

Integrated WASH and MNCH Kitui, Kenya



**African Medical & Research Foundation
AMREF**



- According to the UNDP, 50-100 liters of water per person per day is needed to ensure the most basic human needs are met
 - Drinking, personal sanitation, clothes washing, food preparation, and personal and household hygiene
- One person in the US uses 575 liters a day
- ***One family in Africa uses 20 liters a day***



Global WASH Context

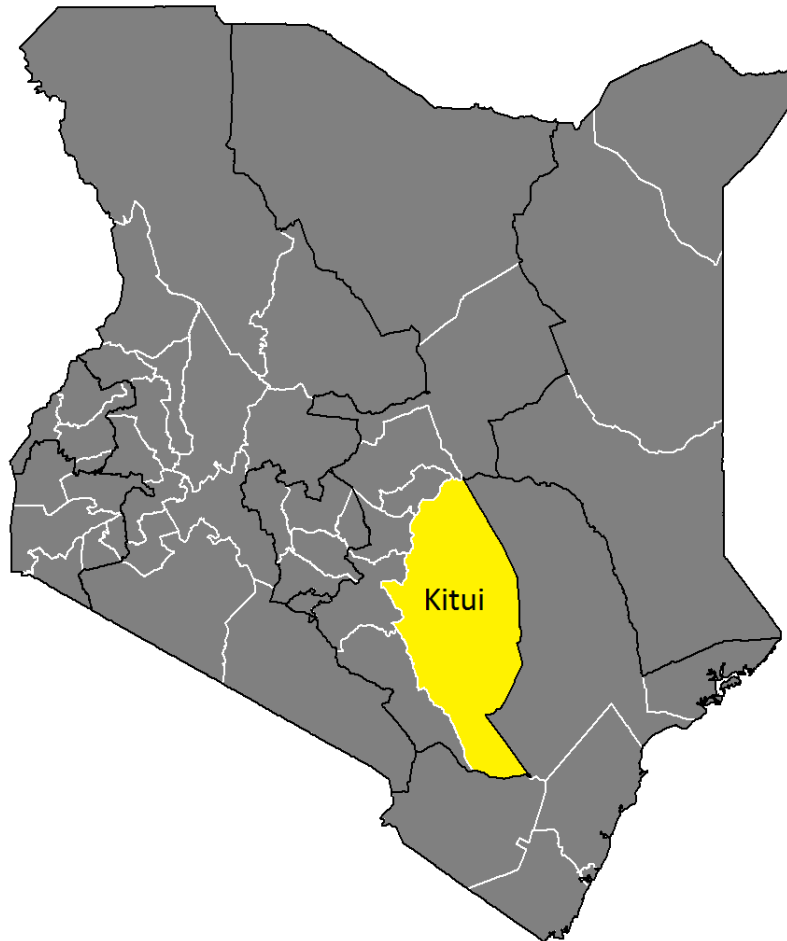
- 884 million lack access to safe drinking water
- 2.5 billion lack access to basic sanitation
- Sub-Saharan Africa will not meet its MDGs on water and sanitation by 2015
 - 39% do not have access to safe drinking water
 - 70% do not have access to improved sanitation



Why Women, Children and WASH?

- Women and young children are the people who collect water and thus the most affected
- In Sub-Saharan Africa, women spend 40 billion hours fetching and carrying water a year
- Lack of access to WASH perpetuates already existing gender inequalities and prevents personal development of women and girls
 - *Women have no time to generate own income through entrepreneurial activities*
 - *Girls often miss half or full days of school to fetch water, eventually dropping out entirely*
 - *If there are no separate latrines in schools, this is also a barrier for girls who reach menstruation*
- Despite the amount of work put into fetching water, it is often untreated and unsafe for use

Targeted Areas: Kitui West District and Mutito District



- Semi arid; hot and dry climate, low and erratic rainfall
- Total Population: **1,660,709**
 - Women of child bearing age (15-49): 254,517
 - Children under 5 years: 175,529
- Target Population in Kitui West and Mutito: 191,645
- Poverty level: 57%
- Illiteracy level: 43%

WASH Coverage in Kitui West and Mutito prior to program



- 28% have access to a water source
- 37% have access to sanitation
- On average, women and girls travel more than 5km to fetch water. Most must walk 2 hours to the source.
- 54% say they have to wait over one hour in line to use the water source

MNCH Coverage in Kitui West and Mutito

- 85% of births are conducted at home
 - Long distances to health facilities, high illiteracy levels, rigid cultural views and traditions
 - Only 11% of health facilities have access to an improved water source
- Only 40% of births are conducted in the presence of a skilled health worker or attendant
- Only 28% of mothers attend the recommended amount of 4 Antenatal Care visits
- Low WASH coverage in schools
 - 46% of schools are more than 2km away from the nearest water source
 - Toilets in poor condition; no separation for boys and girls
 - 21% and 15% of girls and boys respectively drop out

Key I-WASH Activities



1. Develop water sources and transfer technology skills to community

- 1,141 Conventional wells
- 21 Giant Wells
- 14 Boreholes
- 6 Sub surface dams
- 144 km water pipeline extensions
- 40 Rain water harvesting tanks

2. Increase access to improved sanitation facilities & promote hygiene in schools & households

- 33 standard classrooms to be built
- 152 VIP latrines in schools & households
- 20 Ecosan toilets
- 260 Refuse pits, Dish racks & HWFs installed in schools and at HH levels



A CLTS village triggering session



Community mobilizer teaching school children to properly wash hands with soap



3. Increase demand and utilization of MNCH services at community & facility level



Water tank



Hand Washing Station



Sanitation facility - latrine

Improved WASH services for 5 Health Facilities

- Training of HFCs
- Train CHVs
- Training & Supporting CHEWs
- Follow up & Monitoring of CHWs



Increased utilization of health services

- Improved latrines—Separate for both sexes
- Construction of incinerators, placenta pits & hand washing stations
- Improved maternity services
- Improved patients waiting area

HEALTH INFORMATION SYSTEM (CHIS) CHALK BOARD

DIVISION: MATINYANI

LOCATION: KWA MUTONGA

SUB-LOCATION: KWA MUTONGA NAME OF CU: MITHIKWANI



INDICATORS	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC	TOTAL
NO. OF PREGNANT WOMEN	5												
NO. OF PREGNANCIES UNDER 18 YEARS	0									7	6	6	
NO. OF PREGNANT WOMEN REFERRED	2									0	0	0	
NO. OF PREGNANT MOTHERS NOT ATTENDING AT LEAST 4 ANTENATAL CLINIC (ANC) VISIT TIMELY	0									1	0	2	
NO. OF DELIVERIES BY UNSKILLED ATTENDANTS	0									0	0	0	
NO. OF WOMEN (15-49 YEARS) RECEIVING FP SERVICES	368									338	342	360	
NO. OF CHILDREN NOT FULLY IMMUNIZED	8									4	5	4	
NO. OF IMMUNIZATION DEFAULTERS TRACED	3									0	0	0	
NO. OF CHILDREN 6 MONTHS TO LESS THAN 5 YEARS NOT RECEIVING VITA SUPPLEMENTATIONS	0									0	0	0	
NO. OF CHILDREN < 6 MONTHS NOT EXCLUSIVELY BREASTFED	0									0	0	0	
NO. OF CHILDREN SEVERELY MALNOURISHED	0									0	0	0	
NO. OF CHILDREN MODERATELY MALNOURISHED	0									24	30	24	
NO. OF CHILDREN DE-WORMED	65									1	0	3	

INDICATORS	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC	TOTAL
TOTAL NO. OF CASES REFERRER	26												
TOTAL NO. OF COUGH MORE THAN 2 WEEKS REFERRED	3									6	11	9	
NUMBER OF CHRONICALLY ILL NOT ON HBC	0									0	0	0	
NUMBER OF OVC NOT RECEIVING CARE AND SUPPORT	0									0	0	0	
NUMBER OF ELDERLY RECEIVING ROUTINE CHECK UPS	43									31	25	42	
NUMBER OF BIRTHS	1									0	1	1	
NUMBER OF DEATHS	<1 YEARS	0								0	0	0	
	1-5 YEARS	0								0	0	0	
	MATERNAL	0								0	0	0	
	OTHER DEATHS	0								0	0	0	
	TOTAL DEATHS	0								0	0	0	
										Q1	Q2	Q3	Q4
NUMBER OF HOUSEHOLDS WITHOUT STAPLE FOOD													
NUMBER OF HOUSEHOLDS PROVIDED WITH A PACKAGE OF IEC MATERIALS													
NUMBER OF SCHOOL DROP OUT	MALE												
	FEMALE												
NUMBER OF COMMUNITY ACTION DAYS HELD													
NUMBER OF DIALOGUE DAYS													
NUMBER OF MEETING													

Results So Far

- **Access to safe water** in the total population increased from 28% to 82%
- **Latrine coverage** increased from 37% to 78%
- **Hygiene Practices** – Hand Washing with soap at 87%
- Walking distance to primary water source reduced from **10km to 2km**
- **Skilled deliveries** increased from 40% to 65%
- 88.5% of children under 1 year **fully immunized** at the health clinics
- Mothers who attend **at least 4 Antenatal Care Visits** before delivery increased from 28% to 68%
- **Improvement of nutrition status** among children with a reduction of severe acute malnutrition from 5% to 1%



Challenges

- Frequent droughts dried up some water sources
- Small number of health facilities scattered throughout the county deterred health seeking behaviors
- Weak referral system, poor infrastructure & lack of transport
- Low-male involvement in WASH & RH issues

Way Forward

- Strengthen integration of WASH and MNCH and further integrate nutrition
- Invest more in **innovative** water conservation technologies such as Sub Surface Dams to recharge underground water
- Advocate for more male participation in WASH & MNCH services.



Photos by Jeroen van Loon, Lisa Meadowcroft, and Denge Lugayo

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