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

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

**Improved WASH services for 5 Health Facilities**

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

Improved utilization of health services
### Health Information System (CHIS) Chalk Board

**Division:** Matinyani  
**Location:** Kwa Mutonga  
**Sub-Location:** Kwa Mutonga  
**Name of CU:** Mitiikwanzi

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**Other Indicators**

- Total no. of cases referred: 26
- Total no. of cough more than 2 weeks referred: 3
- Number of chronically ill not on HBC: 0
- Number of OVC not receiving care and support: 0
- Number of elderly receiving routine check ups: 43
- Number of births ≤ 1 years: 1
- Number of deaths: 0
- Number of households without staple food: 0
- Number of households provided with a package of IEC materials: 0
- Number of school males: 0
- Number of school females: 0
- Number of community dialogue days: 0
- Number of meeting days held: 0

**Other Information**

- Number of community days held: 0
- Number of meeting five: 0

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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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