



# COMMUNITIES HEALTH AFRICA TRUST

## Q3 2021 – CHAT’s Progress Report for the GoK

### Project Detail

<b>Project name</b>	<b>HEALTHY PEOPLE FOR A HEALTHY ENVIRONMENT</b>
<b>Location</b>	<p><b>CHAT is currently reaching 12 Ecosystems situated in 17 counties</b></p> <ul style="list-style-type: none"> <li>• Northern Kenya Rangelands Ecosystem – Marsabit, Samburu</li> <li>• Ewaso Nyiro Ecosystem – Laikipia &amp; Isiolo</li> <li>• Mt. Kenya Ecosystem – Laikipia, Meru, Nyeri</li> <li>• Mt. Kilimanjaro (Amboseli) Ecosystem – Kajiado</li> <li>• Mid-Great Rift Valley Ecosystem- Baringo</li> <li>• Aberdares Range Ecosystem- Nyandarua</li> <li>• The Tana River Ecosystem – Tharaka &amp; Mwingi North in Kitui</li> <li>• The Mau Forest Ecosystem - Nakuru</li> <li>• The Mara Ecosystem – Narok South sub county</li> <li>• The Dagoreti Slums- Nairobi</li> <li>• The Lake Victoria Basin Ecosystem Kisii &amp; Homa Bay</li> <li>• The Lake Turkana Ecosystem.- Samburu &amp; Turkana</li> </ul>
<b>Reporting period</b>	<b>July 2021 to September 2021</b>
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<b>Date submitted</b>	<b>October 28<sup>th</sup>, 2021</b>

### Summary

CHAT was founded in 2007 (an amalgamation of Mpala Community Trust, founded in 1999, and Nomadic Communities Trust in 2005). By that time, Kenya's population was approximately 38.71 million people, and by the end of 2020, it was more than 53.8 **million** people.

The population growth in Kenya has significantly impacted the rural communities, especially those dependent on natural resources for their livelihoods and health. The population increase in these communities has consequently increased land degradation, overgrazing, deforestation, and conflicts between communities. The aftermath of these factors has been the deepening of poverty cycles for most communities and has significantly deterred many individuals from improving their livelihoods.

### **CHAT's Problem Statement:**

A lack of access to family planning (FP) information and services contributes to poverty, suffering, and environmental degradation, negatively impacting communities and their surrounding ecosystems.

Therefore **CHAT's mission is** to support underserved individuals and communities in fragile ecosystems across Kenya to access FP information and services.

**CHAT has three goals for this project** – these are:

- 1:** Increase access and use of FP (contraception)
- 2:** Enable positive behaviour change (bcc) for increased FP and environmental sustainability uptake.
- 3:** Increase empowerment and resilience of communities through self-sustaining community-based structures.

To meet the health and environmental needs of the communities, CHAT uses its innovative Population, Health and Environment (PHE) approach that clearly shows the interplay between people, their health and the natural resources on which they depend.

This approach provides a holistic manner to understand and address these issues comprehensively. It has shown that integrating human welfare with environmental concerns yields more positively remarkable outcomes than when managed independently.

**The below report covers overall output achievements for the last three months using CHAT's innovative backpacking & motor mobile integrated strategies, thus continuing to build on sustainability at the community level.**

#### **a) MOTOR MOBILE STRATEGY**

CHAT works closely with the community leaders, Nyumba Kumi, MoH and the CORP in identifying areas that are hardest to reach and in dire need of health services, especially the family planning services. The CHAT motor mobile team reaches these communities with integrated health services focusing on FP where the clients and the community members are sensitised for the services. In the last three months, CHAT managed to reach the following communities with integrated health services in the respective counties:

##### **1) The Ewaso Nyiro Ecosystem:**

- **Laikipia County:** Posta Market, Rumrum, Naibor, Namelok, Loshaki, Ngoisusu, Lodapu, Rabal, Noositet, Nkiroriti, Naserian and Pili.
- **Isiolo:** Ltingai, Langaaman and Longopito.

##### **2) Northern Kenya Rangelands Ecosystem:**

- **Samburu County:** Ntepess, Latakweny, Masikita Simiti, Masikita ya Chini, Loikumkum, Golgotin, Tankar Market, Lesirkan, Lowabene, Nteremka and Kirmun Market.
- **Marsabit County:** Lmoti, Ngurunit & Lependera

#### **b) BACKPACK STRATEGY**

CHAT engages community own resource persons (CORPs) to go door-to-door in their own and surrounding communities. They aim to provide behaviour change information (bcc), integrating sensitisation and access to FP services & C19 prevention, including building strong referral systems to their closest health facilities - and incorporating CHAT's innovative PHE approach.

**Communities reached by CORPs whilst 'Backpacking' in each of the below Ecosystems:**

##### **3) Northern Kenya Rangelands Ecosystem:**

- **Samburu County:** Ngongim, Ntepess, Nkokoyei, Ndonyo Nasipa, Suguta Marmar, Amaiya, Lesidai, Longewan, Ngarie, Lolmoolong, Loosuk, Puura, Kisima, Lekuru, Naibor Keju, Noontoto, Sirata, Lemisigiyoi, Lporoo, Lpartuk, Seketet, Kirimun, Loikumkum, Latakweny, Leilei, Lbendera, Baragoi, Ngilai, Lesirkan, Tangar market, Loudwa, Lchoro,

Ntiil, Opiroi, Nachola, Marti, Sereolipi, Shapulo, Ntabas, Kinya, Kirbartare, Ntilntil, Ndume, Martie Iepareu, Ndonyo Wasin, Ngusoroni, Losesia, Sordo, Tree top, Dalapo, Wamba town, Tree top, KMC, Sumuruai, Jijia, Ndikir, Soweto, Nteremka, Soit Nyiro, Nkwesere, Charda, Marti Manyatta; *The slums within Maralal Town* - Rangau slum, Allamano slum, Shabaa slum and Loikas slum (Soko Mjinga Ntamiyoi, Yare, Milimani, Maralal Town, Mtaru, Lporos, Ngari, , Nkutoto, Noontoto, Kisima, Longewan & Lekuru market.

- **Marsabit County:** D-Kambi, G-Quresa, Namarei, Korr, Mpagas, Scheme, W-Duba, Manyatta Jillo, Sikawai, Ngurunit, Lependera, Siang'an, Shori Yako, Majengo, Ginda, Old Town, Atatisa, Milima Tatu, A-Hidaya, Kambi Ndege, AP Line, M-Otte, Dakaba Dicha & Jirime

#### 4) The Ewaso Nyiro Ecosystem:

- **Laikipia County:** Supukia, Mukima, Chumvi, Lositati, Gatero, Nkando, Upper Mukima, Lokusero, Lotasha, Makurian, Munishoi, Naserian, Piliili, Ndonyo, Koija, Nosirai, Mtaru, Segera, Powys, Lpingwan, Posta, Rumrum, Ngeyei, Muwarak, Naibor, Ranch, Kariunga, Sukutan, Lekiji, Ilmotiok, Mugandura, Ndikir, Olgirgir, Mara Moja, Soinarack, Daraja, Jua Kali, Corner, Lorien, Container, Melwa, Gatundia, Kihato, Kijito, Share 4, Center, Canaan slums in Juakali, Lorubae, Likii 'A' & Likii 'B' slums in the outskirts of Nanyuki Town.
- **Isiolo:** Loturo, Matundai, Lekiji, Ltingai, Lenguruma, Ntepes, Labarsherek, Ngare Ntare, Noloroi, Kipsing, Wayama, 78, Chechelesi, M-Gari, Isiolo town, Prison, Manyatta Demo, Garbatulla, Manyatta Jillo, Equator, Merti, Basa, Malka Galla, Milimani & Koropu

#### 5) The Mau Ecosystem

- **Nakuru County:** Sasumwa, Kiambereria, Setkotes, Mchorwe, Kimkasa, Molo South & Kuresoi, Elburgon, Marishoni & Kasarani slum in Elburgon town.

#### 6) The Mara Ecosystem:

- **Narok South Sub County:** Kirok, Chepore, Kipsirat, Enkutoto, Oleoshi, Kirok, Soka, Oloogulin, Nkobiletai, Emarti, Cheleme, Olsukut, Olesharani, Torokiat, Melelo, Orokiat, Chepalungu, Olomekenyu, Ololulung'a, Sogoo, Kimogoro market, Enkutoto & Oleguruoni.

#### 7) The Dagoretti Slum Ecosystem:

- **Nairobi County:** Dagoretti centre, Thogoto, Waithaka, Dagoretti market, Kware, Gachue, Kikuyu, Kware, Njiru & Mutini slum.

#### 8) Lake Victoria Basin Ecosystem:

- **Kisii County:** Sosera, Kenyena, Bogonta, Getengera, Gekonge, Ekaona, Riamichoki, Ramasha, Bokebaroi, Endemu, Enchoro & Ikorongo.
- **Homabay County:** Komollo, Kolumo, Kamodi, Alego beach, Kanjira, Nyakwere, Omboga, Kogembo, Konyango Jieri, Simbi Kolonde, Kotieno, Oriang', Oneno Nam, Obaria beach, Kendu old town, Dindi, Kombai, Kadianga, Mititi, Ogoma, Kadianga, Alero, Kolumo, Kawuor & Kanyadhiang'

#### 9) Mt. Kenya Ecosystem:

- **Nyeri County:** Shalom IDP camp, Gakawa, Kiawara & Karemeno.
- **Meru County:** Ngushishi, Gundua, Maritati, Batian, River side, Nyambatu, Go down, Kisima, Timau slums, Misingo slum, Kwa Ng'ang'a slum (Slums within Timau town) Baselast, Mia Moja & Sirimun
- **Laikipia County (Nanyuki slums):** Rwai, Kabiru, Likii 'B', Majengo slum, Makutano, Katheri, Thingithu, Ichuga, Baraka, Mungetho, Kambi Panya slum, Shika Adabu slum

#### 10) Mt. Kilimanjaro (Amboseli) Ecosystem:

- **Kajiado County:** Meshenani, Esiteti, Oltiyani, Oldule, Olasiti, Oltome, Inchora, Emparingoi, Kangere, Enkong Narok, Enkiito, Emurua Loibor, Lenkisim & Kankare.

#### 11) Mid-Great Rift Valley Ecosystem:

- **Baringo County:** Keneroi, Muchongi, Koimugul, Kabel, Waseges & Arabal.

**12) The Lake Turkana Ecosystem:**

- **Turkana County:** Naturkana, Kamuge in the Suguta Valley

**13) The Tana River Ecosystem:**

- **Kitui County:** Kamusiliu, Kakongo, Kalole, Kyuso market, Kamuongo market, Kalatine, Tseikuru market, Tharaka, Kamula, Twikolo, Ngomeni, Waita market & Marisi.
- **Tharaka Nithi County:** Kamatungu, Karunguaru, Gakuru, Kithingiti, Kirangare, Marimanti, Karugaru, Kereria, Rukurini, Ntenderuni, Karimani, Kiorimba, Chiakariga & Tunyai

**14) The Aberdares Ecosystem**

- **Nyandarua County:** Ndaragwa.

**OUTCOMES**

Indicator	Target per quarter.	Result as of July to Sept. 2021	Status
Number of newly identified & mentored CORPs	<b>1</b>	1	Achieved
Number of individuals reached with bcc information using the PHE approach, i.e., family planning/ecological/COVID-19 awareness	<b>17,500</b>	33,213	Achieved
Number of men accompanying their women to RH/FP (bcc)		11,978	Achieved
Number of women who chose different FP contraception methods (Of these, <b>17,086</b> were long term 3 – 5 yr. implant protection methods + IUCDs)	<b>9,190</b>	18,109	Achieved
Number of women referred for ANC services		362	Achieved
Number of children immunised including revisits and referrals (follow up referrals done by CORPs)		409	Achieved

Indicator	Target per quarter.	Result as of July to Sept. 2021	Status
The number of patients received essential basic curative treatment.		1,693	Achieved

### Monitoring & Evaluation (M&E) Activity

CHAT allocates 10% of its budget to undertake this important activity which:

- ensures transparency and accountability,
- fosters improvement in project performance by identifying respective gaps and offering direction for action points,
- provides for data-driven decision-making, enhances effectiveness in the allocation of resources, and creates the basis for learning and
- improves and strengthens systematic management of the organisation, including helping the management team make informed technical & financial decisions

CHAT undertakes M&E exercises daily, monthly, quarterly and when deemed necessary - to ensure that the anticipated project deliverables are achieved in good time and desirably.

As a result, the findings of the M&E undertaking enables CHAT to make informed decisions and develop relevant plans for consistent and gradual improvement of the project endeavour.

The M&E activity also informs of the project's outcomes/impact and implies the sustainability of the strategies and the effectiveness of the approaches used.

### Challenges & Lessons learned.

- (i) **Underserved, uninformed or misinformed living in often hard-to-reach communities**, often living amongst poor terrain, hinders sustainable access to FP. Additionally, poor nutrition and a lack of improved water supplies and sanitation. These communities are often economically challenged and usually depend on natural resources for their livelihoods and well-being.  
Hence CHAT implementing an innovative integrated modern contraceptive FP service using their innovative PHE approach to reach these underserved communities. CORP's backpacking strategy, a route that has strengthened referral systems, have significantly attempted to address this challenge.
- (ii) **Illiteracy, cultural myths and misconceptions** about modern contraceptives are some myths surrounding FP services. A mixture of biological and social misconceptions cited included perceptions that modern contraception jeopardised future fertility; could result in problems conceiving or congenital disabilities; made women and girls promiscuous; was 'un-African'; loss of women sexual urge; and would deny couples their sexual freedom.
- (iii) **Inadequate supply of family planning commodities**: For the last two and half quarters (Jan to August 2021), the country has experienced a severe supply of FP commodities that left most of CHAT's partners – the Community Own Resource Persons (CORPs) relying on CHAT's buffer FP stock. However, through CHAT's grassroots advocacy, the situation is hoped to be positively changing.
- (iv) **Rapid population growth increasing poverty**, which has roll-on adverse effects, **causing hunger and poor health issues**.

CHAT's grassroots partners are trying to intensify and scale up advocacy, emphasising that access to FP will help an individual to mitigate poverty in many ways and empower individuals to start living sustainable lives.

- (v) Most communities are unwittingly **over utilising their natural resources** resulting in increasing unsustainability and conflict among themselves, e.g. squabble over precious water sources. Another example is that the CHAT mobile team came across a family with sick children making charcoal out of their surrounding denigrate forest and scrub to pay for food, health treatment, school fees, and other domestic basic needs.

CORPs FP messaging is embedded with ecological sensitisation to promote Natural Resource Management (NRM) through family size management.

- (vi) **Patriarchal communities (male-controlled)** leave women with minimal opportunity for decision making.

Using CHAT's innovative PHE approach to FP has enhanced male involvement in FP discussions & decision making. CHAT's PHE approach aims to minimise male dominance and improve women empowerment in their health decision making

**(v11) Apathy** – individuals and some families remain apathetic in most communities.

**(v111) Ego** – this is at all levels of society.

## Case story

### A little hope

*\*Not their real names*

August being a cold month, CORP Rosie decided to go to the *Mtumba* market (*2<sup>nd</sup> hand clothes*) to get some warm jackets. She always shops at \*Kanana's *kibanda* because of the incredible deals she gives her. As Kanana helped Rosie select something good, they exchanged meaningless banter, which led to a meaningful discussion. "My cousin Nyaari\* has four children. The most interesting thing is that they are all under two years!" Kanana said. Rosie could not understand how this could be possible - for someone to have children like that – that would mean that she carried a pregnancy for a minimum of six months.

Kanana laughed at CORP Rosie's uninformed logic and shared that her first set were triplets followed by a singleton whom she conceived six months after delivery of the triplets!

"Knowing that it took about two years for one to recover after such a birth, I immediately understood that she was in so much trouble and distress." Rosie shared

Kanana kept saying that the girl was naïve and, if not careful, she would end up with another pregnancy sooner rather than later. "She has been a housewife since she closed down her business to bring up the kids. The husband being a shop attendant in town, they do not have much. She is always asking us for help. We cannot go on like this. We cannot keep holding our breath, hoping she does not get another child. I wish I could help her!"

This made Rosie understand that even her friend here was not aware of FP. Rosie told Kanana that if she would let her, she wanted to help both of them. Rosie explained to her the different FP methods and how this would help their lives and families.

Kanana then took Rosie to Nyaari's house, where they had a lengthy discussion with her. They all agreed to meet at the local dispensary the following Monday for their 3 and 5 years' contraceptive implant methods of FP, respectively.

"I wish I would have known about Nyaari earlier; we would have helped her. She needs a miracle to turn around her life. I hope this is a start to that." Rosie concluded.

*See photos depicting how & where CHAT's works below. Meanwhile, do also go to CHAT's website to their WHERE page for some 'overviews' on the ecosystems CHAT reaches.*

**Photo Gallery**



**Photo 1.** CHAT CORP partner providing door to door FP & C19 sensitisation and awareness using CHAT's innovative PHE approach. In Dagoreti Slum in the Nairobi suburbs.



**Photo 2.** Joseph- CHAT CORP is based in the fragile Mau forest ecosystem, engaging men on environmental awareness and FP concerns. Male involvement remains very vital for the sustainability of FP intervention, especially in such a male-dominated society.



**Photo 3.** CHAT CORP partner sensitising women outside their manyattas on FP & C19 - using CHAT's innovative **PHE** approach.- during their Chama (merry-go-round) in Northern Kenya.