more productive.

“When the population of young people is high, because everyone wants to be employed some may lack job because there are no many jobs to employ.”

[FGD. Female young people 10-14, Embu]

The employer who was interviewed also mentioned the need to have smaller families what he referred to as controlled population and suggested two-to-three children per woman.

Perspectives about growing population of young people in relation to governance

The respondents were asked to give their views on population of youth and linkage to governance issues. The participants pointed out that the rising numbers of youths will result in unemployment and probably increase in crime.

“Security, there are security issues because due to lack of jobs they are engaging in criminal activities.”

[FGD. Mixed young people, 20-24, Embu]

2.8 Conclusion and Recommendations

Health

The main health issues in Embu County include Drug and Substance abuse, communicable diseases, STI and HIV/AIDS, Teenage pregnancy, Mental health, SGBV, Long distance to health facilities. For the health situation to improve there is need to:

Empower youth to divert them from drug and substance abuse

- Establish more youth friendly centres.
- Provide more resources to preventive health services.

Education

The main issues in education sector include lack of school fees, Drug and substance abuse, Child labour and school drop outs. These issues have affected the performance hence there is need to reverse the situation. The recommendations are to:

- Create awareness on DSA and child labour.
- Create employment opportunities to reduce poverty.
- Ensure supervision to reduce teacher absenteeism.

Economic

Majority of the young people in the County are engaged in farming, casual jobs, small business and boda boda. The key challenges encountered by the young people in accessing economic opportunities include corruption, boda boda accidents and lack of skills. To improve young people economic wellbeing, there is need to:

Break the market cartels by introducing value addition on all major crops.

- Strengthening of technical institutions.
- Capacity building in areas of ICT.
- Improve infrastructure to reduce boda boda accidents.

Governance

The main governance issues in the County include land disputes and crime. Tribalism is also an issue between Mbeere and Embu tribes. The disputes are mainly solved through council of elders, administration and courts of justice. The main challenges in governance include lack of motivation for community policing, slow response by police, corruption in solving cases among others. To improve governance situation, there is need to:

- Post more police and equip them.
- Conduct cultural events to reduce tribalism.
- Empower young people to reduce DSA and crime.
- Provide land title deeds to all land owners.

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Annex 1: County Demographic Windows

The United Nations defines the demographic window as the period when the proportion of those aged below 15 years permanently falls below 30 percent of the total population while the proportion of those above 64 years is still below 15 percent of the total population. This period is estimated to last about 40 years and it presents an opportunity for a country to achieve a much faster economic growth driven by the large population of people in the working ages. Table A1.1 below shows that Kenya's demographic window will open in 2038. The proportion of those in the working ages will be 66 percent of the total population and the dependency ratio will be 52. An analysis of the beginning of the demographic window for each of the 47 counties in Kenya shows that the window will open at different times for each county.

Table A1.1 Demographic dividend window opening year

2010s	2020s	2030s	2040s	2050+
Kirinyaga	Kiambu	Makueni	Lamu	Mandera
Nyeri	Embu	Machakos	Nandi	Marsabit
Murang'a	Taita Taveta	Nakuru	Elgeyo Marakwet	Migori
	Meru	Nyandarua	Kajiado	Tana River
	Nairobi	Tharaka Nithi	Kitui	Garissa
	Mombasa	Uasin Gishu	Bomet	Narok
		Laikipia	Siaya	Samburu
		Kisumu	Kakamega	Turkana
		Nyamira	Vihiga	West pokot
		Kericho	Baringo	Wajir
		Kisii	Busia	
			Isiolo	
			Kwale	
			Bungoma	
			Homa Bay	
			Kilifi	
			Trans Nzoia	

Annex 2: Survey Personnel

Central Eastern Region Survey Personnel

Table A2.1 Central Eastern Region

Counties	Technical Committee Member	County Coordinator/ Supervisor	Research Assistants	Data Clerk
Meru Embu Tharaka Nithi	Stephen Macharia Eunice Mueni	Beatrice Okundi	Catherine G. Njiru Peter M. Guantai	Teresia Atieno Bange

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Annex 3: List of 2015 NAYS Participants

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NCPD is a semi-autonomous government agency that formulates and promotes population policy and coordinates related activities for sustainable development in Kenya.

EMBU COUNTY