



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

**VIHIGA 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 Organisation	NER	Net Enrolment Rate
CDF	Constituency Development Fund	NGO	Non-Governmental Organisation
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.



## Foreword

**K**enya 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

**T**he 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

**T**his report presents Vihiga 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 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 Vihiga County in 2009 was 554,357 people and is projected to increase to 859,083 people by 2030 and to 1,138,116 people by 2050 if the current fertility and mortality levels persist. The County has a high proportion of the population (45 percent) below age 15 but this population is projected to decrease to 36 percent and to 26 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 49 percent in 2009 to 69 percent in 2050. These population changes will result in the dependency ratio decreasing from 102 to 44 over the same period. Consequently, the county's demographic window of opportunity is projected to open in the year 2043 and close in 2083.

Vihiga County has a fertility rate of 4.5 children per woman. Sixty percent of the married women in the county are using contraceptives. Fifty percent of all births in the county are delivered by a skilled health worker and 94 percent of the children 12-23 months are fully vaccinated. The County has an HIV prevalence rate of 3.8 percent. Young people are affected by teenage pregnancies, sexually transmitted infections, HIV/AIDS and, SGBV which are mostly brought about by poverty, parental negligence, lack of information on SRH issues and peer pressure. To improve the health status of Vihiga County more

investments have to be made in health. These investments should include establishing and providing youth friendly services and creating awareness among the youth on the health issues.

In regard to education, the primary school net enrolment rate is 94 percent. This means that about 6 percent of the primary school age children are out of school in the county. However, the secondary school net enrolment rate is slightly (80 percent) than the primary school net enrolment rate. These figures show that school enrolment both at primary and secondary levels in the county is very good. However, it is estimated that 9,373 primary school age and 10,852 secondary school age children are out of school in the county. The county government and other stakeholders should endeavour to enable all the school-age children in the county have access to education.

The main education issues facing young people in the county include absenteeism of teachers, drug and substance abuse, lack of school fees, peer pressure, early marriage and negative attitudes towards education. Increased investments in education and sensitization of the parents and students on the importance of education were proposed as important in efforts to improve the education situation in the county.

The Human Development Index of the county is 0.500 which is slightly lower than the national average. Young people in the county are mostly engaged in farming and small scale income generating activities such as domestic work, commercial boboda riding and casual menial work. However, major challenges in clued lack of business capital, lack of skills, corruption and inadequate information on available business opportunities in the county.



# 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 29<sup>th</sup> April to 9<sup>th</sup> 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 11<sup>th</sup> May and ended on 31<sup>st</sup> 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 1.1 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

## VIHIGA COUNTY SURVEY FINDINGS

### 2.1 Background

Vihiga County is located in the Western Region of Kenya. It borders Nandi to the East, Kisumu County to the South, Siaya County to the West and Kakamega County to the North. It is one of the four Counties in the former Western Province. Vihiga County has five Constituencies; Luanda, Emuhaya, Hamisi, Sabatia and Vihiga. The county covers a total area of 563 Km<sup>2</sup>. Vihiga County is divided into four a sub-counties namely, Hamisi, Emuhaya, Sabatia and Vihiga. The county is further subdivided into nine divisions, 37 locations, and 129 sub-locations.

### 2.2 Demographic and Socio-economic Situation

#### 2.2.1 Population Size and Structure

Table 2.1 Vihiga county's projected population size and structure (2009-2050)

Indicator	2009	2030	2050
Population Size	554,357	859,083	1,138,116
Proportion of Population Below Age 15	44.6%	36.2%	25.8%
Proportion of Population Above Age 64	6.0%	4.2%	4.9%
Proportion of Population in the Working Ages (15-64)	49.4%	59.6%	69.3%
Dependency Ratio	102.4	67.9	44.4%
Year Demographic Window of Opportunity Opens	2043		

The population size for Vihiga County based on the 2009 census was 554,357 people. This population is projected to rise to 1,138,116 people in 2050. The population is quite youthful with 44.6 percent of the population below age 15. However, the proportion of population below 15 years is projected to decline to 36 percent in 2030 and to 26 percent in 2050. This decline is expected to result in the rise in proportion of the working age population to 60 percent in 2030 and on to 69 percent in 2050. The county has a high dependency ratio of 102. However, the dependency ratio will decline to 68 in 2030 and further to 44 in 2050 with the decline in the proportion of the population under age 15. The demographic window of opportunity for Vihiga County is projected to open in 2043 and to close in 2083.

## 2.2.2 Socio-economic Characteristics

The socio-economic profile of the county is presented in Table 2.2.

Table 2.2 Socio-economic characteristics

Socio-economic characteristics	Indicators	
Health	Average Number of Children Per Woman	4.5
	Proportion of Married Women Using Contraception	59.5%
	Proportion of Births Attended by A Skilled Health Worker	50.3%
	HIV Prevalence	3.8%
	Children 12-23 months fully vaccinated	94.4%
Education	Primary School Net Enrolment Rate	93.7%
	Primary School Pupil-Teacher Ratio	32.8
	Number of Primary School-Age Children Out of School	9,373
	Secondary School Net Enrolment Rate	79.9%
	Secondary School Pupil-Teacher Ratio	20.1
	Number of Secondary School-Age Teenagers Out of School	10,852
Socio-economic	Human Development Index	0.5003012

According to Table 2.2, the average number of children per woman is 4.5 children. This number is higher than the national average of 3.9 children per woman. The proportion of married women using contraceptives in the county is 59.5 percent. Fifty percent of all the births in the county who are attended to by a skilled service provider and 94.4 percent of all children 12-23 months in the county are fully vaccinated. The HIV prevalence rate for the county is 3.8 percent.

The county has almost universal primary school enrolment. The primary school net enrolment rate is 94 percent. The secondary school net enrolment is also very high. It is 80 percent. It is estimated that 9,373 primary school age children and 10,852 secondary school age children are out of school. The county government and other stakeholders should ensure that all school age children in the county have access to education.

Is the county's Human Development Index is estimated to be 0.500. This index is slightly below the national index which is 0.520. The county should endeavour to improve this index by more investments in health, and education and in eradicating poverty

## 2.3 Health and Young people

Promoting healthy practices for young people and taking steps to protect them from health risks are critical. This would reduce health problems in adulthood and for the county's future health and social infrastructure.

### 2.3.1 Main health issues affecting youth

Table 2.3 Main health problems affecting youth

Main Health problems	Causes	Consequences	Ways of addressing these problems
Sexually Transmitted Infections & HIV /AIDS Drug and substance abuse Sexual and Gender based violence Teenage pregnancy	Addiction to DSA Poverty ignorance	Abortion or death Poor health conditions School drop out Mental health	Public education Counselling Life skills Government intervention

The survey findings indicate that the main health issues in the County include sexual transmitted infections, drug and substance abuse, sexual gender based violence and teenage pregnancies. From a Key informant Interview with a policy maker, it was pointed out that drugs and substance abuse is an issues affecting the youth in the county.

*“We have normal cases like Malaria, respiratory tract infections which are for all age groups. We also have serious cases of HIV, Drug abuse and alcohol, accidents /crime related due to drug abuse among youths. They reduce productivity of young people such that in terms of work and economic productivity, women are more active.”*

[KII. Policy maker, Vihiga]

These issues were mainly caused by addiction to drugs, poverty and ignorance among the young people. This in turn caused poor health conditions, abortion cases, school drop outs and mental health due to drug abuse. Some of the recommendations suggested to address health problems among youth include public education, counselling and life skills and government interventions.

*“...also at adolescence issues likes unprotected sex. The condom dispenser is always empty therefore STI's infection is a high risk (widespread), gonorrhoea, etc. this even leads to death.”*

[FGD. Mixed young person's 15-24, Vihiga]

## 2.3.2 Access and Availability of Information and Services

The respondents were asked about access and availability of information and the findings are shown in 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
Media(radio, television)	Disease prevention and diagnosis	Increased knowledge	Media
Health facilities	Health advice	Disease prevention	Health facility
Schools	STI/HIV	Behaviour change	Public forum
CHWs	Treatment and medication		Schools
Friends & peers			CHW's
Public health talks / barazas			
Religious institutions			

The findings revealed that the sources of health information widely used by the young people in this county include Media especially radio and television, Health facilities, schools, community health workers(CHW),friends and peers, public health talks or barazas and religious institutions. Out of these the respondents further stated that the most preferred sources are media, health facility, public forums, schools and community health workers (CHW's).

The main type of information sought by the young people included disease prevention and diagnosis, health advice, STI/HIV, treatment and medication this information was considered useful in terms of increasing knowledge to help the young people make informed choices for behaviour change and disease prevention. The respondents reported that the services are youth friendly though they rarely access them because of some challenges they encounter. These include; the high cost of services, lack of disability friendly services, fear or embarrassment in accessing the services, negative provider attitude in the health centres and inadequate youth- friendly health facilities in the county.

*“No facilities for them here therefore only referrals to expensive hospitals yet no money.”*

[FGD. Mixed young person's 15-19, Vihiga]

From a key informant interview with a policy maker, it was found stated that the challenge young people are facing in accessing health information and services include lack of information about the available services and uncommitted health service providers.

*“Lack of information on health services such as on use of drugs and health, Lack of information on use of medical drugs, Commitment of Health providers is lacking but we are trying to deal with this.”*

[KII. Policy maker, Vihiga]

Several suggestions were made to overcome the challenges. They suggested creating a youth friendly service centers, improving infrastructure, capacity building and employing adequate qualified personnel. The in-depth interview with a service provider pointed out the need for the health centers to work together to sensitize the community on health issues.

*”We need to work with stakeholders through barazas, schools to inform the public about health issues.”*

[IDI. Service provider Vihiga]

### 2.3.3 Organisations Addressing Health

The main organisations addressing health concerns were identified by the young people. These include Non-governmental Organisations (NGOs) and government agencies which make access to services targeting youth free. These organisations have improved health and health awareness, improved Hygiene and Sanitation, Capacity Building and they also provide financial assistance.

*“Government to provide educational health programmes in school e.g reporting mechanisms for rape cases.”*

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

### 2.3.4 Opportunities for Improvement on Health

In conclusion, respondents were asked to suggest opportunities for improvement of health. Recommendations included capacity building, creation of awareness through barazas, public forums and provision of sanitary towels to school girls.

*“Government should provide educational health programmes in school e.g reporting mechanisms for rape cases.”*

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

## 2.4 Education and Young People

### 2.4.1 The Main Education Problems Affecting Youth

The survey sought the education issues affecting youth in Vihiga County. This section presents a summary of their combined response. It focussed on the main Education issues affecting youth in the county, causes of these issues and consequences and ways of addressing the problems. It also looks at the accessibility and availability of education information and ICT services; the organisations and individuals addressing education issues in the county and lastly it outlines the opportunities for investment in education.

Table 2.5 The main education problems affecting youth

Main Education Issues	Causes	Consequences	Ways of addressing these problems
Drug and substance abuse	Peer pressure	School drop out	Law enforcement
poverty	Poor parental guidance	Lack of concentration	Government intervention
Absenteeism of teachers and students		school absenteeism	Creation of employment opportunities
Child labour			Provision of bursaries

The results obtained showed that Drugs and substance abuse, poverty, child labour, absenteeism of teachers and students were the main education problems affecting young people. These problems were attributed to poverty and peer pressure. Some of the issues were affecting the youth in primary, secondary and some of those in tertiary institutions.

The respondents stated that the consequences of these education problems include school dropouts, lack of concentration due drug abuse and school absenteeism as most of them work part time so as to raise school fees.

Recommendations on how to address health problems among youth include: Strengthening Law enforcement. Strict rules and regulations should be put in place to curb selling drugs and liquor to youth under 18 years of age. They also recommended government intervention, creation of employment and provision of more bursaries so that the poor students can also benefit from quality education.

### 2.4.2 Access and Availability of Education Service

The respondents stated that primary schools are available while a few others reported that the schools are few. They added that the distance and time taken is a lot. The secondary schools were reported to be adequate but they are far apart and expensive. The tertiary institutions on the other hand were reported to be few and costly. Learning facilities for students with special needs in the county right from primary level to tertiary are inadequate. Those that exist are either far or lack appropriate facilities.

There is no gender disparity in the county as the respondents reported that both the males and females have been accorded equal education opportunities.

A few respondents stated that the courses being taught are not marketable and relevant to the job market. From a discussion with the older people, it was reported that technical subjects be incorporated in the curriculum as they impart e students with skills for self employment.

*“Art & Craft used to be there, no more. It should be returned in school.”*

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

A policy maker in the Education sector in the county also suggested the need to revise the curriculum to focus on self-employment.

*“It can be better if we can get a common harmonized curriculum focused on self-employment but Exams are handled by KNEC and this limits what the counties can do.”*

[KII. Policy maker, Vihiga]

The available ICT services for students in the county are computer laboratories, cyber cafes and computer lessons for primary, secondary and tertiary institutions.

### 2.4.3 Organisations and Individuals Addressing Educational Issues

In this county, the main organisations identified as addressing educational issues are Non-Governmental Organisations and government agencies. These two organisations are known for their good work in terms of financial support for instance Constituency Development Fund (CDF) bursaries, school feeding programmes and construction of schools. They also create awareness on the importance of education.

*“Yes, like UWEZO Kenya does research and findings are given to head teachers. Also compassion International, Equity Bank - wings to fly, Kima Integrated Community, Program (K.I.V.P.) and Aphia plus.”*

[FGD. Mixed young person's 25-34, Vihiga]

### 2.4.4 Opportunities for Investment in Education

The respondents felt that there is the need for capacity building in terms of skills training. They also suggested that infrastructure in schools be improved. The head of a school in the county suggested that allocation of funds should be done on time to ensure adequate planning.

*“Government should be serious with its responsibility of providing free secondary day school education. i.e. avail the budget resources on time.”*

[IDI. Service provider, Vihiga]

## 2.5 Economic and Young People

Kenya faces a significant unemployment problem with youth being hit hardest. The high unemployment rate is related to the overall investment climate in the country and the economy's low capacity to create new jobs. This section is going to look at economic issues young people face in Vihiga County and ways of addressing them.

### 2.5.1 Main Economic and Income Generation Opportunities

The main Employment and income generating opportunities that young people are engaged in include farming, business and employment. When executing these opportunities the respondents encounter some challenges. For instance, lack of capital, corruption and high taxation of goods and services.

### 2.5.2 Economic Activities Young People are Engaged in

Table 2.6 Economic activities young people are engaged in

Main economic activities	Challenges encountered	Ways to address these challenges
Domestic work	Poor pay and exploitation	Capacity building
Bodaboda	Financial constraints	Government aid
Business	Health complications	Employment
Casual labour	Lack of necessary skills	Create public awareness

From the discussions, the young people are engaged in domestic work, commercial *bodaboda* riding, small scale businesses and casual menial work. However they lack capital to boost their business, they are financially constrained and they lack necessary skills. Some do dangerous jobs like construction work and working in the quarry and their health deteriorates due to inhaling dust. From an in-depth discussion with a service provider, he said that many young people in the county are still illiterate thus making it hard for them to access the interventions.

*“Illiteracy is high among youths i.e. drop outs or never went to school. Do not even want to go to youth polytechnics i.e. due to ignorance. Since UWEZO fund launched here we have done awareness campaigns but they still do not come to seek for the loans.”*

[IDI. Service provider, Vihiga]

They require capacity building in terms of skills, government aid through donations and creation of employment opportunities.

### 2.5.3 Interventions and Programmes Addressing Youth Employment

Table 2.7 Interventions and programmes addressing youth unemployment

Main interventions and programs	Challenges in accessing the interventions	Ways to address these challenges
UWEZO Fund	Corruption	Address corruption
YEDF	Fear of loans	Government intervention
NYS	Lack of information	Sensitization on the interventions
WEF		
AGPO		

From the discussion, the main interventions and programmes available in the county targeting youth are UWEZO fund, YEDF, NYS, WEF and AGPO. It is a challenge accessing these interventions since there is a lot of corruption especially when issuing loans. Young people fear applying for loans and there is lack of information regarding these interventions as most of the young people are unaware. These interventions have made it possible for the youth to access loans to start income generating activities.

In order to address the challenges, the respondents suggested that corruption should be addressed and they should sensitize the youth on the existing interventions. They also recommended that there should be a fair allocation of the funds and the loan repayment period should be increased.

### 2.5.4 Availability and Access to ICT Services

Table 2.8 Availability and access to ICT services

ICT services available	Challenges in accessing ICT services	Ways of addressing these challenges
Telephone	High cost,	Affordable ICT services
Television	inadequate ICT centres,	Establish ICT centres
Radio	lack of knowledge,	Training
internet	power supply	Provide computers in schools
	inadequate operational skills	

The ICT services available in this county include, telephone, television, radio and internet. These services have made it possible for the young people to access entertainment platforms; for instance; face book and twitter, obtain information in relation to education, health and governance and also to seek employment opportunities.

The most preferred ICT services are the media, mobile phones and internet. The challenges in accessing these services include cost of service, inadequate ICT centres, and lack of knowledge, power supply

and inadequate operational skills. The recommendations on how to address the challenges were made. These include that the ICT services should be affordable ICT services to ensure everyone can access them easily. There should be ICT centres and computer should be provided in schools. They also recommended that the young people should be trained in ICT.

## 2.5.5 Organisations and People Addressing Youth Economic Empowerment

Table 2.6 Organisations and people addressing youth Economic empowerment

Organisations	Services provided	Views about efforts made by the organisations
Government agencies	Financial services	Improve living standards
Financial institutions	Capacity building	Offer loans
Business incubation and innovation centres	Agriculture support	Offer employment
apprenticeship and attachment talent identification and nurturing centres		

The respondents mentioned the following organisations were addressing youth economic empowerment issues include; government agencies, financial institutions, business incubation and innovation centres, apprenticeship and attachment and talent identification and nurturing centres. These organisations provide financial services, training for young people and also provide agricultural support.

The respondents further stated that the organisations have improved living standards, offered loans and employment opportunities. The potential areas to increase employment and income generating opportunities include agriculture, employment and *Jua Kali*.

## 2.5.6 Savings and Investment for Old Age

The respondents stated that most of the young people think about their old age because they need to invest and prepare for a better future. On the other hand, other young people have never such thoughts. They don't believe in it and some are unemployed. Those who have thought about it do not want to work during their old age as they will invest and save. While others stated that they will work till old age for physical exercise and some want to be self-employed.

*”No. you only relax and rely on pension or investment made early.”*

[Mixed young people 20-24, Vihiga]

The young people think of savings as they stated that they would rely on investments, savings and retirement benefits. However, some youth do not think of savings and investments since they are not employed thus lack finances. There are barriers hindering youth from saving this includes drugs and substance abuse, unemployment, they spend highly on entertainment, they obtain less income than their needs and also lack of savings. There is need to promote a saving culture among the youth so that they know the importance of savings.

*“Many youths get married while young, they are jobless therefore have no savings as they have family needs to meet.”*

[FGD. Mixed young people, Vihiga]

## 2.6 Governance and Young people

Governance is the systems and processes concerned with ensuring the overall direction, effectiveness, supervision and accountability of an organisation as the process of decision making and the process by which decisions are implemented. Young people’s active citizenship and participation in governance can provide significant value added input for the fulfilment of government Commitments, particularly at national and local levels.

### 2.6.1 Rule of Law

The rule of law is a basic concern in the creation of the Constitution. Constitutional law can only be fully and effectively implemented when the laws of a country or region as a whole are respected by the citizenry and the Government.

#### 2.6.1.1 Justice system

Table 2.7 Justice system

Main cases	Challenges	Ways to address
Land disputes	Corruption	Address corruption
Theft	Injustice	Promote justice
Rape	Slow process of the	Employ more personnel
Insecurity	judicial system	Public awareness

The processes of solving disputes in the county are the traditional systems, for instance settlement by the Council of Elders and the Kangaroo Courts. They also solve cases through the judicial systems and out of court settlement.

The main cases prevalent in this county according to survey include land disputes, theft, rape and insecurity.

*“Land disputes due to high population in Vihiga that leads to too much land subdivision hence boundary disputes.”*

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

In the process of solving these disputes, the county experiences a lot of corruption hence making cases not to be solved justly.

*“In my place we have land disputes a lot especially for widows who are taken advantage of i.e. bribes thus no justice.”*

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

These challenges can be addressed if the issue of corruption is solved, justice is promoted and more police officers are employed so as to serve the community evenly.

### 2.6.1.2 Insecurity

Insecurity was reported to be prevalent in the county. This is aggravated by the fact that police stations are far from their home areas. Besides there is the police officers are very few.

The mechanisms put in place to ensure security in this county include *Nyumba Kumi* initiative, community policing and establishing more police stations.

The youth are also involved in maintaining security. They do youth patrols, report suspicious cases and community policing. However, they encounter challenges in maintaining security. These include; corruption, delayed response by police and poor police performance. These challenges can be addressed if *Nyumba Kumi* initiative is supported in terms of provision of security equipment, more police stations should be built to make them accessible, more police officers should be employed and the community should be involved.

### 2.6.1.3 Cohesion

Cohesion is important since it promotes unity and coexistence in a community. According to the survey the respondents reported that the strategies put in place to promote unity are through sports for instance community football match, religious activities like meetings and crusades that bring people together, Education institutions also play a big role in promoting unity as students from different backgrounds and tribes meet and bond. However, the young people experience problems like social class disparities, tribalism, corruption and different cultural practices as the Luhya tribe have many sub-tribes. The respondents further suggested that tribalism should be addressed, justice and equity promoted and sporting activities be encouraged if unity is to prevail.

## 2.6.2 Transparency and Accountability

Young people in this county receive information on planned and ongoing activities through suggestion boxes, community meetings, service delivery charter, media, notice board, public announcements and lastly through the local administration.

The mechanisms put in place to ensure accountability and transparency includes disciplinary action to those found guilty, stepping aside for investigations and in other cases resignation of the offenders. However, some of the respondents feel that nothing is done to those found accountable.

The respondents suggested that there is need for youth involvement, punishment to the offenders and also issues of corruption be addressed.

## 2.6.3 Consensus, Equity, Inclusiveness, Participation and Responsiveness

From the survey, the young people are not fully involved in the budgeting processes, Project Identification, Design and Implementation. The young people would like to be employed in the programmes and projects targeting them. They would like also to be included in the project processes right from the design to implementation.

Moreover, they would like to be managers and run their own program, they would like to be employed in the projects and programmes and also they would like to be given tenders for delivery.

The projects and programmes meant for youth according to some respondents do not address their needs. They reported that they are not adequate and don't exist in some areas in the county. The existing projects in the county do not serve those who deserve. There is a lot of corruption and nepotism.

*“Vihiga it is for specific people as there is nepotism. A small percentage goes to the poor and majority to the rich.”*

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

The respondents stated that when they are involved in project implementation, they receive poor pay from their employers. Lack of skills required by the employers and corruption in the workplace were mentioned too. In this case, they suggested that they need more job opportunities, skills training and increased support from the government in terms of funding.

## 2.6.4 Effectiveness and Efficiency

The available resources allocated as per the survey do not target the youth. The young people stated that they are not aware of the resources. They further suggested that in order to ensure resources are used to achieve the expected outcome, there is needed to improve youth participation and transparency.

## 2.6.5 Political Leadership

The respondents were further asked on the role that the political leadership plays in the management of youth affairs. They stated that they create employment to the youth, they engage them during political campaigns also improve the county's infrastructure and provide donations. Some respondents stated that they are not involved at all. However, one of the policy makers stated that the youths in the county are actively involved youth employment and cultural festivals.

*“It depends on intentions of the politician, some use them constructively e.g. our governor has engaged youth in employment to develop youth representatives in committees, cultural festivals. Youths are involved in all stages; youths give speeches in public functions/ public holidays. Our youth leaders are conspicuous and very vocal; the chair for youth council nationally comes from Vihiga County.”*

[KII. Policy maker, Vihiga]

## 2.7 Perspectives About the Growing Population of Young People

The rapid population growth rate has led to an influx of labour into the labour market in any country. The respondents stated that the high population has affected the health sector since there is a lot of congestion in the health centres. It also has an effect on education. Schools are inadequate; infrastructure is poor and imbalanced teacher student ratio. Economically, the high population has led to unemployment, poor pay and corruption in the job sector. It has also brought about insecurity in the county. From a key informant with a policy maker, it was confirmed that the county's population is high hence a high dependency ratio.

*“We don't have data on gender e.g. how many male/females adolescents are here as their challenges differ. However, 70% are youths in this county thus high dependency rates, no employment, high resource competition, and strained social political issues.”*

[KII. Policymaker, Vihiga]

## 2.8 Conclusion and Recommendation

To sum up, in order to realise the demographic dividend for the county key focus should be placed on health, education and the economy of the county they directly affect the youth. The population should be controlled as there is struggle for the available resources for instance land. Insecurity is rampant in the county and the police officers are few. Additionally, the youth are not involved in the budget making process, project identification, design and implementation.

### Recommendations

There is need to:

#### *Health*

1. Sensitize the community on the importance of birth spacing. Establish youth friendly centres which have friendly service providers to enable young person's access services.
2. Provide sanitary towels to school girls.
3. Sensitize the community on health issues, for instance, hygiene and sanitation.

#### *Education*

1. Promote the education of the girl child as it will contribute to lower fertility rates, it also results in stronger human capital among the workforce and greater economic security for the county.
2. Enforce the law by the government through strict rules and regulations directed to those selling alcohol to youth under 18 years of age.
3. Give out more bursaries to the poor students to enable them get the basic education.
4. Establish learning centres for students with special needs and equip the already existing ones.

#### *Economic*

1. Establish career centres where students can learn about their skills, interests and career mentorship.
2. Ensure entrepreneurship training has been integrated in the training programmes of all TVET institutions. The aim of this measure is to prepare the graduates for self-employment in both the formal and informal sectors of the economy.
3. Sensitize the young people in the county about interventions and programmes addressing youth employment in the county.

## Governance

1. Strengthen the *Nyumba Kumi* initiative that helps in matters concerning security at community level.
2. Employ more police officers and expand the existing police stations so as to serve a larger population in the county.
3. Address tribalism and corruption and criminal cases be dealt with justly and promptly.
4. Involve youth in project and programmes design and implementation process.

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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

### Western Region Survey Personnel

Table A2.1 Western Region

Counties	Technical Committee Member	County Coordinator/ Supervisor	Research Assistants	Data Clerk
Bungoma	Corazon Ayoma	Enoch Obuolo	Anne A. Misiko	Carolyn Nzisa
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Here below are authors who participated in the development of this report:

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5. Margaret Mwaita (Coast)
6. Beatrice Okundi (Eastern North)
7. Enoch Obuolo
8. Bernard Kiprotich (Western)
9. Victoria Mutiso (Eastern South)
10. Ken Lwaki (North Eastern)
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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.

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**VIHIGA COUNTY**