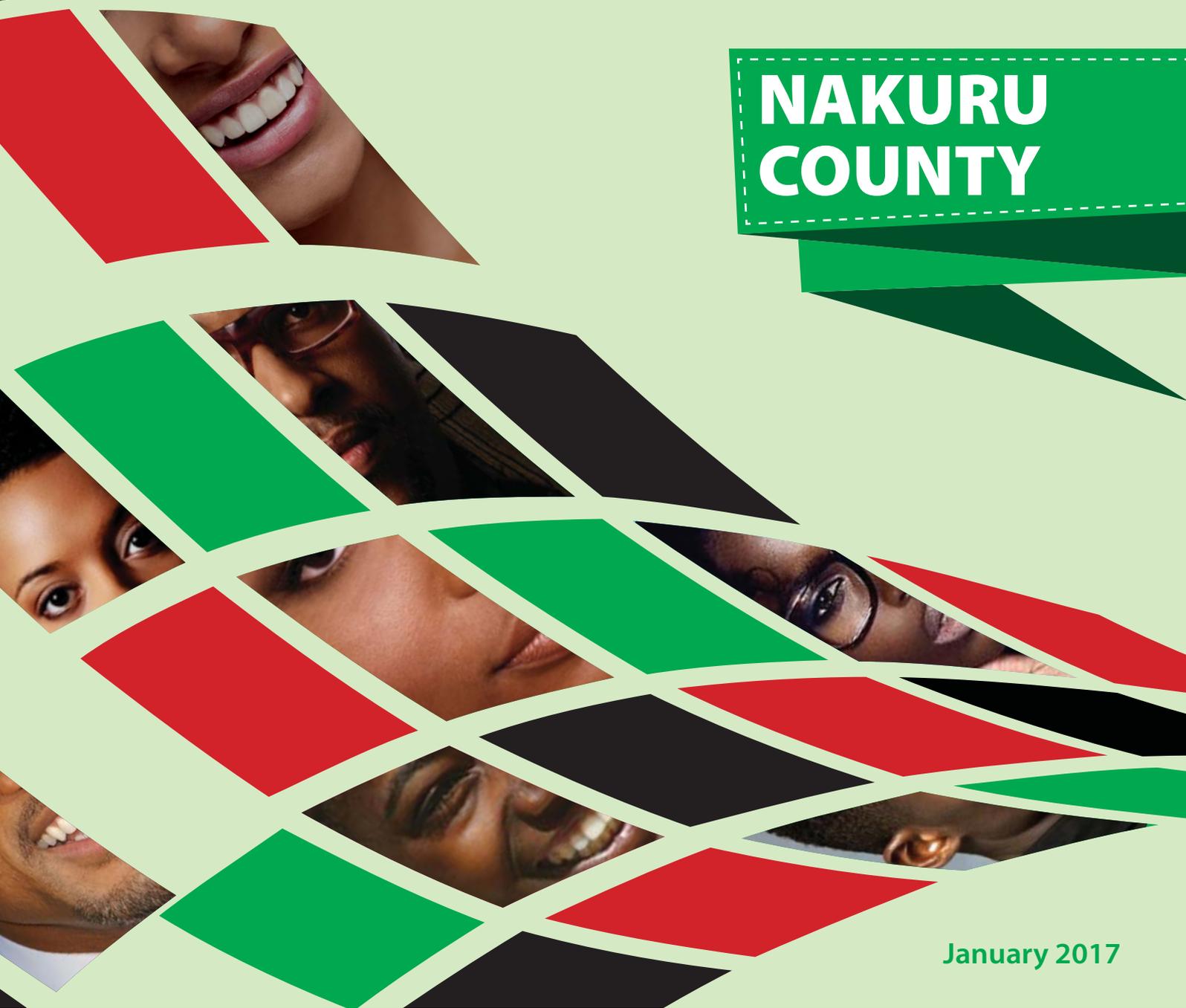


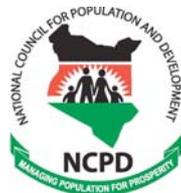


2015 KENYA NATIONAL **ADOLESCENT AND YOUTH** SURVEY (NAYS)

NAKURU COUNTY



January 2017



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2015 KENYA NATIONAL
ADOLESCENTS AND YOUTH SURVEY
(NAYS)

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Acronyms and Abbreviations

AIDS	Acquired Immuno-Deficiency Syndrome	NYS	National Youth Service
AGPO	Access to Government Procurement Opportunities	PADIS	Population, Administration, and Decision Information System International
CDF	Constituency Development Fund	SRH	Sexual Reproductive Health
CPC	County Population Coordinators	STI	Sexually Transmitted Infections
DemDiv	Demographic Dividend	UNFPA	United Nations Population Fund
DSA	Drug and Substance Abuse	USAID	United States Agency for International Development
FGD	Focus Group Discussion	WEF	Women Enterprise Fund
FHOK	Family Health Option Kenya	YEDF	Youth Enterprise Development Fund
GER	Gross Enrolment Rate		
HDI	Human Development Index		
HIV	Human Immuno-Deficiency Virus		
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		
KNBS	Kenya National Bureau of Statistics		
MFI	Micro Finance Institution		
NASSEPV	National Sample Survey and Evaluation Programme		
NAYS	National Adolescents and Youth Survey		
NER	Net Enrolment Rate		
NGO	Non-Governmental Organisation		

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.

NAKURU 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 Nakuru 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 a preview the demographic, health, education, economic and governance indicators which are the main sectors whose performance impact on building a county that would be responsive to the young people.

The total population of Nakuru County in 2009 was 1,602,637 people and is projected to increase to 2,400,367 by year 2030 and to 3,013,894 million by year 2050 if the current fertility and mortality levels persist. The County has a high proportion of the population (42 percent) below age 15 but this population is projected to decrease to 32 percent and to 24 percent in the year 2030 and 2050 respectively. As the proportion of population of the young people declines, it is projected that the working age population will increase from 55.2 percent in 2009 to 68.4 percent in 2050 and the aging population from 3 percent in 2009 to 7.6 percent in 2050. These population changes will result in the dependency ratio increasing from 81.3 to 46.2 over the same period. Consequently, the county's demographic window of opportunity is projected to open in the year 2035 and close in 2075.

Nakuru County has a fertility rate of 3.7 children per woman. Fifty seven percent of the married women in the county are using contraceptives. Seventy percent of all births in the county are delivered by a skilled health worker and 75 percent of the children 12-23 months are fully vaccinated.

In regard to education, the primary school net enrolment rate is 99 percent. This means that 1 percent of the primary school age children are out of school in the county. However, the secondary school net enrolment rate secondary level is much lower (60 percent) than

the primary school net enrolment rate. This implies that the county has a low primary to secondary transition rate. It is estimated that only 3,948 primary school age and 64,768 secondary school age children are out of school in the county.

The Human Development Index (HDI) which is a composite index that measures the levels of literacy, health and economic well being stands at 0.523 which is better than the national average of 0.520

Drugs and substance abuse, child labour and absenteeism of teachers are the main challenge young people face in accessing education in the county. Numerous interventions should reinforce in order to improve the education sector in the county. The interventions should include increasing awareness on the importance of education, provision of bursaries and increasing attention on young people living with disability.

The Human Development Index in the county is slightly higher than the national average but a lot has to be done to improve the economic status in the future. The main economic activities that young people are involved in this county include hawking, farming, and formal employment. Sensitization, building capacity for skilled artisans is the best way to prepare for the demographic window of opportunity.

The most prevalent cases in terms of security in the county involve land disputes, drug abuse, corruption and sexual and gender based violence, young people are involved in community policing and sensitization.

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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 during the 2009 Kenya Population and Housing Census. 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 87

dependents for every 100 people in the working ages (15-64 years). The same 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 by 2050 then the population size will increase to 59 million in 2030 and 75 million 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 modelled Kenya's demographic dividend using the *DemDiv* model. The impressive results from the modelling 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 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 (NASSEPV) 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 years. 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 strategize the next day's work. Table 1.4 summarizes 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

NAKURU COUNTY SURVEY FINDINGS

2.1 Background

Nakuru is located about 165 km to the north west of Nairobi. It lies between 0° -24' 0" (-0.4000) latitude and 36° 5' 0" (36.0833) longitude. Nakuru County borders seven counties; Laikipia to the North East, Kericho to the West, Narok to the South West, Kajiado to the South, Baringo to the North, Nyandarua to the East and Bomet to the West. It covers an area of 7496.5 square kilometres. The name Nakuru means 'a dusty place' in the Maasai language – in reference to frequent whirlwinds that engulf the area with clouds of dust. Nakuru is made up of 11 constituencies, 11 sub-counties and 73 wards. The main features in Nakuru include; Lake Nakuru National Park, Lake Naivasha, Hell's Gate National Park and Menengai Crater. Some of the largest flower farms in the county include Homegrown, Oserian, Karuturi and Preesman. The bulk of flowers grown in these farms are mainly exported to Holland, UK and Germany.

2.2 Population Size and Age Distribution

2.2.1 Population Size and Composition

Table 2.1 shows the County demographic profile for Nakuru County in 2009, population projections for 2030 and 2050 based on the 2009 Kenya Population and Housing Census. In 2009, the County population was 1,602,637 and is expected to rise to 2,400,367 in 2030 and 3,013,869 in 2050. The proportion of the population below age 15 was 41.9 percent in 2009. It is projected to reduce to 31.7 percent in 2030 and further decrease to 24.0 percent in 2050. The proportion of the population aged 64 and above was 3.0 percent in 2009. It is projected to increase marginally to 3.3 percent in 2030 and to increase further to 7.6 percent in 2050.

Table 2.1 Nakuru County's projected population size and structure (2009-2050)

Demographic Indicators	2009	2030	2050
Population Size	1,602,637	2,400,367	3,013,894
Proportion of Population Below Age 15	41.9	31.7	24.0
Proportion of Population Above Age 64	3.0	3.3	7.6
Proportion of Population in the Working Ages (15-64)	55.2	65.0	68.4
Dependency Ratio	81.3	53.9	46.2
Year Demographic Window of Opportunity Opens	2035		

Source: Various reports

The proportion of the population in the working ages between i.e. those aged between 15-64 years was 55.2 percent in 2009. It is projected that this age group will increase to 65 percent in 2030 and further increase to 68.4 percent of the total population in 2050. The dependency ratio for Nakuru County was 81.3 in 2009 and is projected to decrease to 53.9 in 2030 decreasing further to 46.2 in 2050. It is projected that the county demographic window of opportunity opens in the year 2035.

2.2.2 Socio-economic Characteristics

Table 2.2 shows the socio-economic characteristics of Nakuru County. From the health sector, the average number of children per woman is 3.7. The proportion of married women using contraceptives is 56.8 percent. The proportion of births attended by a skilled health worker is 69.5 percent. The rate of HIV prevalence in the county is 5.3 percent. The county has a high percentage of fully vaccinated children aged between 12-23 months. It is 74.7 percent compared to the national level of 67 percent.

2.2.3 Socio-economic Indicators

Table 2.2 Socio-economic characteristics for Nakuru County

Socio-economic characteristics	Indicators	
Health	Average Number of Children Per Woman	3.7
	Proportion of Married Women Using Contraception	56.80%
	Proportion of Births Attended by A Skilled Health Worker	69.50%
	HIV Prevalence	5.30%
	Children 12-23 months fully vaccinated	74.70%
Education	Primary School Net Enrolment Rate	99.0%
	Primary School Pupil-Teacher Ratio	33.6
	Number of Primary School-Age Children Out of School	3,948
	Secondary School Net Enrolment Rate	59.50%
	Secondary School Pupil-Teacher Ratio	20
	Number of Secondary School-Age Teenagers Out of School	64,768
Human Development Indicator	Human Development Index	0.523388

Source: Various reports

Primary school net enrolment rate for Nakuru County is 99 percent while the teacher students' ratio is 1:33.6. The number of primary school age children out of school is 3,948. Secondary school net enrolment rate is 59.5 percent with a teacher pupil ratio of 1:20. The county also has 64,768 secondary school youth out of school.

Despite the expansion in schooling and high rates of participation in basic education, there are various challenges affecting the education sector are inequality, unsatisfactory levels of education quality and

access to post primary education for low income groups. These challenges have negative implications for the country's accumulation of human capital and are likely to affect the country's aspired transition into a middle-income country by 2030. The Human Development Index (HDI) of 0.523 is an indicative of the County's overall achievement in providing quality education, improving life expectancy and income per capita. The value is slightly higher than the national average of 0.52

2.3 Health Issues Affecting Young People

The qualitative survey sought to establish the health affecting youth in Nauru County. The questions were raised across the board including youth, adults and marginalized groups focusing on various thematic areas in health. This section presents a summary of their consolidated responses by sub-themes. The first sub-theme outlines the main health problems affecting Youth in Nakuru County, the causes for these health problems, the consequences to youth and the ways of addressing these problems. The second thematic area addresses accessibility and availability of information and services; the third sub-theme focuses on organisations providing health services in the county while the fourth sub-theme outlines the suggested ways of improving health within the county. Some quotations from the respondents are a provided as supporting evidence or to reinforce certain points.

2.3.1 Main Health Problems Affecting Youth

Table 2.3 Main health issues affecting young people

Main Health problems	Causes	Consequences	Ways of addressing these problems
Sexually Transmitted Infections	Peer pressure	Abortion leading to death	Creating awareness and public education on health issues
Mental health problems	Addiction/influence of DSA	Addition to DSA	Guidance and counselling
Drug and substance Abuse	High levels of poverty	Stigmatization	Behaviour change
Sexual gender based violence		School drop outs	
Teenage pregnancy		Poor school performance	
		Poor mental health	

Source: NAYS, 2015

From the focus group discussions of all the groups, several health challenges facing young people in the county were identified. These include sexually transmitted infections, mental health problems SGBV, teenage pregnancies and drug substance abuse. The respondents attributed all the health problems to peer pressure, poverty, addiction and the influence of drugs and substance abuse.

“I think it is also an issue because we find that most young people they get exposed to these drug abuse the effect is that you find somebody is using drugs and the end result is having those others.”

[FGD. Mixed marginalized, 15-24. Nakuru]

It was observed that the consequences of these health problems included school dropout, especially as a result of drug substance and drug abuse, poor school performance, stigmatization, and unsafe abortions which in most cases have led to death.

Some of the ways suggested to address health problems among youth included creating awareness and public education on health issues, guidance and counselling and encouraging behavioural change among the youth in the county.

2.3.2 Access and Availability of Information and Services

Table 2.4 tabulates the sources, type and usefulness of the information.

Table 2.4 Access and availability of health information and services

Sources of health information	Types of health information & services	Usefulness of health information	Preferred sources
Media	Guidance and counselling	Increased knowledge	Health Facilities
Schools	Education and training	Disease Prevention	Media
Religious Institutions	Health Education & Awareness	Behaviour change	Internet
Public health talks	Abstinence		Family or community
Seminars			

Source: NAYS, 2015

Several sources of information were identified. These include health facilities, family, schools and religious institutions. Out of these the most preferred sources of information are health facilities, the media internet and family members of the community. The main type of information received included guidance and counselling, education and training, health education & awareness and abstinence. This information was regarded as useful in terms of increasing knowledge for behaviour change and disease prevention.

Table 2.5 Access and availability of SRH/FP information and services

Main SRH/FP information & services available & accessible	Challenges in accessing SRH/FP information & services	Addressing Challenges
Contraceptives mainly injectable, condoms Abstinence and counselling	Fear/embarrassment Cost of services Ignorance	Improve infrastructure Health education and sensitization and guidance and counselling.

Source: NAYS, 2015

The main SRH/FP information and services that were reported to be available and accessible to youth in the county were contraceptives largely the injectables and condoms. The respondents also mentioned challenges in accessing these services. These challenges are fear or embarrassment, fear of possible side effects of contraceptives, the cost of the services and ignorance.

“Fear is an issue also because people are may be someone having a problem is asking him/herself, how will people look at me when I am going for these issues? When I am going for these services? It is a big issue.”

[FGD. Mixed marginalized group, 15-24. Nakuru]

There was also a discussion on the type of information and services for marginalized youth including people with disability and orphans. The services available included disability friendly services, guidance and counselling. It also was reported that there are youth friendly services in the health facilities. These services are being offered by youth friendly staff who exercises confidentiality.

Generally, the challenges in accessing health information and services included fear/embarrassment, in particular for those seeking reproductive health services, ignorance and the cost of services affected access to services.

“Information does not get to the youth in this area because it is in the rural. They only get it if they go the towns and urban areas.”

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

Ways of addressing the general health challenges were suggested and these included health education and sensitization of the youth, guidance and counselling, equipping the current health facilities to provide quality care and constructing more health facilities to increase physical access. The improvement of the general infrastructure within the county was also suggested to enhance mobility and access to services.

2.3.3 Organisations Addressing Health

In this county the main organisations identified as addressing health are government agencies, religious leaders and organisations and Youth Serving organisations (YSOs). These are lauded for contributing to the improvement of the health status of the community and in particular provision of ARVs and offering guidance and counselling.

“Let’s say like Red Cross used to be there and it helped the people’ with disabilities to get wheel chairs. They stopped and now those people don’t get.”

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

2.3.4 Opportunities for Improvement

The main recommendation is to expand the number of health facilities and health workers to increase access to health services. It was also suggested that they should focus on the provision of health services to the marginalized youth including orphans, people living with HIV (PLWA) and people with disability (PWD).

“These organisations should try and reach people from this area. We only hear of them in other counties. They do not work in this county.”

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

2.4 Education and Young People

The education sector plays a primary role in development of skills required in actualizing the economic and social goals of Vision 2030. Education contributes to acquiring knowledge, attitudes and skills necessary for transforming Kenya to a globally competitive country. The sustainable development goal number 4 focuses on ensuring inclusive and quality education for all and promoting lifelong learning. The Constitution of Kenya further identifies education as a social and economic right and recognizes that people are the country's most important resource. The sector therefore has a major responsibility of facilitating the process of developing manpower necessary for transforming Kenya into a globally competitive economy. This is consistent with the Sustainable Development Goal (SDG) 4 on ensuring appropriate education and skills for full participation in society. Towards this end, the Government of Kenya has encouraged the growth of the education sector by increasing resource allocation and providing incentives for investment and participation in provision of skills training in the country.

The qualitative survey sought to establish challenges the young people encounter in schools in Nakuru County. The questions were raised across the board including youth, adults and marginalized groups focusing on various thematic areas in education. This section presents a summary of their consolidated

responses by sub-themes. The first sub-theme outlines the main education issues affecting the Youth in Nakuru County. The second thematic area looks at ways of addressing education issues, availability and access and school dropout at various levels. The third thematic area looks at the views about the content of the curricula taught in tertiary in relation to the prevailing job market. Lastly the section looks at opportunities for young people to gain skills and investing in education and training within Nakuru County.

2.4.1 The Main Education Issues Affecting Young People

The main education issues affecting young people in Nakuru is summarized in Table 2.6

Table 2.6 Main education issues affecting young people

Main Education problems	Causes	Consequences	Ways of addressing these problems
Poverty and lack of school fees	Poverty	School drop out	Increase bursary allocations
Drug and substance Abuse	Peer pressure	Death as a result of DSA	Address absenteeism in schools
Absenteeism of teachers and students	Idleness	Poor education performance	Creating awareness and sensitization of the importance of education.
Child labour			

Source: NAYS, 2015

From the focus group discussions of all the group, poverty, and lack of school fees, drug and substance abuse, absenteeism of teachers and students and child labour are the main challenges / problems youth as far as education is concerned. Drugs and substance abuse is a major problem in the county as it was discussed in all the discussion groups. All these challenges problems were attributed to poverty, idleness among the youth and peer pressure.

“Poverty is there and you may get that a youth has gone up to class 8 and then they lack school fees. Bursaries from the CDF are given dependent on what the in-charge says. They discriminate on how the funds are allocated. For a whole term they may give out 1,200 and this will still lead to the child not studying because even the parent doesn’t have the finances to top up. Their lives are in turn wasted.”

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

The groups observed that the consequences of these problems include school dropout and sometimes death especially as a result of substance and drug abuse and poor school performance. The high number of school dropouts at all levels in the county was due to addiction to drugs and substance abuse. Some of the ways suggested to address education problems among youth included increasing the number of bursaries and addressing the problem of teachers’ absenteeism in schools.

2.4.2 Availability and accessibility of services

Inclusivity in education can be seen as a process of addressing and responding to the diversity of needs of learners through access to schooling, increased participation in learning processes, learning outcomes. This involves changes and modifications in content, approaches, structures and delivery strategies, with an objective of reaching all children of the appropriate age.

The gains from educational investments may accrue to the individual worker; to the household, and to the society. Positive benefits for schooling would entail high probability of access to employment and high earnings. It may be expected that unemployment should decrease with increase in education attainment. However, this may not be the case because other factors apart from educational attainment might be influencing unemployment.

2.4.3 Organisations addressing education

In this county the main organisations identified as addressing education related issues include government agencies, religious institutions and motivational speakers. These are lauded for contributing to the improvement of the education status of the community.

2.4.4 Opportunities for Improvement

The main observation they should increase financial support and support for people with disability (PWDs) to access quality education.

“Learning facilities for people’ with special needs should be made accessible and affordable. We find that these things are very expensive and inaccessible. They should be made affordable”.

[FGD. Mixed marginalized young people 15-24. Nakuru]

2.5 Economic and Young People

2.5.1 Economic Activities and Young People

The constitution in Article 55 (c) provides that the State shall take measures, including affirmative action programmes, to ensure that the youth have access to employment. Besides the constitution, various national pieces of legislation and policies relate to the aspects of equality and inclusion of the youth. The Employment Act, 2007 provides regulations with regard to terms of employment. Section 5 provides against discrimination in employment, mandating the Minister, labour officers and the Industrial Court to promote equality of opportunity in employment in order to eliminate discrimination in employment.

The survey established the main issues affecting access to employment and income opportunities for the youth as well as identifying the main economic activities that young people are engaged in. In addition, the survey highlights the main challenges that young person's face while engaged in economic activities and ways to address these challenges. This section will also identify organisations addressing economic empowerment of youth as well as the main economic youth programmes interventions in Nakuru County.

2.5.2 Main Employment and Income Opportunities

The main economic activities the youth are engaged in Nakuru County are hawking, farming, and skilled artisan as presented in Table 2.7. As the youth engage in these economic activities they identified poverty as the main challenge facing them. To address these challenges, the youth identified training and education, sensitization of government interventions and addressing run.

Table 2.7 Main economic activities young people are engaged in

Main economic activities	Challenges encountered	How to address the challenges
Hawking Farming Skilled artisans	Poverty	Sensitization on the interventions. Capacity building and education Address corruption

Source: NAYS, 2015

2.5.3 Interventions and Programmes Addressing Youth Unemployment

This section discusses the main interventions that are in place in addressing youth unemployment in the country, the challenges in access these interventions and ways of addressing these challenges. .

Table 2.8 Interventions and programmes addressing youth unemployment

Main interventions and programmes	Challenges in accessing these interventions	Ways to address these challenges
NYS Uwezo fund YEDF	Lack of interventions awareness Lack of qualifications Inability to pay loans	Capacity building and education Skill development Sensitization of interventions

Source: NAYS, 2015

The main interventions and programmes addressing youth unemployment in the county include; National Youth Service (NYS), Uwezo fund, and the Youth Enterprise Development Fund (YEDF). The challenges in accessing these interventions include lack of awareness of the interventions, lack of qualifications in accessing funds from the respective interventions and inability to pay loans due to lack of securities. The youth identified capacity building and education, skills development and sensitization of government interventions as ways of addressing these challenges.

2.5.4 Organisations addressing youth economic empowerment

In this county the main organisations identified as addressing youth economic empowerment and related issues include government agencies, financial institutions, and talent identification and nurturing centres. These are lauded for contributing to the improvement of the living standards and empowering the youth in the community. These organisations provide financial assistance and build the capacity of the youth in the communities.

Potential areas that were identified for increasing employment and investment in Nakuru County include: agriculture, business, education and training and industrial sectors.

2.5.5 Availability and Access to ICT Services

Table 2.9 Availability and access to ICT services

ICT services available	Challenges in accessing ICT services	Ways of addressing these challenges
Television	Cost	Provision of affordable ICT
Radio	Power supply	Government to subsidize on costs
Phones	Parental restriction	
Computers		
Internet		

Source: NAYS, 2015

Information, communication and Technology (ICT) services available to the youth in Nakuru County include television, radio, cell phones and computers and internet. However in accessing these services the youth encounter problems. These problems are associated with the cost, power supply and parental restrictions. Provision of affordable ICT and the need for the government to subsidize internet costs were identified as some of the ways of addressing the challenges in accessing ICT services in the County.

2.6 Governance and Young People

Governance is of critical importance especially with the current policy to move decision-making away from the central government and out to devolved entities. Governance is defined as the process through which systems are managed from within and without.

This sections sought the views in regard to the eight principles in governance.

2.6.1 Rule of Law

This section looks at the justice system, security and cohesion in the county.

Justice System

Table 2.10 Availability and access to ICT services

Main Cases	Challenges	Ways of addressing the challenges
Land disputes	Corruption	Addressing corruption
Corruption	Threats and fear	Prosecution of offenders
SGBV	Long-time taken to solve cases	
Drug abuse		
Robbery		

Source: NAYS, 2015

The most prevalent cases in Nakuru County are land disputes and sexual gender based violence (SGBV). Other cases include drug abuse and theft/stealing. The challenges encountered in solving disputes include corruption in the judicial process, threats and intimidations and long-time taken in solving cases within the judiciary. The ways of addressing these challenges include, addressing the problem of runaway corruption and the prosecution of offenders.

“In most cases, the cases are dealt with in a corrupt way. You get someone telling the truth but money comes and covers the truth.”

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

Security

Security, protection of property and life is a very crucial element in governance. The majority of the respondents across all the age groups noted that the county was insecure and only a few in the younger ages felt that there was security. Insecurity in the county is attributed to corruption in the police force, collusion between the police and criminals and delayed or slow response by the police when security concerns are raised by members of the community,

The *nyumba kumi* initiative, police hotlines and police patrols are the main mechanisms that residents recommended in ensuring the challenges of insecurity are addressed. These sentiments were also echoed by policy makers in Nakuru County who take cognisance of the importance of the *nyumba kumi* initiative in addressing insecurity in the county.

Cohesion

Cohesion fosters peace, national unity and development. In the county issues that affect unity of young people include tribalism, social class disparities, literacy gaps and drug and substance abuse. To address these challenges, there are programmes in place that promote unity in the county. These include group formation especially in the form of SACCOs and self-help groups, education at all levels and the use of sports and games.

2.6.2 Transparency and Accountability

This sub-section highlights mechanisms in place to ensure accountability, mechanisms in place to inform young people on planned /ongoing activities and how mechanisms can be improved.

Mechanisms in place to inform young people on planned and ongoing activities

Young people in the county get information mainly from the media. Service delivery charter boards and announcements in religious institutions were also mentioned as avenues through which the youth get information.

Mechanisms in place to ensure accountability and transparency

Accountability and transparency are among the main virtues in governance. The mechanisms in place to ensure accountability and transparency in Nakuru County includes advocacy through social media, oversight commissions and authorities or interdiction for those found guilty.

How these mechanisms can be improved

One of the ways suggested for improvement is transparency and accountability was stepping aside. Other ways that were suggested are; strict supervision, stepping aside, allow for public audit, creation of rules, community empowerment and encourage bottom-top approach.

2.6.3 Consensus, Equity, Inclusiveness, Participation and Responsiveness

This sub-section explores the involvement of young people in project budgeting, planning and implementation.

Youth involvement in budget process, project identification, design and implementation

The young people suggested that they are involved in the project design and implementation.

Roles young people like to play in projects and programmes

Young people in the county play an important role in project planning and are involved in the management of projects and programmes.

Roles young people would like to play in projects and programmes

Young people in the county would like to be involved in decision making of projects. They would also like to play an important role in the project process and more representation in the management of projects.

How projects and programmes address the young people's needs

The projects that young people get involved in has enabled the youth to identify their talents as they progress in their careers.

How existing opportunities ensure they serve those who deserve

There are opportunities that are set aside for PWDs and women.

“Some of the members of an organisation are being sent to go and inform for example the people who have disabilities on the importance of investing money and also how they can use such money.”

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

Challenges young people face during their involvement in project implementation

The biggest challenges that the youth face is corruption, discrimination by the older members of the society and discouragement by their peers.

How young people's involvement in project process can be improved

Young people in the county involvement in the development process can be improved by giving the youth financial support, better remuneration for the youth and prioritization of youth involvement in the projects.

“If you want to address the challenges, first give the youths priority to participate in the project.”

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

2.6.4 Effectiveness and Efficiency

How available resources are allocated to target the young people

The young people noted that the resources do not reach them because of corruption. In addition, they are discriminated against as indicated by this quote from the older people:

“I can say if at all there are resources allocated to youths it doesn't reach us it's normally swindled before it reaches us.”

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

However the resources that reach the young people have enabled the youth to create income generating activities in the county. This has enabled improved their welfare and that of the general community as a whole.

Mechanisms in place to ensure resources are used to achieve expected outcome

The young people suggested that they should be involved at all level in project planning and implementation process.

What can be done to improve efficiency and effectiveness in utilization of resources

In order to improve efficiency and effectiveness in utilisation of resources there should be transparency and openness. This will ensure that the integrity of the process is not questioned.

2.6.5 Political Leadership

Role political leadership play in management of youth affairs

Political leadership plays an important role in the management of youth affairs in the county through providing financial support, improving infrastructure in the county and initiating projects that are have an important impact on the youth.

2.7 Thoughts About Growing Population of Young

There is a general consensus that the growing population will have a negative impact on the health, education, health, economic status and governance of the residents of Nakuru County. Most are of the opinion that the growing population will lead to unemployment among the youth leading to an increase in crime. The growing population of young people will lead to congestions in classes in future. This will overburden the education system which is already struggling in terms of quality of education currently in place. The growing population of the young in relation to governance has its challenges. There is a general feeling that the increasing population will lead to an increase in crime. Other are of the opinion that the increasing population leads to an increase in militia groups.

2.8 Conclusion and Recommendations

Health

Education, especially of the girl child, and reduction in child mortality are known to be effective in reducing fertility. Among other interventions, reduction in child mortality will require enhanced investments in quality health infrastructure, and human resources in all counties.

The county and national governments should start offering free medical camps to address the growing population of young people in the county.

Education

- The county government with support from stakeholders should invest in early childhood development and health. They also should recognize the importance of early childhood education and its impact on latter years of education and labour market outcomes.
- Identification and targeting of children missing out on primary education. Despite the free primary education policy, many are missing out on primary education in a given year owing to poverty status. From the vision 2030 sector plans for education and labour, it is not clear what interventions will be implemented for these children to go back to school.
- Need to make vocational institutions much more attractive and relevant to the youth.

Economic

- Strengthen pro-youth development strategies. The stark reality is that the informal sector is not transitory but rather enduring and growing and will be a major employer of the majority of the youth for the foreseeable future. The government should develop policies and strategies that will accommodate this segment of the population.
- Develop a national incubation strategy. To enable growth and development of small business, both formal and informal, it is proposed that the country develops a National Incubation Strategy. The strategy should clearly spell out the national priority industries and provide clear admission criteria for potential beneficiaries. The national and county governments can provide incentives that encourage private sector participation in incubation service provision, such as industrial parks.

Governance

- The government recognises that security is critical for Kenya's development and stability and is implementing various measures towards creating a peaceful and secure environment. However the country cannot tackle insecurity without addressing the question of policing. The county government should strengthen the already existing nyumba kumi initiative to address insecurity in the country.
- They should embrace use of technology to reduce opportunities for corruption in the public service. In this regard the relevant government departments should fast-track digitization of all government services.
- The cost of litigation in the country is too high. Average Kenyans cannot afford the cost of litigation services and this often leads miscarriage of justice. The judicial service commission should ameliorate this situation by ensuring that court services are brought closer to citizens, and if possible reduce litigation costs and other charges associated with filling cases in courts.

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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 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 Rift Region

Table A2.1 Central Rift Region

Counties	Technical Committee Member	County Coordinator/ Supervisor	Research Assistants	Data Clerk
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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.

NAKURU COUNTY