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Our Vision: Healthy People, Empowered Communities

Our Mission: To improve the Health and Well Being of Communities through Capacity Building and Promotion of Innovative

Leadership

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Advocacy to advance UHC



Rahab Mwaniki Campaigns Manager, Hon. Gathoni Wamuchomba, M.P., Mary Ng'ethe Grassroots Manager and Sylvia Ayon Harm Reduction Manager during a breakfast meeting to deliberate on advancing universal health care

KANCO team representatives held a Meeting with Hon. Gathoni Wamuchomba to share and discuss with her on the KANCO health agenda including KANCO's activities and involvement in organizing citizens to conduct grassroots advocacy.

The KANCO team shared on the rising cases of TB including the missing TB cases as per the last TB prevalence survey, adversely affecting young people and the elderly. In particular Kiambu County where Hon. Muchomba serves as the women representative, which is among the high TB burden counties in Kenya hence the urgent need for action.

The team further shared the grassroots model championed by KANCO, the activities they undertake towards enhancing citizen participation as well as highlighting the impact of the grassroots activities across 23 counties in Kenya in health advocacy and engagement. Impressed by the model Hon. Muchomba requested KANCO to spearhead the formation of grassroots chapters if possible in all the 60 wards in Kiambu county and she would work closely with them to help establish and push health issues to the legislative level as channeled by the grassroots as well as officially launch the grassroots movement in Kiambu County.

The team also shared on harm reduction issues and the present gaps including the lack of legislation for harm reduction services including Medically Assisted Therapy (MAT), that is presently offered by the national government. Towards cementing the foundation laid by pioneers in harm reduction in Kenya and the region such as KANCO. The KANCO team shared that the process towards harm reduction legislation in Kenya was in progress working closely with NACADA, however the team was cognizant of the need to stay vigilant by spearheading advocacy for legislation to fast track the process. In addition to advocacy for legislation for MAT, Hon. Muchomba requested KANCO to also seek for the expansion of harm reduction services and facilities including rehabilitation and alcoholism.

The team also discussed nutrition issues, stunting and economic engagement among the youth & alcoholism in Kiambu County. It was proposed that KANCO supports in sensitization of issues on TB and associated opportunistic infections even as TB related deaths continue to be recorded and Nutrition. Hon. Wamuchomba expressed that it was critical to have more partners who can support CHVs through linkage to health facilities to enhance access to health as well as inclusion of harm reduction services in their outreach work.



Safe Motherhood

Motherhood and the birth of a new baby are supposed to be a joyous affair for all women regardless of their social status.

Women need to know that Antenatal clinics not only ensure their own safety but that of their babies. According to statistics across different safe motherhood studies, around 90% of women who attend antenatal clinics (ANC,) have safe deliveries and healthy babies. This points to the importance of expectant mothers attending antenatal clinics and be given the necessary vaccinations and if necessary, prophylactic drugs.

But how can expectant mothers ensure they have a healthy baby?

It all boils down to planning, where a mother should have a Birth Plan. In this plan, the mother decides where she would attend her antenatal clinics (at least 4), where she would deliver her



baby and what is required in terms of the resources monetary or otherwise, for efficient preparation. In this process male or partner support is important for the psychological and welfare of the mother during pregnancy as well as the post-natal care and support for both the child and the mother including immunization.

Why plan for a safe delivery? No woman deserves to die giving life. Delivery is one of the most beautiful and magical moments in life, however it can be fatal if unplanned and uncared for, hence the importance of a birth plan.

What is in the birth plan?

- ⇒ Antenatal clinics attended
- ⇒ The doctor's guidelines on how to deal with any emergencies during the pregnancy.
- ⇒ Which clinic is nearest to the mother and if it offers delivery services.
- ⇒ What financial requirements are there to ensure the delivery is at a health facility
- ⇒ What items for the baby and mother need to be packed as she awaits the Expected date of delivery?
- ⇒ Who will be the mothers support during and after the delivery?

These are just but some of the basic things in the birth plan. However certain birth plans are quite detailed as they even have the nutritional guide for the mother pre and post-delivery. A well organised birth plan reduces the incidences of adverse pregnancy outcomes. It also helps reduce the anxiety levels for the mother.

The government of Kenya has been keen on free delivery and free maternity services to ensure safe delivery. However most women in the rural areas and informal settlements still turn to Traditional Birth Attendants (TBA's) for home delivery support. This portends great risk for not just the mother but also the child, as they may miss out on critical emergency medical support that may arise during this delicate process.

Benefits of delivering safely in a health facility

- ⇒ You get assisted and supported delivery by trained personnel
- ⇒ The mother has access to emergency services in case of complications
- ⇒ The new born baby gets vaccinated immediately after birth. This vaccines help improve the babies immunity and sets its first step to a healthy life.

Greater calls for Investment in Nutrition



Malnutrition has a high economic and health returns on investment where every \$1 invested has a return of \$16 according to Global Nutrition Report 2017. Despite this globally countries fall short of the nutrition targets despite the centrality of nutrition to achieving the sustainable development goals. Globally there are opportunities for financing more integrated approach to improving nutrition universally.

According to the GNR report 2017- The world faces a grave nutrition situation, 1.2 billion people lack key micronutrients like iron and vitamin A, 155 million children are stunted 52 million children are wasted, 2 billion adults are overweight or obese 41 million children are overweight, 88% of countries face a serious burden of either two or three forms of malnutrition.

There is a huge domestic as well as donor funding gap for nutrition standing at 0.5 % of overseas development assistance and non-communicable diseases and obesity at 0.001% of global ODA (GNR 2017).

The GNR report states, the bigger opportunity is for governments and others to invest in nutrition in an integrated way, across sectors that impact nutrition outcomes indirectly, like education, climate change, or water and sanitation. It further proposes to not leave no one behind, where there must be efforts to fill the gaps and change the way we analyze and use data gaps are hindering accountability and progress. To improve nutrition universally we need better, more regular, disaggregated data.

We must make sure commitments are concrete pledges that are acted as well as deeply embedded political commitment to nutrition will be key to progress. Further calls are made to enhance nutritional goals that contribute to other development goals, tackle more than one form of malnutrition for increased effectiveness and efficiency of investment of time, energy and resources to improve nutrition triple duty actions tackle malnutrition and other development challenges could yield multiple benefits across the SDGs.

Ending malnutrition in all its forms will catalyze improved outcomes across the SDGs (GNR 2017). In Kenya, it's worth noting that some strides towards nutrition issues have been made including the prioritization of food security and nutrition in the government of Kenya's big four agenda. However there is a long way to realizing the national as well as global nutrition targets and thus a need for multi-stakeholder collaboration to ending malnutrition in all its forms.