

INTEGRATING POPULATION, HEALTH, AND ENVIRONMENT

FOR SUSTAINABLE DEVELOPMENT IN KENYA

PRESENTATION GUIDE



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Presentation Guidelines

INTEGRATING POPULATION, HEALTH, AND ENVIRONMENT FOR SUSTAINABLE DEVELOPMENT IN KENYA

ACKNOWLEDGMENTS

“Integrating Population, Health, and Environment for Sustainable Development in Kenya” is a multimedia advocacy tool developed by the PHE Kenya Multimedia Task Force chaired by the National Council for Population and Development in collaboration with the Population Reference Bureau.

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TABLE OF CONTENTS

INTRODUCTION TO THE PRESENTATION GUIDE	1
PRESENTATION GOALS	1
OPPORTUNITIES TO GIVE THE PRESENTATION	1
USING THE PRESENTATION WITH DIFFERENT AUDIENCES ...	2
ADDITIONAL CONSIDERATIONS	2
PRESENTATION SCRIPT	3
KEY MESSAGES HANDOUT	15
DISCUSSION GUIDE	21
FREQUENTLY ASKED QUESTIONS	23
ADDITIONAL RESOURCES	26



Introduction to the Presentation Guide

This presentation guide is designed to help users make the most of the “Integrating Population, Health, and Environment for Sustainable Development in Kenya” ENGAGE presentation in conjunction with the user guide for all PRB ENGAGE presentations. The presentation guide includes unique supplemental materials, such as the full presentation script; references; key messages with screenshots; FAQs; and a discussion guide that can be used to prompt interaction and dialogue among viewers.

After reviewing the presentation guide, you will know how to:

1. Identify opportunities to use this ENGAGE presentation with various audiences.
2. Respond to frequently asked questions about the presentation.
3. Foster dialogue with audiences about key messages in the presentation.

Presentation Goals

The goal of the “Integrating Population, Health, and Environment for Sustainable Development in Kenya” ENGAGE multimedia presentation is to build awareness of and increase support for the integrated population, health, and environment approach (PHE) in Kenya.

To achieve this goal, the presentation is designed to boost individuals’ understanding of how PHE addresses the complex and interrelated challenges in the areas of family planning, access to health services, management of natural resources, and livelihoods faced by rural families and communities in developing countries.

Target policy audiences include government policymakers; donors who support reproductive health, gender, and environment efforts; health and environment sector leaders; program officials; journalists; and others.

Specific objectives of the presentation are to:

- Explain how the PHE approach works to improve health, livelihoods, food security, and natural resources.
- Highlight success stories from select PHE projects in Kenya.
- Foster discussion among audience members about the need for increased investment in integrated PHE projects.

Opportunities to Give the Presentation

This ENGAGE presentation and supporting materials are tools for professionals involved in family planning, health, and environment at all levels—in academic, policy, and community settings. The target audiences for this presentation are:

- **Primary:** Government policymakers at all levels and development donors who are in a position to allocate resources and advance PHE on the policy and program agenda in Kenya.
- **Secondary:** All of those who influence high-level policymakers—news media, civic and religious leaders, program officials, and other community leaders.

Using the Presentation With Different Audiences

The ENGAGE presentation is designed to be used in a variety of settings or environments, especially as Kenya implements the Sustainable Development Goals, and continues to work towards Vision 2030 and other targets. Some ways the presentation can be used to reach different audiences are listed below.

POLICYMAKERS

- Educate policymakers about the importance of investing in PHE in Kenya.
- Demonstrate the success and efficiency of the PHE approach in Kenya and elsewhere.

FAMILY PLANNING ADVOCATES

- Educate advocates about the mutually reinforcing relationship of family planning, health, and environment.
- Reach individuals who attend community health days, conferences, or stakeholder meetings with information about the PHE approach.
- Highlight how the PHE approach works for both men and women to improve lives and protect natural resources.

CIVIC AND RELIGIOUS LEADERS

- Educate civic and religious leaders about the benefits that the PHE approach can have for families and communities.
- Sustain policy dialogue with local leaders, including civic and religious leaders at local seminars and events.

THE MEDIA

- Educate the news media on the successes of the PHE approach, using the ENGAGE presentation as a teaching tool.
- Provide a basis for television and radio talk shows, accompanied by local exposure for discussions and questions about PHE.

Additional Considerations

You can make this presentation more interesting to your audience by adding information about local experiences and practices in different regions of Kenya, especially those that apply to your audience. Some areas to consider when analyzing your audience:

- **Size of the Audience.** With smaller groups, you can provide more in-depth analysis based on real-life stories or experiences because you usually know more about the individuals in the group. In larger groups, you may have to take more time during the scripted presentation to define general concepts and ensure the presentation is relevant to all viewers.
- **Knowledge Level.** It is always safest to assume that the audience may not be familiar with the technical terms you might use in the presentation. If you are giving a live presentation, we advise following the script and providing definitions for terms that may be new to some audiences.

PRESENTATION SCRIPT

Integrating Population, Health, and Environment for Sustainable Development in Kenya

An ENGAGE Multimedia Presentation

Slide 1

Title Slide —

Integrating Population, Health, and Environment for Sustainable Development in Kenya
—An ENGAGE Presentation

→ Click Forward 2

Kenya is a leader in Africa especially when it comes to progressive policies and programs...

→ Click Forward 3

...that improve the economic, social, and political well-being of its people and strengthen its economy.^{1,2,3}

→ Click Forward 4

Kenya also launched the National Climate Change Response Strategy to strengthen the country's resilience and capacity to adapt to a rapidly changing environment.⁴

→ Click Forward 5

And environmental champions, like Wangari Maathai, have opened our eyes to the importance of environmental restoration.

These policies improve health...

→ Click Forward 6

...and set Kenya on the path toward economic growth and development.

Still, more needs to be done...

→ Click Forward 7

To address the links between our rapidly growing population...

→ Click Forward 8

...our health and well-being...

→ Click Forward 9

... and how we use our natural resources.

→ Click Forward 10

Kenya can be a leader in improved health, environmental sustainability, and greater

economic prosperity by addressing all three challenges together.

→ **Click Forward 11**

The Population, Health, and Environment approach, or PHE, recognizes the complex connection between people, their health, and the natural resources upon which they depend.

→ **Click Forward 12**

PHE addresses population dynamics through voluntary family planning, which improves...

→ **Click Forward 13**

health outcomes for people and their children, and...

→ **Click Forward 14**

the way people interact with their environment.

→ **Click Forward 15**

PHE incorporates voluntary family planning information and services and primary health care with sustainable natural resource management.

→ **Click Forward 16**

Imagine a family in rural Kenya.

→ **Click Forward 17**

They're not always able to reach a clinic because it is often far away

→ **Click Forward 18**

...but community health workers bring essential primary and reproductive health services to their home. As a result, the parents are able to plan and space the births of their children and the entire family can access basic health services.

→ **Click Forward 19**

The family depends on the environment for their everyday needs: Agriculture provides for their livelihoods and sustenance,

→ **Click Forward 20**

the forest provides wood for fuel

→ **Click Forward 21**

...livestock graze on the grasslands

→ **Click Forward 22**

...and the lakes provide fresh water for cooking and washing.

Although the family relies on the environment, they are not overly dependent on these resources because...

→ **Click Forward 23**

...they can generate income from alternative livelihoods, such as producing handicrafts; they have a fuel-efficient stove to heat and cook their food; and they employ sustainable farming, fishing, and grazing practices.

Healthy and sustainable practices increase the family's resilience...

→ **Click Forward 24**

...against growing environmental shocks that damage and deplete these natural resources.

→ **Click Forward 25**

The family's resilience contributes to improved health, increased food security, and more income to invest in education and other household needs.

→ **Click Forward 26**

These sustainable practices have an even greater impact at the community level.

They are all connected and can be packaged as part of an integrated solution to sustainable development.

→ **Click Forward 27**

In rural communities – where three in four Kenyans live and most integrated PHE projects take place—health and livelihoods are inextricably linked with natural resources and food security.^{5,6}

→ **Click Forward 28**

But rapid population growth, unsustainable use of resources, and climate change can have negative impacts on human health and may limit quality of life and economic growth.

→ **Click Forward 29**

The environment affects the health and well-being of individuals and families, as does the area in which they live.

→ **Click Forward 30**

Weak health and transportation infrastructure—especially in remote areas—prevent families from accessing health services.

→ **Click Forward 31**

Access to health services is critical to continue to make progress in HIV and malaria treatment and prevention, water and sanitation, and maternal and child health.

→ **Click Forward 32**

And reproductive health services, including family planning, impact not only the health and well-being of families, but also the rate at which our population is growing.

For example, in Kenya's poor communities...

→ **Click Forward 33**

...women often have two more children than they intended to have. As a result, families need more resources to provide for everyone, which can increase poverty at the household and national levels.⁷

→ **Click Forward 34**

When families have more children than they want, the population also grows rapidly.

In less than 30 years, Kenya's population more than doubled from 21 million in 1989 to 44 million in 2015...

→ **Click Forward 35**

...and is projected to reach 64 million people by 2030.^{8,9}

→ **Click Forward 36**

This kind of rapid population growth can impact the environment....

→ **Click Forward 37**

...and affect how people use their natural resources.

→ **Click Forward 38**

The agriculture,

→ **Click Forward 39**

forestry, and

→ **Click Forward 40**

fishing sector

→ **Click Forward 41**

employs 75% of Kenya's labor force.^{10,11}

→ **Click Forward 42**

It contributed one-third of Kenya's GDP, or gross domestic product, in 2016 and is central to our development strategy. We must preserve these resources to meet our development goals.¹²

→ **Click Forward 43**

Yet today, farms are becoming smaller as farmers subdivide their land among their children.

→ **Click Forward 44**

In fact, two in three rural farmers believe...

→ **Click Forward 45**

...the land they own is not sufficient for their children to continue to farm.¹³

→ **Click Forward 46**

Forests are cut down at alarming rates to meet increased demands for farm lands, grazing lands, fuel, and housing.¹⁴

→ **Click Forward 47**

Lakes are experiencing declines in the volume of fish from unsustainable fishing practices and industrial use.^{15, 16, 17, 18}

→ **Click Forward 48**

In addition, changing weather patterns and extreme climate events such as droughts destroy crops and livestock...

→ **Click Forward 49**

...leading to food insecurity...

→ **Click Forward 50**

loss of income for families...

→ **Click Forward 51**

...and increased poverty...

→ **Click Forward 52**

...especially in Kenya's arid and semiarid rangelands, which cover roughly 80 percent of the country and are critical to the livelihoods of pastoral and agro-pastoral communities.^{19,20}

→ **Click Forward 53**

In fact, climate change is projected to have a negative impact on Kenya's economy, with losses across sectors estimated at about \$1 billion to \$3 billion dollars or 100 billion to 300 billion Kenyan shillings per year by 2030.²¹

→ **Click Forward 54**

Women and girls are particularly vulnerable to climate change.^{22, 23, 24}

→ **Click Forward 55**

Their household responsibilities, such as collecting firewood and water, and farming, become a greater burden as they must walk farther for wood and water and work harder to raise crops on depleted soils.

→ **Click Forward 56**

In addition, there is an increased risk of human-wildlife conflict as communities migrate closer to more plentiful resources near protected areas where wildlife can damage their crops or homes.²⁵

→ **Click Forward 57**

Diminishing resources and limited income-generating opportunities in rural areas can present challenges for young people who want and need to earn a livelihood...²⁶

→ **Click Forward 58**

...and pushes individuals and families to move to cities in search of work.

→ **Click Forward 59**

The rapid increase of unplanned urban settlements poses a growing challenge to city officials as they attempt to meet the basic needs of the community.

→ **Click Forward 60**

Integrated approaches to development such as PHE can effectively address population, health, livelihood, and natural resource challenges in a holistic way that meets specific community needs and addresses multiple, connected challenges.

→ **Click Forward 61**

PHE approaches improve the health and well-being of women, their partners, and their children by making health services more available. PHE approaches build the capacity of communities to sustainably use their environmental resources and take up practices that may improve their resilience to climate change and adaptation.

Let's take a closer look at how the PHE approach has improved the health and well-being of families, empowered communities, and helped preserve natural resources in Kenya.

→ **Click Forward 62**

The Health of People and Environment–Lake Victoria Basin Project, or HoPE-LVB, began working in Kenya in 2012. HoPE-LVB increased access to health services, including voluntary family planning. Through the project, more couples are delaying births and accessing critical health services, including maternal and child health services, and HIV and malaria treatment and prevention services.^{27, 28}

→ **Click Forward 63**

Caren, a member of a woman's community group shares how the project has affected her family.

→ **Click Forward 64**

[INTERVIEW: Caren Odek, HoPE-LVB community member]

"I used to think giving birth to many children would make my husband love me more. Little did I know this would be the beginning of my struggles..."

"My children would get sick very often, and the health facilities were very far..."

"Our homesteads were dirty, and that didn't bother us because we had no knowledge on the importance of a clean environment..."

"But after the project came, we now know how to dispose of our waste properly..."

→ **Click Forward 65**

As HoPE-LVB increased knowledge of and access to basic health information and services, it also addressed the related environmental and natural resource management needs of the community^{29,30}

→ **Click Forward 66**

The project addressed livelihoods and nutrition, which are linked with the environment in fishing communities. Overfishing and unsustainable land use practices reduced the fish population and damaged the land that the community depended on.^{31,32}

→ **Click Forward 67**

In response, the project increased community capacity for sustainable agricultural practices, which has reduced the reliance on any single natural resource, and diversified sources of income and nutrition.^{33,34}

→ **Click Forward 68**

Sarah, a woman from the HoPE-LVB project area, explains:

→ **Click Forward 69**

[INTERVIEW: Sarah Achieng' Onyango, HoPE-LVB, community member]

"I have learned how to intercrop so I get a variety of products..."

"...I am assured of food for the rest of the year. My attitude towards tree planting has changed and I have planted a variety of trees..."

→ **Click Forward 70**

Learning skills for alternate livelihoods also diversified people's sources of incomes and decreased pressure on the environment.^{35,36}

→ **Click Forward 71**

[INTERVIEW: Sarah Achieng' Onyango, HoPE-LVB community member]

"The most valuable skill I acquired is molding and installing the energy saving stoves."

"This has become my additional source of income."

→ **Click Forward 72**

HoPE-LVB also helped the community in reducing wildlife-human conflicts.

→ **Click Forward 73**

[INTERVIEW: Tom Guda, Chairman, East Africa Beach Management Unit]

"There's a lot of wildlife-human conflict arising from people plowing uphill areas that are left for the wildlife and this not only makes the shoreline shaky and therefore is easily eroded into the ecosystem. Working closely with people from KWS (Kenya Wildlife Service) and also working closely with our partner from agriculture, the communities were sensitized not to plow very close to the riverbanks, also not to plow very close to the shorelines, so that we reduce the conflict."

→ **Click Forward 74**

By reducing overfishing, food security has also increased because fish populations are now flourishing in Lake Victoria.^{37,38}

→ **Click Forward 75**

A Beach Management Unit, which supports and enforces fishing laws established by the community, has seen a marked difference in Lake Victoria.^{39,40, 41}

→ **Click Forward 76**

[INTERVIEW: Peter Sikuku, Chair, Chuowe Beach Management Unit]

“The project helped us to demarcate fish breeding zones in the lake. The fish are now reproducing and we have seen significant increase in fish harvest.”

→ **Click Forward 77**

Impressed by the positive impacts on health and the environment, Homa Bay county officials established a PHE department and steering committee to coordinate county PHE activities.⁴²

→ **Click Forward 78**

Since health and natural resource management messages are packaged together, and people’s basic health, nutrition, and livelihoods needs are being met, communities embrace PHE approaches, making them sustainable beyond the life of the project.

→ **Click Forward 79**

The PHE approach is also cost-effective, reducing the resources needed to implement health and natural resource management interventions by strategically integrating activities that complement one another and filling the gap left by single-sector projects that only address some of the challenges communities face.⁴³

→ **Click Forward 80**

From 2011-2013, the Program Research for Strengthening Services, or PROGRESS project, in partnership with the Green Belt Movement, showed that environmental workers could effectively deliver health messages to their community members.^{44,45,46}

→ **Click Forward 81**

The Green Belt Movement was established when women were having trouble meeting household needs for firewood. The organization educated women on sustainable tree planting practices.⁴⁷

→ **Click Forward 82**

To address health needs in the community, the PROGRESS project also trained forestry specialists in Nyeri and Meru counties in effective health messaging that they successfully delivered to members of the community.⁴⁸

→ **Click Forward 83**

The collaboration demonstrated that nonhealth community workers could effectively and enthusiastically deliver accurate health information to their communities.⁴⁹

→ **Click Forward 84**

Green Volunteers also increased male engagement and involvement in family planning discussions among male community members.⁵⁰

→ **Click Forward 85**

These integrated approaches to population, health, and environment are taking place throughout Kenya and have the potential for implementation in other parts of the country.⁵¹

→ **Click Forward 86**

Together, these projects, and other projects from around the world, show that integrated PHE approaches are effective and have added value outside the population, health, and environment sectors, such as:

→ **Click Forward 87**

Greater health and economic empowerment for women;

→ **Click Forward 88**

Greater buy-in and community support for health and environmental interventions; and

→ **Click Forward 89**

Increased time savings and cost savings for households and project implementers.⁵²

→ **Click Forward 90**

In addition, the ability of PHE projects to reach young people can contribute to Kenya's accelerated economic growth by engaging with and investing in youth.⁵³

→ **Click Forward 91**

The PHE approach has been shown to be more cost-effective than single sector projects.⁵⁴ Economists estimate that every dollar Kenya invests in voluntary family planning and reducing land degradation result in a \$4 return.^{55,56} The cost-effectiveness of PHE interventions builds on these worthwhile investments.

→ **Click Forward 92**

Slowing population growth,

→ **Click Forward 93**

investing in health, and...

→ **Click Forward 94**

...protecting our natural resources are critical to achieve Kenya's Vision 2030, the African Union's Vision 2063, and the Sustainable Development Goals.

→ **Click Forward 95**

[INTERVIEW: Hon. Andrew Toboso, Former Member of Parliament, Butere Constituency, Kakamega County]

“County Governments must in their strategic plan, in their policy formulation, in their

legislation, put a lot of resources to ensure that they put in laws that can protect the environment, they have policies that will drive proper and positive environmental stewardship, and they invest enough resources in health sector to ensure that the rural population is healthy enough to be productive. That productivity will drive the county economy, which of course, cumulatively will then drive the national economy.”

→ **Click Forward 96**

PHE can play a critical role in improving the socioeconomic development and quality of life of communities.

→ **Click Forward 97**

We ask national and county leaders to:

Affirm their commitment to PHE as a development strategy...

→ **Click Forward 98**

...review existing policies to enhance and promote the mainstreaming of PHE across sectors,

→ **Click Forward 99**

and translate policies into action to effectively implement PHE.

→ **Click Forward 100**

Kenya can seek guidance from the PHE Strategy that was developed by the East African Community, a regional intergovernmental organization of six partner states, including Kenya.

→ **Click Forward 101**

The national government should establish legislative frameworks to support PHE mainstreaming...

→ **Click Forward 102**

...and build the capacity of government agencies to implement PHE approaches effectively.

→ **Click Forward 103**

County governments should establish the institutional mechanisms to coordinate across sectors, integrate PHE into county development plans,

→ **Click Forward 104**

increase financial commitments, and allocate resources for PHE.

→ **Click Forward 105**

Civil society organizations working across different sectors should explore opportunities to collaborate on PHE efforts and support resource allocation at the national and county levels.

→ **Click Forward 106**

[INTERVIEW: Pastor John Akuno, Kisumu County]

“From the impact we have realized here, if you can actually extend it to other communities it can help a great deal. It can help most people to know how to manage for their population, to know how to manage for their health, and actually conserve their environment.”

→ **Click Forward 107**

It is time for Kenya to take the lead in sustainable development, by addressing the collective effects of poor access to health services, limited income-generating opportunities, depletion of natural resources, and the effects of climate change.

→ **Click Forward 108**

Everyone has a role to play, but most critically, national and county leaders must demonstrate their commitment to the well-being of all Kenyans and the future of our country by investing in integrated PHE approaches.

→ **Click Forward 109**

By recognizing the relationships between Kenya’s people, their health, and the sustainable use of natural resources, and acting now, we can keep Kenya on the path to achieve its economic and development goals, and improve the quality of life of millions of Kenyans, while preserving our environment for future generations.

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Key Messages Handout

The Key Messages handout is a short handout that includes visual “snapshots” from the ENGAGE presentation. The handout is intended to be succinct, serving as a good visual aid for the presentation as well as a readable document. We encourage you to use this handout when giving the presentation to an audience.

Integrating Population, Health, and Environment for Sustainable Development in Kenya

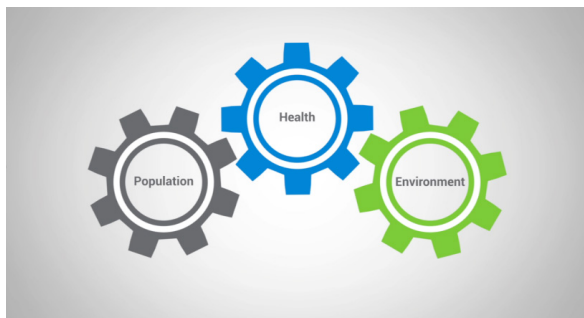
An ENGAGE Multimedia Presentation



Kenya is a leader in Africa especially when it comes to progressive policies and programs that improve the economic, social, and political well-being of its people and strengthen its economy.¹

Still, more needs to be done to address the links between our rapidly growing population, our health and well-being, and how we use our natural resources.

Kenya can be a leader in improved health, environmental sustainability, and greater economic prosperity by addressing all three challenges together.



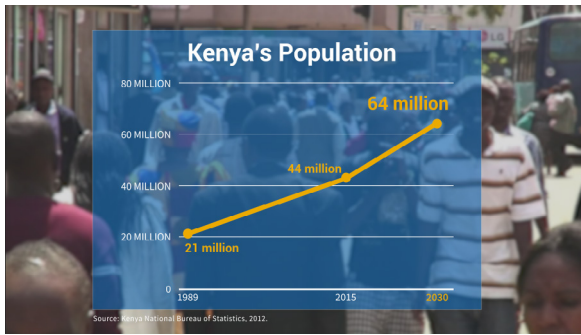
The Population, Health, and Environment approach, or PHE, recognizes the complex connection between people, their health, and the natural resources upon which they depend.

PHE incorporates voluntary family planning information and services and primary health care with sustainable natural resource management.



In rural communities—where three in four Kenyans live and most integrated PHE projects take place—health and livelihoods are inextricably linked with natural resources and food security.²

Weak health and transportation infrastructure—especially in remote areas—prevent families from accessing health services, including reproductive health care.



In Kenya's rural and poor communities, women often have two more children than they intended to have. As a result, families need more resources to provide for everyone, which can increase poverty at the household and national levels.³

When families have more children than they want, the population also grows rapidly. Kenya's population more than doubled from 21 million in 1989 to 44 million in 2015 and is projected to reach 64 million people by 2030.⁴



Rapid population growth can impact the environment and affect how people use their natural resources.

Forests are cut down at alarming rates to meet increased demands for farm lands, grazing lands, fuel, and housing, and lakes are experiencing declines in the volume of fish from unsustainable fishing practices and industrial use.⁵



Loss of \$1 billion to \$3 billion per year by 2030

In addition, changing weather patterns and extreme climate events such as droughts destroy crops and livestock leading to food insecurity, loss of income for families, and increased poverty.⁶

In fact, extreme climate events are projected to have a negative impact on Kenya's economy, with losses across sectors estimated at about \$1 billion to \$3 billion dollars or 100 billion to 300 billion Kenyan shillings per year by 2030.⁷



Integrated approaches to development such as PHE can effectively address population, health, livelihood, and natural resource challenges in a holistic way that meets specific community needs and addresses multiple, connected challenges.

PHE efforts in Kisumu County increased access to health services, including voluntary family planning. More couples are better able to plan their families and access critical health services, including maternal and child health services, and HIV and malaria treatment and prevention services.⁸



PHE efforts in Kisumu County also addressed the related environmental and natural resource management needs of the community by teaching residents about sustainable agricultural and fishing practices.

Today, community members no longer rely heavily on any single natural resource, they have diverse sources of income and nutrition, and they are more knowledgeable about sustainable practices that help ease the pressure on the environment.



PHE approaches package health and natural resource management messages together, while meeting the needs of individuals and families for health care, nutrition, and livelihoods.

As a result, communities embrace PHE approaches making them sustainable beyond the life of the project.



The PHE approach has been shown to be more cost-effective than single sector projects.⁹

Economists estimate that every dollar Kenya invests in voluntary family planning and reducing land degradation results in a \$4 return.¹⁰ The cost-effectiveness of PHE interventions builds on these worthwhile investments.



PHE projects in Kenya and around the world show that integrated PHE approaches are effective and have added value outside the population, health, and environment sectors, such as greater health and economic empowerment for women; greater buy-in and community support for health and environmental interventions; increased time savings and cost savings for households and project implementers; and the ability to reach young people in a meaningful way.¹¹



We ask national and county leaders to:


Translate policies into action for implementation of PHE.

We ask national and county leaders to:

Affirm their commitment to PHE as a development strategy.

Review existing policies to enhance and promote the mainstreaming of PHE across sectors.

Translate policies into action to effectively implement PHE by seeking guidance from the PHE Strategy, which was developed by the East African Community.



National government should:

Establish legislative frameworks to support PHE mainstreaming.

We ask the national government to:

Establish legislative frameworks to support PHE mainstreaming and build the capacity of government agencies to implement PHE approaches effectively.



County governments should:

Increase financial commitments for PHE.

We ask county governments to:

Establish the institutional mechanisms to coordinate across sectors, integrate PHE into county development plans, increase financial commitments, and allocate resources for PHE.



Civil society organizations should:

Strengthen collaboration across sectors and advocate for greater resources for PHE implementation at the national and subnational levels.

We ask civil society organizations to:

Explore opportunities to collaborate on PHE efforts and support resource allocation at the national and county levels.



It is time for Kenya to take the lead in sustainable development.

By recognizing the relationships between Kenya's people, their health, and the sustainable use of natural resources, and acting now, we can keep Kenya on the path to achieve its economic and development goals, and improve the quality of life of millions of Kenyans, while preserving our environment for future generations.

Key Messages Handout

References

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ACKNOWLEDGMENTS

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Discussion Guide

After giving the Kenya PHE ENGAGE presentation, you may have the opportunity to foster/facilitate discussion among the audience members. We encourage you make the discussion specific to using Population, Health, and Environment (PHE) approaches in local communities in Kenya.

Sample discussion questions are listed below:

WHY PHE?

1. Were you aware of the relationship between rapid population dynamics, health, and the environment? What did you learn today about these relationships?
2. Were you aware of the impact of family planning to health, livelihoods, and the environment? What did you learn today about these relationships?
3. How can integrating population, health, and environment approaches improve lives in Kenya? How did the projects that were featured in this presentation help families and communities?
4. What are some of the reasons the Kenyan government may decide to implement the PHE approach instead of single-sector projects?
5. What are some of the benefits of the integrated PHE approach?
6. How do PHE approaches align with larger strategies and frameworks in Kenya and the international community (Kenya Vision 2030, SDGs, etc.)?

DISCUSSION ABOUT POPULATION GROWTH AND DYNAMICS

7. Some people say that a large population can lead to a stronger economy because there are more workers to fill the labor force. After seeing the presentation, what do you think about that argument?
8. Why might a large family size limit a household instead of helping it? After watching the presentation, can you describe how high fertility can contribute to continued poverty for families? For communities?
9. After watching this presentation, are you able to explain how total fertility can affect the environment?
10. How do the environment and natural resources affect migration and settlement patterns of individuals and communities?

DISCUSSION ABOUT HEALTH AND ITS IMPACT ON POPULATION AND ENVIRONMENT

11. What kind of health services could be provided through PHE programs?
12. After watching the ENGAGE presentation, can you explain how poor human health might affect the environment?
13. What impacts might poor health have on a child's future? (Education? Employment? Contributions to household expenses?)

DISCUSSION ABOUT FAMILY PLANNING AND REPRODUCTIVE HEALTH

14. What role does birth spacing play in the health of mothers? Children?
15. After watching this presentation, are you able to explain how fertility affects people's health?
16. Many people have diverse views about family planning and birth spacing. Has this presentation affected the way that you think about the issue? Did you learn anything that makes you think differently about family planning and birth spacing especially as to how these issues affect human health and the environment?
17. How does geographic location (for example, living in a rural area versus an urban area) affect a person's ability to access health care services, including reproductive health care?

18. What are some of the obstacles women, men, and couples face when trying to plan and space their births? How can the PHE approach address these challenges?
19. How might PHE address young people's reproductive health and other health needs?

BENEFITS OF PHE TO NON-PHE SECTORS

20. After watching the presentation, are you able to recall the ways that PHE projects have benefitted people's livelihoods?
21. Did the presentation make a clear link between livelihoods and natural resources?
22. What are the opportunities for PHE to improve livelihood opportunities for young people? How could this contribute to a demographic dividend?
23. What is the pathway through which PHE projects improve food security?

DISCUSSION ABOUT PHE AND SUSTAINABLE DEVELOPMENT

24. After watching this presentation, do you agree that PHE complements Vision 2030? How does PHE address the 10 key sectors in Vision 2030 (e.g. agriculture, tourism, infrastructure, etc.)?
25. How can PHE approaches improve Kenyans' economic well-being? Social well-being? Political well-being?
26. Based on your understanding, how might integrated PHE approaches address the non-health targets in the Sustainable Development Goals (SDGs)?

DISCUSSION ABOUT GENDER AND PHE

27. How do integrated PHE interventions impact women's health? Livelihoods? Empowerment?
28. What are some of the specific benefits to men?
29. Does PHE offer an opportunity for gender equity/equality and women's empowerment? Please describe your ideas.

DISCUSSION ABOUT RECOMMENDATIONS

30. Why is it important to mainstream PHE integration?
31. What can we do to increase funding for PHE integration at the county and national levels?
32. What role can civil society play to mainstream PHE? Which policymakers have a role in mainstreaming PHE integration?
33. What can conservation and environmental organizations do to become more involved in PHE approaches? What can reproductive health care organizations do to become more involved in PHE approaches?
34. The presentation included several actions that were recommended for government and civil society organizations in the conclusion. In addition to those actions, what else do you think you can do, in your personal life or in your job, to support PHE integration? (Encourage people to be specific and feasible in the actions they suggest.)

Frequently Asked Questions

Often, audience members have questions about the presentation. Some of these questions may be specific to the actual presentation (data, pictures, figures, sources of information) while other questions may be related to the content of the presentation.

Below are some frequently asked questions and scripted answers:

QUESTIONS ABOUT THE PRESENTATION

Q. Are the photos and videos in the presentation really of the projects that you are describing?

A. All of the footage in the presentation where we reference a specific project comes from the project community being described.

Q. Have the people in the photographs and videos in your presentation given their consent?

A. We have the legal right to use every photograph and video that was included in this presentation.

Q. Why didn't you show more projects from Kenya?

A. PHE integration has a lot of potential in Kenya, but to date, only a few projects from within the country have documented substantial data and results. One of these projects is Health of People and Environment—Lake Victoria Basin (HoPE-LVB). We hope that with the information provided here, more resources will be invested into developing longer-term efforts for data collection, monitoring and evaluation, and other critical components of measurement and sustainability. Fortunately, other PHE projects around the world have enough data for substantive analysis, upon which we drew for this video. To view more PHE projects from Kenya and around the world, visit: www.prb.org/About/ProgramsProjects/PHE/PHE-activity-map.aspx. This map was created by Population Reference Bureau (PRB) to visually identify and describe current and past PHE integration efforts in developing countries. The projects actively address a component of population and reproductive health in combination with environmental projects and programs. The map is updated regularly. To add a project to the PHE Project Map, please contact africaphe@prb.org.

QUESTIONS ABOUT THE PHE APPROACH

Q. How can the PHE approach bring health services to remote and underserved communities?

A. Health organizations can reach previously inaccessible and underserved communities by partnering with conservation organizations that are more likely to operate in the most remote communities. The existing relationships that the conservation organizations often have with these remote communities may reduce the time required for project start-up. In addition, working with conservation organizations in communities that have not previously had access to family planning can increase social acceptability and communication within communities on the sensitive topics. In areas where open discussion of reproductive health and family planning may be a sensitive topic for religious or cultural reasons, PHE programs provide a broader context for addressing these issues.

Q. Why should these programs take place in rural communities when there are so many people in urban centers?

A. While everyone in Kenya is dependent on natural resources in some way, people who live in rural areas often rely on them as their sole source of livelihoods and sustenance/nutrition. The same groups of rural people are often more vulnerable to extreme weather events, such as floods or droughts. PHE approaches address this vulnerability by trying to bridge gaps in health care and other services that may be more readily available in urban centers, and by promoting uptake of sustainable health and environmental practices.

Q. How can the PHE approach lead to greater involvement of men in health and women in environment and livelihood aspects of projects?

A. PHE projects can increase participation of men and women in sectors outside of those they would traditionally be involved in, increasing the impacts of the projects. Males, who may initially get involved in the program through conservation/natural resource management activities, then gain exposure to the health components of the program. Women and girls initially involved with health-focused activities become involved in natural resource management.

Q. How can the PHE approach help conservation organizations to gain greater community support?

A. The PHE approach allows conservation organizations to build good will by addressing needs that are priorities for communities, including health and livelihoods. Integrated projects are also better able to address priority needs because they are designed to target community concerns in multiple sectors. In return, communities may be more willing to engage in natural resource management activities.

Q. How is the PHE approach more efficient than single-sector projects?

A. Single-sector projects often work with the same community partners without coordinating efforts. A single organization or multiple partnered organizations carrying out a PHE project can coordinate to prevent duplication of efforts and waste of resources, as well as promote interventions that have cross-sector benefits. Using combined teams of PHE specialists (instead of separate health and environment teams) and hosting cross-sectoral events and trainings can reduce the community fatigue that can occur when community leaders are asked to participate in multiple single-sector activities. Although it is difficult to measure the results of these efficiencies, PHE practitioners report that integrated projects help them to use organizational and community time and resources more efficiently.

Q. Why aren't there more PHE projects?

A. Population, health, and environment challenges are connected in communities around the world, but they have not been connected in the areas where PHE projects often begin. Many of the donors who fund development projects are either focused on one sector or have divisions for sector-specific funding. Professionals who plan and run projects are traditionally trained in specific disciplines. Governments have separate departments or ministries responsible for population, gender, health, and environment. Encouraging donors, government decisionmakers, and program planners to support integrated projects and form cross-sectoral partnerships can help spread the PHE approach to more communities.

Q. Why do you focus so much on family planning, when there are so many health issues that communities face?

A. Communities face many important health issues and many PHE projects also focus on water and sanitation and children's health, as well as family planning. But family planning is a cost-effective, proven strategy to improve the lives of families and communities, and an important element of achieving development goals.

Voluntary family planning is important to the PHE approach because of the broad impacts of family planning. When couples are better able to achieve their desired family size, it benefits families' health and well-being, and contributes to better management and conservation of natural resources. PHE initiatives mainly operate in remote and ecologically sensitive landscapes where communities often have the greatest need for family planning. In these areas, population growth can place unsustainable pressure on biodiversity as more land is cleared for farming, waters are over-fished, and natural resources are harvested to support the livelihoods of growing populations.

QUESTIONS ABOUT FAMILY PLANNING

Q. Some people say [family planning | small family size] is just a Western idea being forced onto developing nations by outsiders. What do you think about this statement?

A. Women and couples have the right to decide freely the number and spacing of their children. Yet, 21 percent of married women in sub-Saharan Africa and 18 percent of women in Kenya have an unmet need for family planning, meaning that they want to delay their next birth or not have any more children but are not using any form of family planning.^{1,2} Unmet need for contraception can lead to unintended pregnancies, which pose risks for women, their families, and societies. These can harm economic growth and development for many nations, including Kenya. Article 14 of The Maputo Protocol, developed by African countries through the African Union, supports women's rights stating that "parties shall ensure that the right to health for women, including sexual and reproductive health, is respected and promoted which includes: the right for women to control their fertility; the right for women to decide whether to have children; the number of children and the spacing of children; the right to choose any method of contraception; the right to family planning education; and the right to adequate, affordable, and accessible health services including information, education, and communication programs to women, especially in rural areas."

Q. Some people say that family planning is an instrument of population control to keep poor people from having too many children. What do you think about this statement?

A. We are against population control, and we oppose coercion in reproductive health matters. We want to reduce the number of unintended pregnancies because unintended pregnancies have higher risks of poor health outcomes for mothers and babies. By promoting family planning, we hope that women and couples can choose the timing, spacing, and size of their families, leading to better health and well-being for the family, community, and ultimately the entire nation.

Q. Some people say that women want to have large families. Do many women in the communities in the presentation want to limit the number of children they have?

A. Each woman should be able to make her own decision about future pregnancies. Many women want to avoid a pregnancy but lack access to contraceptive methods. We believe that women want to make the best decision about each pregnancy, for themselves and for their families, and that sometimes that decision is to use family planning to either space or limit the number of children they have. By reducing barriers to family planning, we can ensure that women who want access to family planning are not being denied the right to choose what is best for them and their family.

Frequently Asked Questions References

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Additional Resources

GENERAL RESOURCES

[Population, Health, and Environment e-learning Course \(Population Reference Bureau/The PACE Project\)](#)

This course will introduce learners to the fundamentals of the Population, Health, and Environment (PHE) approach including PHE relationships, the benefits of integration, program considerations, the PHE policy and advocacy landscape, and how the PHE approach can contribute to global development priorities, such as the Sustainable Development Goals and Family Planning 2020 in an efficient and effective way. Learners will also benefit from case examples showcasing these concepts in current and recent PHE projects around the world.

[Population, Health, and Environment Toolkit \(Population Reference Bureau/The PACE Project\)](#)

This Toolkit is designed to host current and high-quality resources for the PHE community and others who are interested in learning more about the PHE approach and integrated development. The overall structure, or taxonomy, of the Toolkit was constructed to provide resources for PHE implementation, policy communications, and advocacy in countries around the world.

[Health of People and Environment–Lake Victoria Basin \(HoPE-LVB\) Toolkit \(Pathfinder International/HoPE-LVB Project\)](#)

The HoPE-LVB toolkit is a unique collection of resources that has been developed to promote “a complete status of well-being” of individuals and families by converging activities related to the three sectors of population, health, and environment. Bridging the gap between these three sectors will create more sustainable programming, encourage more cross-sectoral policies, and address many of the targets of the Sustainable Development Goals.

[Health COMpass Trending Topics: PHE \(Health Communication Capacity Collaborative\)](#)

This website presents a set of materials that shows how practitioners conceptualize and implement PHE integration in the field and what kinds of tools they use at the community level to achieve added value. We encourage you to register on the site and contribute your own project materials or useful tools in order to enrich this collection.

[PHE Activity Map \(Population Reference Bureau/The PACE Project\)](#)

The Policy, Advocacy, and Communication Enhanced for Population and Reproductive Health (PACE) Project at PRB created this interactive map designed to highlight the diverse efforts of organizations working to integrate primary and reproductive health services with environmental conservation and natural resource management projects and programs. The goal of such programs is to meet the health and livelihood needs of remote or underserved populations while ensuring the sustainability of the environment upon which they depend. Viewers can use the map to gain a global overview of PHE efforts, as well as search for activities by country, keywords, and more. Current projects are labeled in green and past projects in purple; smaller pins indicate the project occurs in multiple sites.

[Integrating Population, Health, and Environment in Kenya \(Population Reference Bureau/The BRIDGE Project\)](#)

This policy brief is based on the Kenya PHE Assessment coordinated by the National Council for Population and Development and conducted by the University of Nairobi and the Kenya PHE task force between October 2006 and April 2007. The Population Reference Bureau coordinated a comparative study of population, health, and environment integration and cross-sectoral collaboration in East Africa. Teams from Ethiopia, Kenya, and Tanzania assessed the state of PHE integration in their respective countries, including identifying relevant stakeholders; assessing the policy environment for cross-sectoral collaboration; highlighting the most salient population, health, and environment issues; and describing the current state of integration among projects, programs, and policies.

[PHE Minimum Package of Services \(Lake Victoria Basin Commission\)](#)

Guided PHE Programming is a needed to ensure that integrated services address the needs of communities and gaps in service delivery. The Lake Victoria Basin Commission produced the PHE Minimum Package of Services to provide this guidance. The document is intended for use by communities, local government implementers, and other stakeholders to plan and set priorities for the implementation of PHE activities. It is also a framework for accountability and performance measurement in PHE programming.

RESEARCH

[Family Planning Environmental Sustainability Assessment \(Worldwatch Institute\)](#)

The Family Planning and Environmental Sustainability Assessment a project of the Worldwatch Institute (USA), surveyed the field of health and environmental research for well-documented and evaluated data shedding light on how the use of family planning might relate to climate change mitigation and adaptation, sustainable water supply and food production, the maintenance of biological diversity, the future of forests and fisheries, and more. The assessment examines whether and to what extent global investments in family planning services and removal of barriers to their use can influence environmental trends.

[The Impact of Population, Health, and Environment Projects: A Synthesis of the Evidence \(Population Reference Bureau/The Evidence Project\)](#)

This synthesis report examines and summarizes recent available evidence from integrated PHE projects to document what they are measuring and/or not measuring, assess the current state of PHE project monitoring and evaluation, and identify gaps in evaluation and research for current and future PHE projects. Forty-three documents from 35 projects were reviewed in conducting this synthesis. While some projects began as early as 1992 or as late as 2010, the majority began programming in the early- to mid-2000s.

[Why Population Matters \(Population Action International\)](#)

This report focuses on how population impacts many aspects of our lives, including issues as diverse as poverty, health, education, water, and forests. Population matters even more today because historically high numbers of people are intensifying these impacts on our well-being at a time when the demographic picture of the world is becoming increasingly complex. The report includes a glossary of population terms and explains how and why population matters to a variety of issues, including maternal health, infectious diseases and HIV/AIDS, education and labor, poverty reduction, migration and urbanization, security, food security, climate change, water resources, forests, and biodiversity.

SELECT NATIONAL AND GLOBAL ORGANIZATIONS AND PROJECTS

[Lake Victoria Basin Commission](#)

[Madagascar PHE Network](#)

[PHE Ethiopia Consortium](#)

[Population and Sustainable Development Alliance](#)

[Population and Sustainability Network](#)

[Health of People and Environment–Lake Victoria Basin](#)

[Conservation Through Public Health \(Uganda, Kenya\)](#)

[Tuungane project \(western Tanzania\)](#)

[The Evidence Project. PHE Activity](#)

SELECT BLOGS

[All Access \(PAI\)](#)

[Beyond Conservation \(Blue Ventures\)](#)

[Cool Green Science \(The Nature Conservancy\)](#)

[New Security Beat \(Woodrow Wilson International Center For Scholars, Environmental Change and Security Program\)](#)

[Pathfinder International Blog \(Pathfinder International\)](#)

SELECT WEBSITES

[Advance Family Planning](#)

[Family Planning 2020](#)

[Global Gender and Climate Alliance](#)

[Population Reference Bureau](#)

[The PACE Project](#)

[Population Media Center](#)

[Women at the Center](#)



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