



INTEGRATING POPULATION, HEALTH AND ENVIRONMENT IN KENYA

NATIONAL COORDINATING AGENCY FOR POPULATION AND DEVELOPMENT

INTRODUCTION

Kenya's development challenges are enormous and wide-ranging. While a number of policies and programs linking population, health and environment concerns have been tried in Kenya, an assessment of the overall "state of integration" had not been undertaken until recently.

With assistance from Population Reference Bureau (PRB) of USA, National Coordinating Agency for Population and Development (NCAPD) carried out a study to assess the state of integration of Population, Health and Environment (PHE) (2007) in Kenya.

The lessons from this assessment, suggests that integrated programs require greater efforts in planning, coordination, and communication, but they can yield substantial rewards for communities and the environment, including reduced dependence on forest resources, greater food security, cleaner drinking water, and increased access to health services.(1)

LINKS BETWEEN POPULATION, HEALTH & THE ENVIRONMENT

People alter the environment by clearing land for development, using natural resources for livelihood and other purposes



PICTURE SOURCE: WWW.CHILDRENOFTHEHILLS.ORG

(2). These changes in environmental conditions, in turn, affect human health and well-being through production and improper disposal of wastes. Changes in environmental conditions also affect the ecosystems which in turn, affect other factors of production.

The integrated (PHE) approach to development recognizes the interconnectedness between people and their environment and what they do. The approach places particular emphasis

on interdependence, cross-sectoral collaboration and coordination.(3)

MILLENNIUM DEVELOPMENT GOALS

Kenya subscribes to the achievement of all the Millennium Development Goals (MDGs). A national MDGs task force—consisting of the Ministry of Planning and National Development, the UN system, non governmental organizations (NGOs), and the private sector - has created to spearhead the efforts to achieve the goals laid out by the declaration.(4)

TABLE 1: KENYA'S POPULATION AND HEALTH TRENDS, 1993-2003

INDICATOR	1993	1998	2003*
Percent of married women using contraception (modern methods)	27.3%	31.5%	31.9%
Infant deaths (< age 1) per 1,000 live births	62	74	77
Child deaths (< age 5) per 1,000 live births	96	110	118
Maternal mortality, deaths per 100,000 live births	–	590	396
Percent children (ages 12-23 months) fully vaccinated	79%	65.4%	60.1%
Percent children <age 5 stunted — 33.0% 30.6%			
TOTAL FERTILITY RATE** (LIFETIME BIRTHS PER WOMAN)	5.4	4.7	4.8

* Excludes northern and northeastern provinces not included in previous surveys for comparability.

** The average number of lifetime births a woman would have given current birth rates.

Source: Central Bureau of Statistics (CBS) [Kenya], Ministry of Health (MOH) [Kenya], and ORC Macro, Kenya Demographic and Health Surveys, 1993, 1998, 2003.

So far, Kenya has made noteworthy progress towards meeting two of the eight MDGs: achieving universal primary education (Goal 2), with 90 percent of girls and 95 percent of boys now enrolled in primary school; and combating HIV/AIDS, malaria, and other diseases (Goal 6).(5)

KENYA VISION 2030

Since 2005, Kenya has worked to develop a long-term national development strategy called “Kenya Vision 2030.” The Kenya Vision 2030 envisions a globally competitive and prosperous nation with a high quality of life by 2030. The vision is anchored on three key pillars:

- **The economic pillar:** Kenya maintains a sustained economic growth rate of 10 percent per annum over the next 25 years.(6)
- **The social pillar:** Kenya achieves a just and cohesive society enjoying equitable social development in a clean and secure environment.
- **The political pillar:** Kenya establishes an issue-based, people-oriented, results-oriented, and accountable democratic political system.

POPULATION TRENDS AND POLICIES

With a current growth rate of 2.8 percent per year, the country’s population is projected to reach 51 million by 2025. The population is young: 42 percent are under age 15 and only 2 percent are age 65 or older. Kenya was the first sub-Saharan African country to adopt a National Family Planning Program-in 1967.

The relatively long history of population programs in Kenya includes a number of successes. The stagnation in family planning use has been attributed to a stall in socioeconomic progress, intermittent availability of contraceptive methods, the shift of health agencies’ focus and resources to the fight against HIV/AIDS and a lack of continuous family planning education and outreach. Twenty-four percent of married women report an unmet need for family planning—that is, they would prefer to avoid a pregnancy but are not using a contraceptive method.



In Kenya, 42 percent of the population is under 15 years of age

IN ONE EFFORT TO REVITALIZE THE FAMILY PLANNING MOVEMENT IN KENYA, THE (NCAPD) IS LEADING A PROCESS OF “REPOSITIONING FAMILY PLANNING,” WHICH ATTEMPTS TO GAIN GREATER GOVERNMENT SUPPORT FOR FAMILY PLANNING PROGRAMS THROUGH INFORMATION DISSEMINATION AND ADVOCACY.

In one effort to revitalize the family planning movement in Kenya, the (NCAPD) is leading a process of “repositioning family planning,” which attempts to gain greater government support for family planning programs through information dissemination and advocacy.

Some encouraging progress was made in 2005, when the Ministry of Health created a budget line for reproductive health services, calling family planning a priority.

Kenya’s recently revised National Population Policy incorporates the targets contained in the Programme of Action of the International Conference on Population and Development (ICPD) held in Cairo in 1994.

The policy recognizes that population increase is putting greater pressure on natural resources and warns that the degradation of the nation’s soils, water sources and forests will constrain the country’s ability to produce food and guarantee acceptable health and economic standards.

The policy implies a responsibility within the population and health sectors to deal with environmental issues and lays the foundation for collaboration. in the population-health-environment sectors.

HEALTH: A MIXED PICTURE

Kenya has seen a mix of positive and negative trends in its health sector. While access to safe water and sanitation is improving (62 percent and 48 percent of the rural population had access to an improved water source and improved sanitation, respectively, in 2002), infant and child mortality indicators, among others, are deteriorating.

There are opportunities for integrating environmental issues within the health sector, especially within sanitation and hygiene programs.

The government - through the National Health Policy Framework - is addressing these problems by shifting the emphasis from curative health services to preventative health care. However, Kenya does not yet have a well-conceived strategy for addressing environmental health issues.

ENVIRONMENTAL CHALLENGES

Kenya is home to 35,000 known species of flora and fauna. Thirteen percent of Kenya’s total surface area is currently in protected areas. The government has long been committed to conserving Kenya’s valuable natural resources and wildlife and has enacted a number of policies for environmental management and conservation, such as the Wildlife Policy, Forest Policy, Fisheries Policy and National Land Policy.

IL NGWESI GROUP RANCH

The Il Ngwesi Group Ranch (Laikipia District), which represents a community of approximately 6,000 people, established an ecotourism project to conserve wildlife and local culture, create employment, and reduce overdependency on livestock by generating alternative livelihood options. An ecolodge generates income to provide benefits to the community, such as new schools and improved community health services, including an improved water supply, distribution of mosquito bed nets, and an intensive AIDS awareness campaign. Through conservation measures such as controlled grazing, watershed protection, and reforestation, the project has reduced environmental degradation and slowed the loss of wildlife species in a relatively short period of time, with significant payoffs for the local community. For example, a pilot program by the Laikipia Wildlife Forum enabled the first black rhino to be reintroduced into Il Ngwesi Group Ranch in 2001. Currently, Il Ngwesi has three black rhinos and is one of the few areas in sub-Saharan Africa where the local communities have mandates to protect an endangered species. Such effective environmental stewardship has helped Il Ngwesi become a popular tourist draw and, with the success of the ecolodge, the project has proved to be self-sustaining after the initial donor investments.

Key environmental challenges in Kenya include a decline in wildlife populations, deforestation, soil erosion, and water scarcity - due in large part to increased areas of land in agricultural production and livestock grazing and increased demand for wood for fuel and timber.

Three-quarters of Kenya's population live in rural areas and 64 percent of the economically active population depend on agriculture as their primary source of income.

The deterioration of Kenya's environment has precipitated a number of environmental hazards that have affected public health and safety. Kakamega in Western Kenya and Murang'a in central Kenya, have experienced serious landslides.

DEVELOPMENT OF ENVIRONMENT POLICY

The Environmental Management and Coordination Act (EMCA, 1999) serves as Kenya's principal legal instrument on the environment, but there is no comprehensive umbrella policy on the environment.

The overall goal is the integration of environmental concerns into the national planning and management processes and provision of guidelines for environmentally sustainable development.

It specifically cites poverty, population growth, rural-urban migration, and urban environmental degradation and pollution as key challenges to achieving this goal.

"THE INDIVIDUAL ENVIRONMENTAL POLICIES THAT NOW EXIST DO NOT ADEQUATELY ARTICULATE THE LINKS BETWEEN POPULATION AND ENVIRONMENTAL CONCERNS"

Over the years, the government tried to implement environmental policies within a multi-sectoral development framework. Moreover, the individual environmental policies that now exist do not adequately articulate the links between population and environmental concerns. An umbrella policy on the environment is necessary to:

- Clearly demonstrate population environment linkages;
- Harmonize and streamline the existing environmental policies;
- Provide the National Environmental Management Agency (NEMA) with the necessary management procedures and institutional mandates—which are officially endorsed by the Ministry of Environment and Natural Resources (MENR)—to uphold EMCA; and
- Successfully integrate environment into a sustainable development framework.

CHALLENGES

Lack of consistent data across sectors, particularly at the local level, makes evaluation of PHE programs difficult. The Kenya PHE assessment concluded that integrated approaches - at both project and policy levels - are more complicated and time-consuming in the planning phases, requiring greater communication and coordination than single-sector efforts.

Yet once strategies are in place to implement integrated policies and programs, the results - in terms of program outcomes and bureaucratic efficiencies - surpass those of single sector programs.

CROSS-SECTORAL PHE COLLABORATION

POLICY LEVEL

The Kenya PHE assessment showed that existing national policies have embraced the spirit of crosssectoral collaboration. Some of the key contentious areas to be considered are institutional guidelines on leadership, coordination, and control of PHE programs and projects; and sharing of institutional budget allocations to finance PHE programs and projects.

New initiatives in Kenya are attempting to strengthen collaboration and coordination, reflected especially in the Kenya Vision 2030 and its economic, social, and political pillars.

In addition, the Kenya Poverty Environment Initiative (PEI) was established as a partnership between the Ministry of Planning and National Development and United Nations Development Programme in 2007.

The purpose of PEI is to include environment concerns in the development policy, planning and budgeting process by improving understanding of environment poverty linkages. It strengthens the government's capacity to implement environmental policy that benefits the poor, developing tools for the integration of environment into development plans and budget processes.

It also increases effective participation of stakeholders in environment and development policymaking and planning processes.⁴

COMMUNITY LEVEL

The PHE assessment found that most policymakers and development professionals in Kenya now prefer the crosssectoral collaboration approach to development.

A recent review of integrated programs in the Philippines and Madagascar concluded that, very often, integrated PHE programs yield better results than singlesector programs and are more programmatically efficient.

One of the most valuable benefits of integrated programming - according to the results of operational research and the views of NGO practitioners - is the potential for reaching expanded target audiences.

PHE programs have been especially effective in increasing the participation of women in conservation activities and the participation of men and youth in family planning and health activities.

Integrated programs have also documented reduced operating expenses by avoiding duplication and redundancy and strengthening cross-sectoral coordination at the local level; galvanized and maintained greater community goodwill and trust; and increased women's status and self-perception in project areas, especially when programs include microcredit or other livelihood activities.

The assessment showed that existing policies have attempted to embrace the spirit of cross-sectoral collaboration, but that Kenya lacks the clear legal frameworks and institutional guidelines necessary to make integrated projects a reality and help the nation realize the Kenya Vision 2030.

CONCLUSION

The Kenya assessment showed that existing policies have to some extent embraced the spirit of cross-sectoral collaboration, but lacks the clear legal frameworks and institutional guidelines necessary to make integrated projects a reality and help realize the Kenya Vision 2030.



PICTURE SOURCE: ANNOTATED BIBLIOGRAPHY ON POPULATION AND DEVELOPMENT IN KENYA

Enhancing integration among sectors will require:

- Establishing a strong institutional framework that links existing policies and creates facilitates integrated approaches;
- Building institutional capacity to link activities among sectors effectively and to manage multi-faceted programs;
- Disseminating best practices in PHE approaches; in Improving communication and networking among organizations in different sectors;
- Improving communication and networking among organizations in different sectors;
- Maintaining an effective policy advocacy campaign to raise awareness and win policymakers' support for crosssectoral collaboration; and
- Creating mechanisms for institutional collaboration, a key ingredient for PHE integration.
- Strengthening human and institutional capacity will make it possible to fully

reap the benefits of integration in Kenya's development efforts in the long term.

The result will be an improved quality of life for the Kenyan people and a healthier environment for their children to inherit.

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