

INTEGRATING POPULATION HEALTH AND ENVIRONMENT IN KENYA FOR SUSTAINABLE DEVELOPMENT

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Abstract

Rapid population growth exerts pressure on natural resources and alters the environment which in turn affects human health and well-being. Integrated Population, Health and Environment (PHE) approach recognizes the inter-linkages between people and their environment and inter-

dependence, cross-sectoral collaborations and coordination. Kenya experiences rapid population growth, high fertility rate, high unmet need for family planning, compounding the health and livelihoods which are inextricably linked with natural resources.

Kenya developed a PHE multi-media advocacy tool kit to build a strong case to adapt PHE approach in development planning and foster discussion on the need for increased investments in integrated PHE projects

The project period was 9 months and key findings are; the cost effectiveness of PHE projects, data gaps, projects are short term and documentation of results limited, confinement to small ecological areas; potential to enhance food security and lower poverty.

Background

Population, Health and Environment (PHE) is an integrated community-based approach to development. PHE projects acknowledge and address the complex connections between families, their health, and their environment. The emphasis is focused in bringing conservation and reproductive health services to communities particularly those underserved by the healthcare system, and those living closer to the world's most endangered natural ecosystems. One in five people live in the world's fragile biodiversity ecosystems. These areas have little or no access to basic services like health especially family planning and are characterized by rapid population growth.

PHE projects aim to simultaneously improve access to health services and manage natural resources in ways that improve livelihoods and conserve critical ecosystems. Adapting an integrated approach in project design and implementation is more efficient than single sector approach.

Population, health and environment approach dates back to 60s in Asia from efforts to integrate FP and environmental activities. It was an initiative of World Neighbours in improving food security in Philippines and Nepal. Initially, the programmes focused on community development and conservation projects but women involved always presented a need to improve their health especially family planning information and services. Those projects or programmes evolved into the current population, health, and environment (PHE) projects leading to the PHE approach in development programmes. Population dynamics, human health and well-being and environmental sustainability are interlinked. By 2050 the world's population is projected to increase from 7.6 billion in 2018 to 9.9 billion¹. The growing population is influencing demand for critical natural resources, services and environmental pressure resulting from unsustainable consumption patterns. Adapting the multi-sectoral integrated Population, Health and Environment (PHE) approach can therefore offer an opportunity for sustainable development.

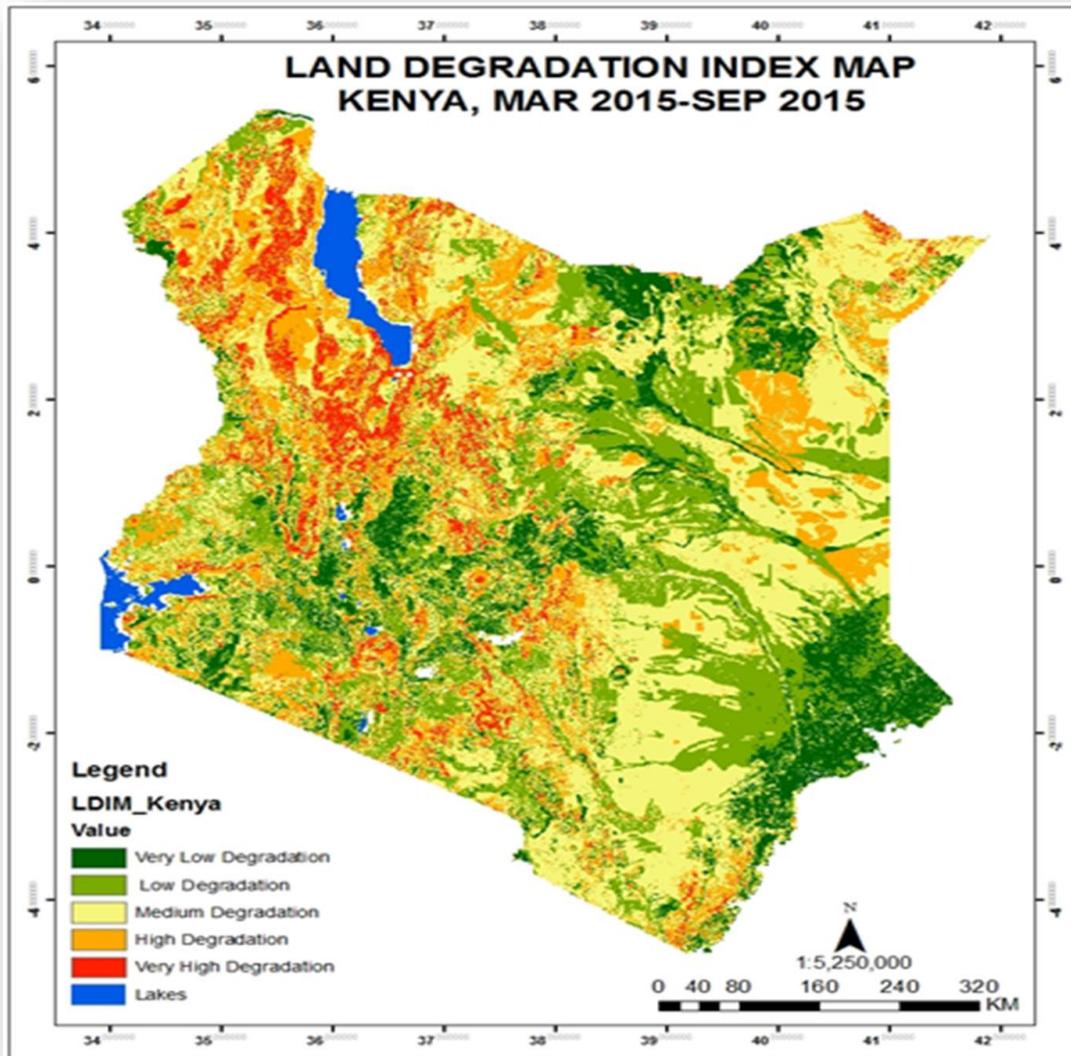
PHE projects are designed in consideration of local needs and priorities in mind. Integrated PHE approaches assume that voluntary family planning reduce local population driven pressures on environment by easing demand for and use of unsustainable practices around natural resources.

Globally, development challenges are enormous and wide reaching and this is compounded further by the rapidly growing population in developing countries like Kenya. Kenya's Population growth has experienced rapid growth which at one time recorded the highest total fertility rate in the world with an average 8.1 children per woman. This generated a conversation among the national leaders and culminated to the development of population policy guidelines in 1984 to try and reduce the growth rate which was not matching the available resources. The Total Fertility Rate (TFR) currently stands at 3.9 children per woman and is characterized by wide regional variations ranging from 7.8 in Wajir to 2.3 in children in Kirinyaga counties. The Contraceptive Prevalence Rate (CPR) is currently 53 percent for modern contraceptives and 58 for any method. Teenage pregnancy is high where about 1 in 5 teenagers (18 Percent) have already started child bearing by the age of 18. Kenya's population is described as very young with more than 66 percent falling

under the age of 25 years² KNBS 2009) which creates a very big momentum for growth as many young people enter into child bearing age every year. This growth ,there is no doubt will exert pressure on the environment and creates more demand for the environment ³services and products as more people depend on the environment for their live hoods . Land sizes will continue to shrink to small uneconomical sizes. Population growth contributes to a reduced amount of arable land per capita available to rural farmers and their children. Almost 70 percent of people in Kenya live in rural areas, and two out of three rural farmers do not believe the land they own is sufficient for their children to stay and live⁴.

On the other hand, the forest cover in Kenya is less than 10 percent. This can be attributed to encroachment on the forest reserves which has also contributed to land degradation, landslides, frequent flooding and persistent draughts. The Forest Conservation and Management Act 2016 was enacted to guide sustainable exploitation of forests resources. With continued rapid population growth resulting from the huge youth bulge, sustainable exploitation of forests have continued to present various challenges. Adapting PHE approach can be a long term strategy in addressing some of the challenges. The level of land degradation Index Map (fig 1) indicates the magnitude of land degradation in Kenya in 2015.

Fig.1 Land degradation Index Map, Kenya March 2015-September 2015



Source:<http://www.rcmrd.org/ mesa-2>

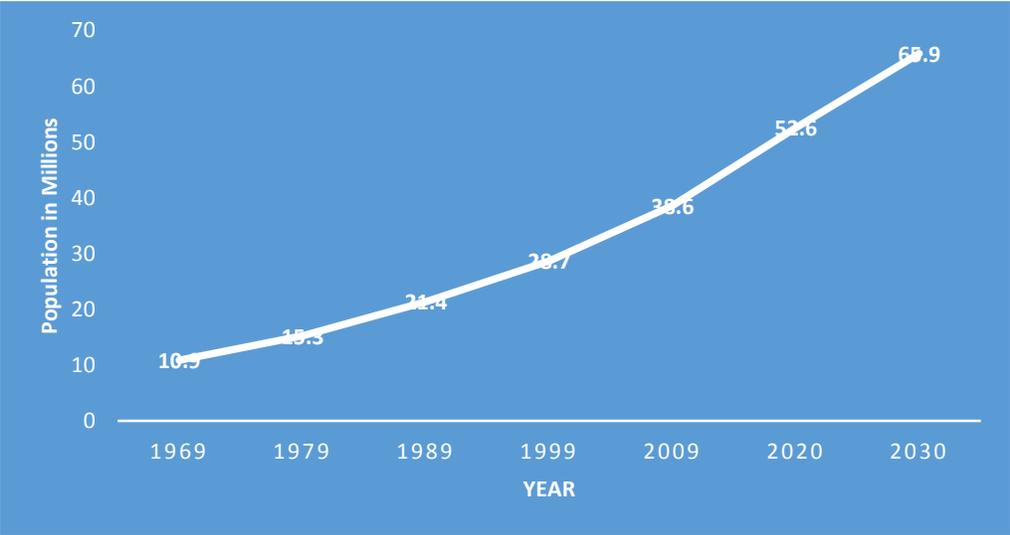
In non-industrialized countries like Kenya, rapid population growth places enormous pressure on natural resources such as forests, water and land. People alter the environment by clearing land for development, using natural resources for livelihood and other purposes. These changes in environmental conditions, in turn, affect human health and well-being through production and improper disposal of wastes. Changes in environmental conditions also affect the ecosystems, causing land degradation (figure 1 above) which in turn, affect other factors of production.

Advocacy intervention: Population growth and projections in Kenya

Kenya experiences rapid population growth and women have two more children than they intend to have. Currently, only about 53 percent of women in the reproductive age are using a modern contraceptive method while unmet need for FP stands at 18 percent with wide regional variations ranging from 83 percent in Makueni to 2 Percent in Mandera counties. Unmet need for family planning also varies among women of reproductive age with younger women 15-19 years having an unmet need of 23 percent as compared to lower in other age groups and a national of 18 percent. The 2009 Census revealed that about 47 percent of the total births occurring in Kenya were not planned for indicating a gap between fertility desires and women family planning need. Teenage pregnancy currently stands at 18 percent but also varies widely across counties with some like Narok recording 40 percent and Muranga 6.3 percent. The population of the young people (about 66 percent of the total population aged below 25 years) creates a huge momentum for growth and poses major challenges in provision of basic services due to high dependency.

The integrated Population, Health and Environment (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. PHE approach is more cost-effective than single sector projects and economists estimate that for every dollar Kenya invests in voluntary family planning and reducing land degradation results in a \$4 return. The cost-effectiveness of PHE interventions builds on these worthwhile investments.

Kenya's population is growing rapidly and has more than tripled from 10.9 million people in 1969 to 38.6 million people in 2009⁵. Given the high number of births per woman, the population will continue to increase steadily. Although the total fertility rate declined from an average of 3.9 children per woman in 2014, the population will still grow to 65.9 million in 2050 due to the momentum for growth resulting from many decades of high fertility.



This has compromised the health and livelihoods which are inextricably linked with natural resources and food security due to destruction of the ecosystem. Despite available evidence of multiple benefits accruing and strong interlinkages of PHE, many projects/programmes adapt a single sector approach in design and implementation of programmes mainly due to low understanding of the integrated approach which is also scantily understood.

Policy environment

Kenya was the first country in sub-Saharan Africa to establish a National Family Planning Programme in 1967. Several population policies have been developed in an attempt to guide the implementation of the population programme and also to align the countries development agenda with international, regional and national aspirations.

The Population Policy for National Development (PPND) incorporates the targets contained in the Programme of Action of the International Conference for 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 standards⁶

Kenya has developed policies and programmes linking population health and environment concerns into development planning. An assessment of overall state of integration revealed that integrated programmes require greater efforts in programming, coordination and communication but can yield substantial rewards for communities and the environment, including reduced dependence on forests resources, greater food security, cleaner drinking water and increases access to health⁷

Benefits of adopting integrated approach

The PHE assessment found that most policymakers and development professionals in Kenya now prefer the cross sectoral collaboration approach to development⁸. A recent review of integrated programs in the Philippines and Madagascar concluded that, very often, integrated PHE programs yield better results than single sector programs and are more programmatically efficient. One of the most valuable benefits of integrated programming 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.

Other documented benefits of PHE programmes include the IPOPCORM project in the Philippines, which reported a significant decrease in parity (mean number of children born) among project beneficiaries⁹), as well as the Blue Ventures project which reported a decline in crude birth rates.

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. Research conducted by the Coastal Resources Center in Tanzania and Latin America has found that in many places, women whose incomes increase—or who are able to earn an income for the first time—often feel more empowered¹⁰.

The Population, Health and Environment (PHE) approach is more cost-effective than single sector projects and economists estimate that for every dollar Kenya invests in voluntary family planning and reducing land degradation results in a \$4 return. The cost-effectiveness of PHE interventions builds on these worthwhile investments. PHE projects in Kenya and around the world show that integrated approaches are effective and have added value such as greater health and economic empowerment for women; greater buy-in and community support for health and environmental interventions and increased savings.

In recognition of the above premise, Kenya Implemented a project to develop a multimedia ENGAGE presentation for sustainable development to build awareness of and increase support for the integrated PHE approach. The presentation was designed to boost individuals' understanding of how PHE addresses the complex and interrelated challenges in family planning, access to health services, natural resource management, and livelihoods. The target audience are the policy makers and programme managers and is intended to generate debate by engaging policy makers in a more captivating manner to take action.

The main objective of the project was;

- To advocate for support in adopting the PHE approach into development planning process
- To highlight success stories to build a strong case for PHE approach in development planning.
- To foster discussion on the need for increased investments in integrated PHE projects.

The scope of this Paper

This paper will attempt to describe the process of development of the ENGAGE presentation from inception to the dissemination at the regional level, share the experiences, challenges and lessons learn from this process. The paper will also highlight policy implications and recommendations. This will go a long way in improving future design and implementation of Advocacy projects.

Methodology: Project design and implementation

This project was implemented through a multi-sectoral approach by a taskforce with members drawn from various organizations. The task force members were drawn from an established database of Nationals PHE Technical Working Group. Mainly, the organizations where the TF members were drawn, implement PHE programmes and they are both private and government entities. The taskforce was required to provide technical expertise from inception to the end and involved execution of several milestones with clear

deliverables in every stage. The methodology adapted varied with each milestone and this paper will attempt to explain the milestones.

This activity had 12 milestones with very clear deliverables and timelines which had to be accomplished in every stage. Every milestone had a specific budget, expected outcome and the requirements for reporting completed activities. The Taskforce was required to collect the data from various sources; desk review on past and on-going projects and programmes from various organizations; surveys and policies as well as conduct interviews from PHE project beneficiaries. All the information was submitted to a central place where it was verified before being used to improve the story board. The draft story board was developed with the help of Population Reference Bureau which also provided financial support for this project.

The Engage presentation used advocacy approach to engage leaders to commit in supporting PHE approach into development planning and short messages for social media. This was implemented through high level dissemination of the final ENGAGE presentation which was followed by county engagement forum. National dissemination targeted policy makers at the national while county engagement forum targeted policy makers, planners and programme managers and academicians in both private and government. The method of engagement was to give a brief of the PHE approach, situational analysis of the county's social demographic indicators and their linkage to health and environment which was then followed by viewing of the Engage presentation. The show was supposed to captivate the leaders and elicit debate on various issues and consider the call for action proposed at the end of the presentation.

The project period was 9 months within which 12 milestones were delivered and culminated to the launch of the PHE Engage presentation. The county engagement dialogues were conducted in phase II of the project implementation in six counties namely Narok, Marsabit, Homabay, Nyamira, Nakuru and Kilifi. There are plans to roll the dialogues in the whole country and is intended to be integrated alongside other existing projects and programmes.

Milestones for Development of ENGAGE presentation

The paper will document each milestone and the expected output as follows

Mile stone 1: Composition of the Taskforce

The composition of the taskforce adapted a very consultative process between the implementing organization which was National Council for Population and Development (NCPD) and Population Reference Bureau (PRB) which provided the funds for the project. The Task Force (TF) which comprised of government, civil society, development partners and private sector ; organizations was selected from a master list of PHE National Technical Working Group. The final list had to be agreed upon by both NCPD and PRB. The main role of the TF was to provide technical support from inception to the launching of the multimedia presentation.

Mile stone 2,3,4,5: Organize 4 task force meetings

The responsibility of coordinating all the taskforce meetings was vested on the implementing organization, National Council for Population and Development. To ensure that there was full participation in the taskforce, invitation letters were supposed to be delivered seven days to allow for ample planning. This was followed-up with a phone call to confirm attendance of the meeting.

All the responses from the members were required to be documented. This was to minimize delegation of the task to other members other than the ones selected for the taskforce. To ensure smooth operation of the TF, membership was by name with very limited delegation. The milestone was delivered and the first taskforce meeting was held on May 2017. This meeting laid the ground work for the ENGAGE presentation. The Council was also required to convene 3 taskforce meetings to develop PHE ENGAGE content and supplementary materials as well as follow-up on all the logistics.

During the First Task force meeting, some selected PHE storyboards were established and the TF improved on them by including new data, videos and photos to speak into the storyboard. This guided in production of a script and a draft storyboard with an insight of Kenya's development challenges. The draft storyboard was discussed by the second and third TF meetings. The draft was refined further with more data and information during these meetings. The task force members also proposed local voice actors at this stage where 4 high end personalities were selected to provide a voice over.

The ENGAGE presentation was also produced in Kiswahili version and at this stage the TF proposed Kiswahili narrators. The final taskforce meeting was to finalize the presentation, train the Taskforce members on making the presentation alongside utilization and accessing other supplementary ENGAGE materials. This meeting was also scheduled to prepare and train the narrator to do live presentation during the launch. These stages had various challenges especially in accessing the required data for developing the storyboard.

Mile stone 6: Development of the content

- **Data collection for the story board**

The data used was from various surveys, environment programmes, human stories, documentaries and desk reviews and interviews from key implementers of PHE programmes. Data from previous projects like development, environmental conservation, PHE projects, family planning and maternal and child health, policy documents among others were gathered

Milestone 7: Development of the supplementary materials

The ENGAGE presentation is comprised of a package of various supplemental materials to help the user in understanding the Multimedia advocacy toolkit. They include: user guide, discussion guide, frequently asked questions, Key messages handout, and Presentation scrip. Each of these documents had a specific purpose to enhance the quality of the engagement with various audiences as briefly explained below:

- i. **Presentation guide.**
Designed to help users make the most of the ENGAGE presentation. It includes unique supplemental materials such as full presentation scrip, key messages with screen shots, frequently asked questions and discussion guide.
- ii. **Presentation script**
The script contains 109 slides where each slide moves forward by clicking of the arrow. The arrow prompts the presenter on when to click forward to the next slide.
- iii. **Key Messages**

A short handout that includes visual snapshots from the ENGAGE presentation. It is intended to be succinct, serving as a good visual aid for the presentation as well as readable document and it should be given as a handout during presentation to audiences

iv. Frequently Asked Questions (FAQs)

After the presentation audience have always had questions about the presentation (data, figures, photos and source of information. The presenter may not be an expert to handle all the questions and FAQs have provided some responses to some questions which may be asked frequently.

v. Discussion guide

This is a guide to keep the presentation focused and helps the presenter with some possible areas that can be discussed during the engage presentation forum.

• **Milestone 8: Translation into Kiswahili**

The official language in Kenya is English and Kiswahili. A majority of the population is able to understand the Kiswahili language including those who can't communicate in English yet they influence policy direction. The ENGAGE presentation and the supplemental materials were translated into Kiswahili to reach a wider audience. Translation into Kiswahili is an emerging trend with the government translating some documents like Population Policy for National Development, Vision 2030, topical policy briefs. It is also supported by SDGs where one of the principles is living no one behind, enshrined into the Constitution of Kenya of equity and inclusiveness among others.

• **Milestone 9, 10, 11: Recording, printing and Launching of the ENGAGE presentation both in English and Kiswahili**

The ENGAGE presentation has 2 versions; audio-Visual and live presentation. Audio-visual format was recorded by local voice actor in a recording studio to produce the audio recording of the narration in English and Kiswahili. This was then used to produce .mp4 format videos. Printing of the materials for dissemination was also an important milestone for the successful completion of this project. The project culminated with the launch of the multi media advocacy toolkit the last milestone for phase I. One of the requirements for this project was to develop a detailed plan to disseminate the advocacy toolkit to lower levels. This plan was developed and comprised holding dialogues with county policy makers and six counties were selected.

• **Milestone 12: Dissemination**

Dissemination of the PHE ENGAGE presentation was covered in phase II of the project implementation in 6 selected counties. There are a lot of lessons learnt in the county engagement forum which are being used to strengthen the PHE programme in the County. Notable among them are:

1. There is a wide knowledge gap of PHE integrated approach and their inter-linkages with other development sectors.

Discussion of /key findings of the Engagement Presentation project:

Support from policy makers

PHE is generally a new concept in Kenya's development agenda and more often than not, government departments and agencies implement single sector projects and programmes which result to duplication and wastage of resources. For instance, the Kenya Forest Service, Kenya Water Tower and Kenya Wildlife service are all different entities who share a lot in common as far as environmental conservation and resource management is concerned. However, each of entities have very different mandates which they implement separately. To effectively implement and adapt a PHE development approach, the country formed PHE inter-Ministerial Policy Steering committee (PHE-NPSC) from all the relevant ministries to give policy direction in PHE implementation. This committee has directed the National Technical Working Group (TWG) to develop PHE strategic plan to ensure a coordinated approach in designing and implementing PHE programmes and projects. The committee also ratifies the deliberations of the TWG as well as providing policy direction on all PHE projects and programmes. For instance it directed the PHE TWG to domesticate East African Community minimum PHE package of indicators to guide programme managers in designing PHE programmes in Kenya. This is to ensure that PHE programmes have comparable indicators.

Translating the ENGAGE presentation into Kiswahili

In Kenya, most of the official documents are produced in English thus excluding a sizeable proportion of the population including key decision makers from benefiting or utilizing the information to make decisions. The government has attempted to translate a few documents like the Vision 2030, Population Policy for National Development, topical policy briefs into Kiswahili. Translation of the ENGAGE presentation was also a major achievement which added into the data base of important documents. This is also one of the aspirations of SDGs which emphasizes on leaving no-one behind.

Supplemental materials to guide the multimedia presentation

As indicated earlier, PHE is still a field that is not very well developed in Kenya and there is need to unpack it into simple messages and information that can be understood in a lay man's language. The Supplemental materials are key in passing on the message to ensure the target audience fully understand the approach and able to link it to development. They are also important in such that even a non-PHE specialist can be able to use the ENGAGE presentation without difficult. This is has gone a long way in bridging the gap in poor resource settings where dissemination of the PHE ENGAGE presentation is being carried out by people who were not involved in its development. The supplemental materials are rich enough where the presenter can draw discussion questions, respond to frequently asked questions as well as issue key messages which are reader friendly to the target audience.

Capacity building

One of the objective of the fourth taskforce meeting was to build the capacity of the taskforce members for multimedia presentation. The need for this was to have a wide database of presenters who can be called upon to give technical backstopping in various forums. This came in handy during the launch of the ENGAGE presentation where the media personality selected for live presentation was not available and one of the taskforce members stepped in without any hitch.

Improved policy Environmental

Due to increased awareness of the interlinkages of population health and environment among policy makers, Kenya has witnessed an upsurge of policy support in mainstreaming PHE into

development planning. In the recent past, Kenya banned use of plastic bags and the populace is embracing the culture of using biodegradable carrier bags. Kenya also declared charcoal burning and logging illegal. This was as a result of mass destruction of the forests which serve as water towers for the county. The country has also witnessed concerted efforts by the government in environment conservation through protection of the riparian lands and forest reserves.

Mainstreaming the PHE into development planning

Development planning in Kenya is mainly outlined in a five-year plan and allocation of resources is based on projects and programmes included in the Plan. During the 2018-2022 Medium-Term Plan III, PHE is one of the programmes which will be funded and will be implemented by the Ministry for environment in collaboration with The Treasury and Planning. This is a major milestone where two ministries will implement a project jointly.

Increased food security

Agricultural performance is expected to improve significantly in 2018 and has been cited as a key driver of economic growth due to strategic interventions in the 2018/2019 budget. The importance of the agricultural sector to the economy cannot be gainsaid. As of 2017, the sector accounted for 31.5 percent of the country's GDP, 75 percent of the labour force and over 50 percent of total revenue from exports. However, over the last five years, agricultural sector growth has been on a downward trend from 5.4 percent in 2013 to 1.6 percent in 2017. Indeed, food production in the country has been declining in the last five years. Notably, the production of Maize - Kenya's staple food - has decreased from 40.7 million bags in 2013 to an estimated 35.8 million bags in 2017; significantly lower than the national consumption of 45 million bags per annum (MOA, 2016). The decline in food production may be occasioned by a number of factors, such as drought, limited agricultural land expansion, low and declining soil fertility, inadequate use of quality seeds, delayed supply, high fertilizer cost and pests such as the Fall Army Worms. Some of the factors contributing to reduction in agricultural productivity can be directly linked human activities which are uncoordinated.

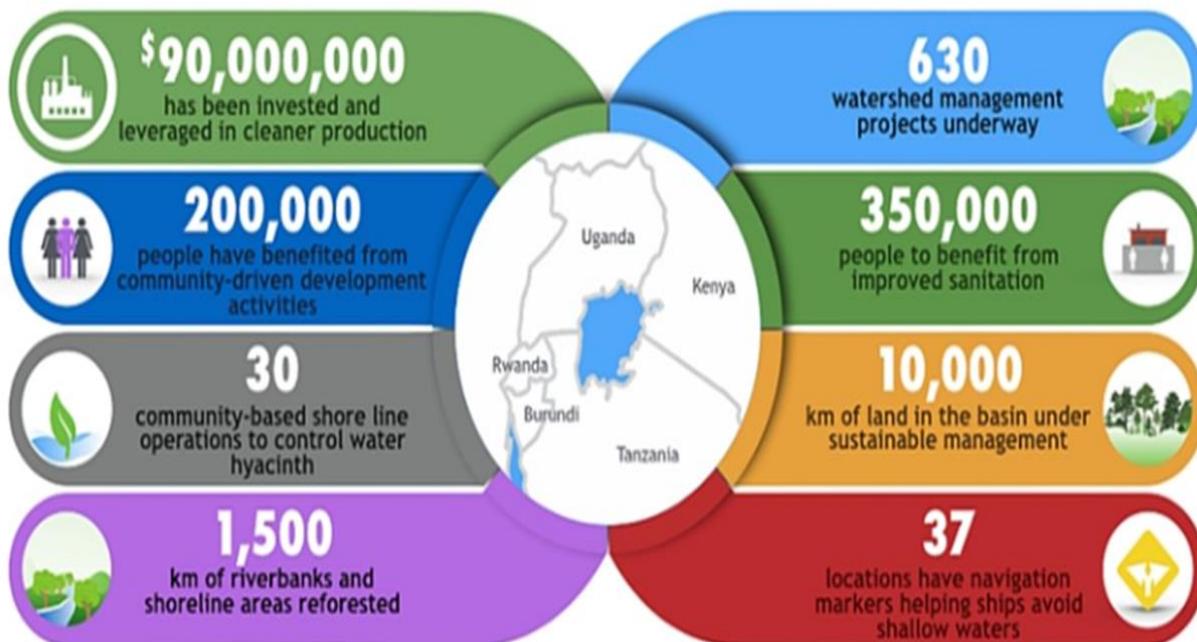
According to the global food security index of 2017, Kenya is food insecure and was ranked position 86 out of 113 countries. The survey was based on affordability, availability, quality and safety of food. A snap review of Kenya's food balance sheet shows that Kenya imports most of the basic food commodities including wheat, Maize, Rice, Beans, Potatoes, sugar and Milk. Food security is one of the governments Big four agenda for the period 2017-2022.

From the desk review and human stories in areas that have been implementing PHE, evidence is available there have been improvement in food security.

A testimony from one of the beneficiaries had this to say, *I have learnt how to intercrop so I get variety of products...I'm assured of food for the rest of the year. By reducing overfishing, food security has also increased because fish population are now flourishing in Lake Victoria*'¹¹

LAKE VICTORIA ENVIRONMENTAL MANAGEMENT PROGRAM

IMPACT IN NUMBERS



Improved access to Health care

PHE approaches improve the health and well-being of communities by making health services more available. The approaches build the capacity to sustainably use their environmental resources and adapt practices that can improve their resilience to climate change and adaptation. A good example is from the Health of People and Environment –Lake Victoria Basin Project (HoPE-LVB). From 2012 when the project started working in the Lake Basin, it increased access to health services including voluntary family planning. More couples are delaying births and accessing critical health services, including maternal and child health services, HIV and malaria treatment and prevention¹²

PROGRESS project reported health benefits to members who were enrolled in an agricultural program which integrated health camps focusing on women health including family planning into their regular field days and reported that” More than 80 percent of the 2,344 attendees at the field days received health consultations. Of the 319 women who participated in a survey during the field days, 60 percent received information related to family.

PROGRESS in their collaboration with the Green Belt Movement, also evaluated the feasibility and value of integrating family planning promotion into the activities led by the organization's community-based environmental workers, known as Green Volunteers. Almost all of the Green Volunteers reported favorable attitudes about promoting family planning, and all said they were interested in continuing these activities. Communities also reported positive reactions to the integration, both in terms of positive attitudes and increased knowledge of family planning.

Policy or program implications/lessons:

Leadership and political support

PHE approach has received support from policy makers due to the key role it's likely to play in achievement of national development agenda. Protecting the natural resources is critical to achieving Kenya's Vision 2030 and sustainable development goals. PHE approach is more cost effective than single sector projects¹³. Economists estimate that for every dollar Kenya invests in voluntary family planning and reducing land degradation result in a \$4 return.¹⁴. Policy makers are willing to embrace well understood approaches as demonstrated by banning of plastic bags, charcoal burning logging and re-claiming the riparian land. The right messaging especially to the policy makers is key for them to make important decisions.

The PHE approach has also received high leadership support from the government demonstrated by formation of Inter- Ministerial Policy Steering committee which draws its membership from all the Ministries implementing Population, Health and Environment projects like Ministry of Water, Ministry of Environment and Natural Resources, Ministry of Devolution and Arid and Semi-Arid Areas, Ministry of Planning and The Treasury, Ministry of Health and the National Council for Population and Development. The committee gives policy direction in PHE issues. A remarkable example is when they directed the Technical Working Group to develop a PHE strategic plan to guide coordinated implementation of PHE activities in the country.

Establishment of PHE department

Homabay County established PHE department and steering committee to coordinate all related activities due to impressive impacts reported. Other counties like Nakuru, Narok and Kisumu have very vibrant PHE networks which are funded locally.

Recognition of PHE approach in the Policies, strategies and plans

Inclusion of PHE activities in 'The Medium Term III Plan (MTP III) is a major achievement. MTP III is the main guiding document which highlights projects and programs to be prioritized for funding in the next five years (2018-2022). This is in recognition of the important interlinkages of PHE and the role it play in the development landscape.

Lessons learnt in development of the ENGAGE presentation

PHE Data is not readily available and although much is happening in the field, documentation is still a main challenge. This challenge has persisted as documented in other studies. The International PHE conference held in Addis-Ababa in 2013 noted that nothing had really changed as a lack of documentation regarding the benefits of PHE integration existed , just as was observed eight years ago (Pielemeier, Hunter, and Layng 2005).

Limited geographical and time scope of PHE projects

Most of the PHE projects are limited in terms of geographical scope and most of data to develop PHE engage presentation were derived from Lake Victoria Basin Projects. This concern that was raised by stakeholders and challenged the implementers to venture out in other areas especially in the urban with a special focus to informal settlement areas.

The time scope for many PHE projects is short and may not yield the best results in terms of documentation, monitoring and evaluation of projects hence scarcity of evidence to record impacts of PHE projects. The project period was 9 months and was followed by engagement forum in six counties. This may not be adequate to learn about PHE, design a project, implement interventions, and report significant results. The same findings were noted in an evaluation report on the results of Packard Foundation's investment in PHE Ethiopia. This is also supported by the PROGRESS project which was unsustainable after funding streams changed and integration of family planning became a challenge.

Other concerns raised was involvement of young people in PHE projects and programmes due to the potential in absorbing the huge youth bulge which is unemployed. The excerpts used in the Presentation do not appeal to the young people as they include fishing and farming. There is need to be more innovative in order to capture the aspirations of the young people.

Lessons Learnt from various milestones

There is need to undertake more studies to establish PHE integrated indicators. Most of the PHE indicators that were available can be measured in single sector projects/programmes. The Integrated PHE indicators are shrouded with ambiguity and makes it difficult to have a 'buy-in' by the target audience.

There is need to unpack PHE concept to meet the needs of various audiences. Probably by unpacking the PHE approach, governments will have a buy-in and allocate domestic resources to implement PHE projects across all sectors of the economy

Data and information

Data of PHE programmes is not readily available: This can be attributed to lack of documentation of the on-going work on PHE. For instance, there is a lot of conservation work which is on-going to conserve the environment in Kenya especially the water towers like Mau forest. However, getting photos of the Mau forest before the conservation started proved very difficult.

It can also be attributed to limited knowledge on the importance of documenting of on-going work and most of the photos available were not high resolution photos. This led to delay of the completion of some milestones

Limited knowledge of the inter-linkages of PHE hence most of the documentation is administrative reports which do not take account of the data

Recording Stage

Choice of recording studio

The engage presentation was recorded in a studio which stands on the flight path of an airstrip. This was challenging as the noise from the aircraft delayed the recording. The recording had to be repeated several times due to the frequency of the aircrafts taking off and landing. The initial recording had to be repeated which raised the cost by a substantial amount.

Choice of the narrator

The committee proposed high end narrator to provide voice over for the engage presentation to give it a high profile. However, this proved to be a big challenge in terms of availability to record in the studio. Due to the busy schedule of the narrator, it was difficult to fit in the scheduled timelines delay in delivering some milestones. This also proved to be a challenge as the narrator was not available to do the live presentation during the launch which was one of the reasons the Task Force had settled on her.

Translation stage

This proved to be a great challenge and its one of the milestones which delayed the whole process. This is attributed to lack of a wide base of people with a good command of the Kiswahili language. It took time before a suitable translator could embark on the assignment and even after the work commenced, it took several weeks to complete the task due to limited people available to edit the Kiswahili version. When designing a project of this nature, there is need to factor translators at 3 levels to do the following tasks;

- i. Translate the English to Kiswahili version
- ii. Translate the Kiswahili back to English to check if the original script is distorted
- iii. To edit the Kiswahili version before recording and printing.

The awarding of the tender should be thoroughly vetted by persons who have good command of Kiswahili language. This will caution against awarding people who are not competent and avoid direct translation or computer aided translation.

Challenges Encountered in the development of the Engage Presentation

- Most of the taskforce members were inconsistent in attending all the meetings and they were new replacements in all the meetings thus delaying the process.
- Accessing credible information for developing the ENGAGE presentation was a major challenge. Some of the information availed by the taskforce members could not be used due to property rights issue.
- Delay in submitting the information from various task force members. Low response rate by the members in giving the feedback.
- Translation of the document into Kiswahili was a main challenge especially in the reviewing stage of the translated materials. Since this was not budgeted for, the taskforce had to rely on the good will of the staff who are good in Swahili. The translator also took more time than anticipated thus delaying the whole process
- The pro-longed electioneering period also affected the process in several ways like postponing of the training of presenters, the launch, recording of the Kiswahili version and presentation of the live launch.

Recommendations

- There is need to build capacity of the staff/including recruitment of staff who have a strong command of Kiwahili Language
- Use of celebrities/high net worth media personalities should be thought through carefully before engaging them due to competing priorities in their normal duties.
- There is need to factor in the funds for translation of the document and translating back to English and also funds for reviewers.

Recommendations

There is need to advocate for domestic financing for sustainability of activities to ensure the projects goes full cycle for proper documentation of results.

There is need to explore an innovative approach to anchor PHE into already existing infrastructure if the intended benefits are be felt. This was also documented by the PROGRESS project where the family planning components of these projects ended when project support ended. The discontinuation suggests that sustainability of family planning integration efforts remains a challenge when funding streams change and a committed family planning partner is not present to sustain the family planning component.

The PHE projects should also target new areas other than the lake region. It was noted that most of the examples used in the Engage presentation were from Lake Victoria Basin. There is need to have innovative approaches and design PHE projects to fit in several ecological areas.

¹ Population Reference Bureau, world Population data (2018)

² Kenya National Bureau of Statistics, Kenya Population and housing Census(2009)

³ KNBS, Population and Housing Census (2009)

⁴ Population Reference bureau, Kenya Population Datasheet (2011)

⁶ National council for Population and Development: Sessional Paper No. 3 of 2012 on Population Policy for National Development

⁷ National Coordinating Agency for Population and Development. Population, Health and Environment Integration and Cross-Sectoral Collaboration: Kenya Country-Level Assessment (June 2007), available from info@ncapdke.org

⁸Study to assess the state of integration of Population, Health and Environment (PHE) (2007) in Kenya.

D'Agnes, Leona et al. 2010. "Integrated management of coastal resources and human health yields added value: a Comparative study in Palawan (Philippines)." *Environmental Conservation*. 37(4): 398 – 409.⁹

¹⁰ Cheston, S. and L. Kuhn 2002. Empowering Women through Microfinance. Pathways out of Poverty: Innovations in Microfinance for the Poorest Families. S. Daley-Harris. Bloomfield, Kumarian Press: 167-228.

¹¹ Pathfinder international, sustaining Health, Rights and Environment in the Lake Victoria Basin

¹² Yavinsky et al., 2015. 'The Impact of Population, Health and environment Projects

¹³ Yavinsky et al., 2015. 'The Impact of Population, Health and environment Projects

¹⁴ National council for Population and Development. (2015). 'Family planning in Kenya: saving lives, Saving Money'

.. As much as this was a very major achievement for the PHE programme, it was riddled with various challenges right from inception. Some of the challenges had not been anticipated during planning and budgeting process