Word from the Editors
As we take you through a journey of tantalizing world of population and development, we purpose to inform and educate.

From the Director General's Diary
Most of the Population issues in any country revolve around the welfare of its people; the directly affect their wellbeing and day-to-day life; this is because people are in essence a country's natural asset. In sustainable economies, a country’s population is its best market. For instance, Kenya, is a consuming economy due to the high dependency levels (Dependency ratio = 87; implying 87 dependants per 100 working persons). This perhaps points to why the country has constraints with the basic social aspects of healthcare provision, education, food and nutrition. Dealing with such basic aspects denies the country any savings for investments.

For Kenya to realize the Vision 2030 goal of improved quality of life, and reap the benefits of the demographic dividend, Family planning remains a crucial concept that needs to be embraced across board. Family planning is also at the centre of the achievement of the Social Development Goals (SDGs).

It is important to note that investments in education is crucial for any nation. An educated workforce, raise incomes, and improve economic development while critical Economic policies that stimulate the local economy and foster job growth are vital to achieving Vision 2030 goals among other development agenda.

The national council for population and development as a focal point for population issues in Kenya, continues to champion and advocate for various population policy issues for the betterment of Kenya as a nation. This is as Kenya prepares to host the International Conference on Population and Development (ICPD) in November this year. The summit will bring together Heads of states and governments, ministers, parliamentarians, technical experts, civil society representatives, private sector partners, faith-based leaders, youth leaders, advocates and many others.

Dr Josephine Kibaru-Mbae, OGW
NCPD Board and Senior Management Retreats to Diani

Following the reconstitution of the NCPD Board and the appointment of a new Chairman, Mr. Sam Kona it was necessary to organize an orientation retreat to bring members to speed on what was happening. Dr Julius Muia, the Principal Secretary for Planning also participated.

The two-day retreat was held at the Coastal town of Diani, Kwale County. They deliberated on the NCPD Strategic Plan (2018-2022), the Population Bill 2019 and the general well-being of NCPD.

Parliamentary Network on Population and Development Retreat

(by B Okundi and M Mwaila, NCPD)

Does high fertility (many children per woman of reproductive age) translate to increased votes? Our legislators are constantly asking women to have more children. Who can guarantee quality of life for the mother and the baby, father and other siblings?

The National Council for Population and Development (NCPD) engaged leaders at various levels – Members of Parliament and Senate, some Members of County Assemblies and Women Leaders (Maendeleo Ya Wanawake Organization) in some counties - to discuss issues of population and development.

The Council called for meaningful investments in critical sectors of Health, Education and skills enhancement, Youth Agenda and Good Governance.

During the meeting a number of issues among them the Population Policy for National Development, Kenya’s demographic dividend and family planning as a key strategy for achieving the Big Four Agenda, Vision 2030 and the Sustainable Development Goals (SDGs) were discussed.

Honourable Members were also sensitized on the forthcoming Population Census, the International Conference on Population and Development (ICPD25 – The Nairobi Summit), the Draft Population Bill 2019 and the Partners for Population and Development.

A total of 17 legislators and four clerks participated in the retreat held at the Serena Beach Hotel in Mombasa on 28. June 2019.

While making demographic dividend presentation, four investment scenarios were highlighted. In order to reap a demographic dividend and high investments per capita, Kenya needs critical investments in Economic, Education and Family Planning.
Want to Make Socio-Economic Sense? Try Family Planning
(by Charity Koronya UNFPA and Margaret Mwaila, NCPD)

“Family planning provides benefits to mother, children, father, and the family”, Ms Charity Koronya of UNFPA stated as a matter of fact.

She explained the benefits of contraception to the whole family, thus: helping mothers enjoy physical and mental health; healthy children who enjoy parental care and love and men receive support in caring for the family and also space for personal advancements.

In Kenya, as we usher in the Big Four Agenda, it is crucial to consider heightened advocacy for family planning for many reasons.

First, Rapid population growth increases pressure on housing leading to rise of informal settlements and related challenges. Second, pregnancy, breastfeeding, and child care limit women’s contribution to food production and security. Apart from this, child bearing and rearing reduces women’s contribution to household wealth creation. Access to comprehensive reproductive health care for women is therefore essential for increased productivity in agriculture, business and wealth creation that ultimately contribute to the economic and social development.

Growth in manufacturing sector solely depends on availability of skilled human capital. To push this agenda, there is need for increased investments in education and health sectors. However, it is important to note that access quality education and health care is, to a large extent influence by family size.

While small families are able to cater for essential products and services, large families struggle to do so. It is worth noting that to be able to increase investments in manufacturing and other developmental aspects, the burden of provision of basic social services (child health and education) must be curtailed.

And this can only happen with a decline in population or a change in the population structure from pyramid to pear-shaped and a reduction in overall dependency. Family planning is key to achieving this scenario.

Below is the s-curve for modern Contraceptive Prevalence Rate (mCPR) in Kenya
The National Population and Housing Census
(by KNBS and NCPD)

A population census can be defined as a Total count of persons, during a specific time and within a well-defined boundary. De facto census, which the country will be undertaking means taking stock of all persons (including foreigners) where they are on the census night. As usual, the census reference date will be the night of 24th and 25th August 2019. This means that the questionnaires will be filled with data relating to the census night. Given that it is not possible to reach all households in one night, the census will run for seven days.

Census data is useful for generation of demographic and socio-economic indicators for monitoring and evaluation of national and international development agenda; policy formulation and programming; resources allocation; review of administrative and political boundaries; population projections; development of sampling frames; and research and business.

Methodology is guided by the recommended UN standards to be used for data collection in a census during the 2020 round of censuses – use of mobile technology – paperless data collection.

Mobile technology was also employed to collect coordinates and other details at household level for cartographic mapping to improve on accuracy of data collection. It should be appreciated that mobile technology eliminates errors of manual data entry; it helps with real-time data compilation; shortens time of release of results and enhances usage of census results. It allows for geospatial analysis.

There will be one main and four short versions of the questionnaire. The main questionnaire will be collecting information on the following thematic areas:

<table>
<thead>
<tr>
<th>Area</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population Characteristics</td>
<td>Age, sex, marital status, births, deaths, migration etc.</td>
</tr>
<tr>
<td>Disability</td>
<td>Forms and severity of disability</td>
</tr>
<tr>
<td>Education</td>
<td>Attainment, training etc.</td>
</tr>
<tr>
<td>Labour Force</td>
<td>Occupation, industry, employers, hours of work etc.</td>
</tr>
<tr>
<td>ICT</td>
<td>Access and ownership of ICT equipment and services</td>
</tr>
<tr>
<td>Agriculture</td>
<td>Crop farming, livestock, aquaculture etc.</td>
</tr>
<tr>
<td>Housing Conditions &amp; Amenities</td>
<td>Housing characteristics, waste disposal, energy use, etc.</td>
</tr>
<tr>
<td>Household Assets</td>
<td>Ownership of assets</td>
</tr>
</tbody>
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The Bureau has planned the following activities

- Enhance publicity and advocacy activities to sensitize political leaders, administrators and the general population on the 2019 census
- Distribute the census equipment and materials to the county headquarters
- Recruit and train census personnel from June, 2019
- Deploy the trained census personnel to the field
- Undertake enumeration from the night of 24th/25th to 31st August 2019.

Some of the challenges that the Agency is facing with regard to organizing the census include:

- Insecurity in some parts of the country
- Existing boundary disputes across the country
- Amendment of the current Statistics Act that has been undergoing parliamentary procedures for some time
- Inadequate transport during enumeration

Off to Kisumu – ‘Tis School Health and Career Day at Chulaimbo!

(by the Kisumu NCPD Team)

NCPD Nyanza Regional Office in Kisumu organized a health and career day at the Chulaimbo Boys High School in Kisumu County. Apart from a great health talk that touched on Adolescent Reproductive Health, the boys got a rare opportunity for mentorship and career discussion.

The Guest speakers were drawn from Maseno University and Kisumu County Health Department. Dr. Louisa N. Ndungu is a Lecturer, Psychological Counsellor, Career Coach and Motivational Speaker at Maseno University. Mr. Okelo and Mrs. Elizabeth Onyango are both Reproductive Health specialists from Department of Health, Kisumu County. There were also two attachees from the Kenya National Bureau of Statistics (KNBS) Kisumu County. One of the attachees was an alumnus of Chulaimbo High School. All speakers described the difficulties of adolescence which is a time of transition from childhood to adulthood. While mentoring the young people, Dr Louisa described a variety of scenarios and situations that adolescents find themselves in and the choices that they have to make. For example, she gave three career phases as: the fantasy phase where children make emotional career choices. When asked “Whom would you want to be when you grow up?” Children will fantasize on careers such as doctors, nurses, pilots, police service, etc. During the tentative stage, young people start considering their education, values and goals in making career choices. Adolescence ushers in the realistic stage where aspirations, motivation and job

Head of Guidance and Counselling at Chulaimbo Boys High School making opening remarks during the Health and Career Day organized by NCPD Kisumu Office
requirements play a key role in one’s career choices. She talked about career choice influencers highlighting parental guidance, desire for prestige, social values and perceptions not forgetting peer pressure. Dr Louisa cautioned students on their attitudes that can lead to excellence or failure in life. She highlighted a number of career categories with their attributes and values attachment.

The Mentor encouraged young people to develop a competitive edge by taking time to understand their personalities and values, appreciate or assess their skills & abilities and finally, understanding their environment “A career determines a persons’ identity and has a strong influence on a one’s life”, she concluded.

While acknowledging the challenges of adolescence, Mr Okelo from the Department of Health called on young people to cultivate the following traits: Ability to control emotions, Positive self-concept, Good coping and problem-solving skills, Social skills and Healthy physical development free from disease and injury. Outside the precincts of the family, he encouraged the students to engage in school activities, athletics, religion and the arts as well as positive peers.

In conclusion, Mr Okelo called for improved access to comprehensive sexuality education and services to prevent, diagnose and treat STIs as well as counselling on contraceptive use. “Adolescents and young people must be empowered to know and exercise their rights. These include the right to delay marriage and the right to refuse unwanted sexual advances”, opined Mr Okelo.

Ms Akinyi, also from the Department of Health was at hand to increase knowledge of the boys on the issue of drugs and substance abuse. She defined the various terminologies and went on to describe some of the factors that lead to drug and substance abuse categorizing them under family, behavioural, peer engineered, school related and those based on one’s attitudes, beliefs and personality. She nailed the problem of ineffective parenting where there could be missing parents or situations of unstable home environments caused by conflicts or where parents also abuse drugs. Peer influences and the school environment can lead to situations where young people abuse drugs. For examples schools that lack proper management or where staff abuse or sell drugs to students.
Setting the PHE Pace: Tree Planting at the State House Mombasa
(by Mombasa NCPD Team)

NCPD organized and participated in a tree planting exercise at State House Mombasa where over 300 seedlings were planted.

The exercise was spearheaded by the Mombasa County Commissioner, Mr Evans Achoki and the Coast Population Coordinator, Mr Stephen Mulinge.

Besides improving forest cover – (Kenya is yet to achieve the 10 per cent internationally recommended cover) – and showcasing the Coastal Area’s indigenous tree species, the activity also aimed at protecting the indigenous tree species.

The Mvule and Bambakofi trees are valued trees at the Kenyan Coast. They are slow growing but provide excellent hard wood valued for furniture, carving and other uses. The trees are currently facing extinction calling for great need of conservation.

The seedlings were provided by the Kenya Forestry Services in Malindi, Kilifi County and the Base Titanium Company in Kwale County. The two organizations also participated in the tree planting activity. Others were staff from State House Mombasa, Security personnel and NCPD Headquarter staff.

Women Leaders Forums on Population and Development
(by CAPE and PR)

The National Council for Population and Development (NCPD), jointly with the Maendeleo Ya Wanawake Organization (MYWO) conducted a total of twenty-two (22) women leaders’ forums across eleven counties in the country.

The counties are Mombasa, Garissa, Machakos, Embu, Nyeri, Uasin Gishu, Nakuru, Kakamega, Kisumu, Kisii and Nairobi. Two sub counties in every county were sensitized.

Over (2,000) women leaders, youth, men and People with Disability (PWDs) were reached with sensitization messages on the population policy for national development. The exercise also collected views on emerging population issues that would assist in the review of the said policy.

In Machakos, the Maendeleo ya Wanawake organization (MYWO) reiterated the crucial role played by grass
root women in influencing population issues in the country.

Speaking in Mwala sub county, National chair Mrs. Rahab Mwikali Muiu noted that women played a critical role in defining child behavior.

“Women talk to their daughters from formative ages helping them develop positive behavior in adulthood”, she said noting that stability witnessed in families can solely be attributed to them.

NCPD’s Deputy Director for Programme coordination and Advisory Mr. Nzomo Mulatya emphasized the need for incorporation of emerging issues into the revised population policy. This, he added will enable the country to achieve its desired population aspirations.

The meeting was convened to solicit views that will lead to the review of the population policy for National Development (PPND) 2012.

Others who addressed included Mwala sub county assistant county commissioner Ms. Novah Nyaanyi and Machakos County chair MYWO Fransisca Mutinda.

In Kakamega Deputy County Commissioner of Kakamega Central Sub County Mr Denis Ogola reiterated that development policies could not be implemented successfully without women involvement.

Noting that family planning was a basic ingredient in population management and development, the DCC called on women to embrace small family norms to avoid biting poverty.

Mr. Ogola was speaking during a joint forum of the National Council for Population and Development (NCPD) and Maendeleo Ya Wanawake Organization (MYWO) to sensitize Women Leaders on the Population Policy for National Development (Sessional Paper No.3 of 2012) in Kakamega county.

The forum also collected community leaders’ views to support the document review. The policy review is necessary due to the many emerging issues that needed to be incorporated and dealt with. A total of 106 women (majority), youth and men participated.

Among the critical issues identified for discussion were: poverty; unemployment; drugs and substance abuse; rapid population growth; teen pregnancies and sexual and gender-based violence (SGBV). The forum also prioritized suicide, defilements and abortion as key emerging issues in the County.

A raft of measures to deal with the critical and emerging issues were proposed. Key among them were the establishment of cottage industries at sub county level; awareness creation and social behaviour change communication; male involvement in family planning and reproductive health; meaningful engagement of the youth (support talent development, internship and volunteer opportunities; Others were promotion of Income Generation Activities (IGAs)); setting up of

A section of Women Leaders attending the Forum in Kakamega County
rehabilitation centres; law enforcement especially in cases of SGBV; gender equity; guidance and counselling; improved parenting.

The Women also proposed the castration of sex pests and the scrapping of the “return to school” policy arguing that it encouraged teen pregnancies.

The MYWO National Vice Secretary, Mrs. Happy Gloria called for the implementation of the Organization’s mandate which is to instil cultural and family values in communities.

While calling for greater partnership with NCPD, Gloria said MYWO is a grassroots organization championing gender and development issues and will be happy to incorporate the population agenda.

No Relenting on Quality Management

NCPD is a guru in quality management. The Council was certified under ISO 9001:2008 for quality management and later under 270001 for Information Security Management System. The two standards run hand in hand. This year, NCPD has been working towards meeting the requirements for recertification under the new standard of 9001:2015. In this regard NCPD has appointed quality management champs from each division. The champions were taken through sensitization on the two quality standards. By extension, it was agreed that County Population Coordinators (CPCs) will by default be champions as they lead the field teams. Further, there was a general agreement that Quality Management must be part of the agenda for Divisions and CPCs staff meetings.

Media Interactive

During the month, and as part of public education, the NCPD had a number of interactive sessions with the media to discuss population issues, teen sexuality and ICPD25 among other topics. It is clear that NCPD is leading the population agenda and has taken seriously the issue of teen fertility. Teen pregnancies must be curtailed for the country to move towards achieving its development goals.

NCPD also organized a media breakfast for editors based in Nairobi to discuss population issues. where 30 media personalities participated.
Preparations for the World Population Day 2019

World Population Day is a global event celebrated on 11th July annually. The main purpose of the event is to sensitize communities and draw their attention on issues of population and development. This year, however, the event has been set as a build up activity for the International Conference on Population and Development (ICPD) which will be held in Nairobi later in the year. The theme therefore has been coined as: 25 Years of ICPD: Accelerating the Promise.

In Kenya, the national event will be held in Makueni County while each NCPD regional office is encouraged to hold a county event.

It’s Show Time in Meru and Machakos Counties
(by Meru and Machakos NCPD Teams)

Colour and pomp marked this year’s Meru and Machakos ASK shows. In Meru the show happened from 05. to 08. June 2019 while in Machakos the event took place towards end of the month. Both Meru and Machakos NCPD teams engaged the public on population issues. Staff from the Health Department usually accompany NCPD to provide health talks and family planning services.
Capturing the Moment!
(by Nakuru and Nairobi NCPD Teams)

Maendeleo Ya Wanawake Organization (MYWO) Chairperson, Ms Rahab Muia receives a bouquet and a rousing welcome during the NCPD Women Leaders’ Forum in Nairobi.

Group discussions on emerging population issues during the NCPD/MYWO Women Leaders’ Forum in Nakuru County.

Dr. Julius Muia, PS State Department for Planning addressing the 3rd Africa - China Conference on Population and Development in Accra, Ghana. Mr Peter Nyakwara, NCPD Director of Technical Services attended the conference.

NCPD Diary

World Population Day on 11. July 2019, Makueni County

Launch of the Kenya Health Service Delivery Indicator Survey Report on 01. August 2019 in Nairobi
Jog Your Mind in the Quick Fire and Earn Points

1. In which year was the first World Population Day celebrated?
2. Which country in Africa hosted the 1994 International Conference for Population and Development?
3. Where will the ICPD25 Summit happen this year?
4. Give three benefits of family planning?
5. What strategies can you recommend for ending teen pregnancies in your county?
6. State three population and development issues that your county leadership should prioritize
7. Do you agree with the politicians’ call to women to have more children in order to attract more resources from the government? Give your reasons
8. Give two family planning misconceptions that you know or have heard of in your area
9. What is your opinion about sexually active school girls using modern contraception methods
10. Is a big family size a burden or a source of wealth?

If answered correctly and convincingly, these earn you 10 points! Watch out for the next Issue and get ready to accumulate more points.....

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Au revoir!