Getting It Right!

Improving Kenya’s Human Capital by Reducing Stunting

Hatukuli tutakacho; Tunakula Tupatacho
In Kenya, malnutrition remains a global challenge; despite global efforts to alleviate hunger and improve nutrition.
Communities in various parts of the country are grappling with issues such as poverty and lack of access to basic amenities. Issues such as the lack of access to nutritious food, lack of family planning practices, and the lack of empowerment of women have become prevalent and threaten the growth and development of children.
“When you talk to communities, they will tell you there are tall and short people in any community, not understanding that some of these short people are short because they lacked proper nutrition within the first 1000 days.”

- KII, Health sector, Nakuru
While members of these communities try as much as possible to make ends meet and lead normal lives; poverty has become the root of many concerns in these communities.
Developing children have high health risks that as a result are a threat to the Country’s Human Capital.
The caregivers in these households are doing the best they can with what they have... it's just never enough.
In urban and peri-urban areas stunting and malnutrition are rooted in cultural issues that affect family dynamics including food choices, cultural beliefs, caregivers, and decision-making processes within the household.
In most cases, the burden of caring for the children rests squarely on the mothers. This has forced most to outsource the care of their children while they go out to find income.
Often times the care is substandard and leads to interruptions in the child’s development. However, daycares have proven to be a promising pathway to a possible intervention.