



# **COMMUNITY HEALTH AND EMPOWERMENT CLUBS IN KENYA**

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# Empowering Villages to Help Themselves

- International development has had limited success due to top-down, western interventions.
  - Don't just send services to a target community. That is a band aid approach, which ultimately fails.
- Instead, sustainable development will work if you **empower villages to help themselves**.
  - Villagers are much more willing to learn and respond to **local change agents**. Locals know the language, customs and are familiar with the villagers.
  - Local change agents will stay for the longer term and provide follow-up to see if household behaviors improve.

# The CHEC Process

- **Invitation.** We have been working in the area for years and villages are asking us to come in and help them out.
- **Approval.** Start by getting approval from village leaders and support from local government to initiate a club.
- **Analytics.** Do a baseline survey of household health and economic conditions. Go to the local health clinic to get admissions data for find out the prevalence of various ailments in a village.
- **Recruit members.** One club member per household / 150 members per village.
- **Learning.** Meet weekly for learning and experiential exercises. Six months of health followed by two and a half months of economic learnings. Use local government expertise for learning when available.
- **Accountability.** Attendance is taken and households are visited to see if learnings have been adopted.
- **Celebrate.** Have a large graduation ceremony with village leaders and government officials.
- **Income Generation.** Health graduates have the opportunity to be involved in income generation groups.

# Empowerment

- Community Health Clubs (Zimbabwe) have focused on improving health behaviors in households.
- We are doing at this, but also looking to enhance “empowerment”
- We believe that we will build social capital through participation in CHECs
  - Increased participation will lead to mobilization and leadership (e.g., community gardens, income generation groups). And increased mobilization will lead to empowerment (women especially).
- Empowerment – control over decisions about their lives at the individual, organizational and village levels.

# Global Health Connections' Teams



**Kisii, Kenya**



**Denver, Colorado**





# Growth of the GHC Management Team

- **2019 (4 people)**
  - Denver (3) – Holly, Blair, Suzanne
  - Kisii (1) – Edward
- **2020 (7 people, CHEC training)**
  - Denver (4) – Holly, Blair, Suzanne, Rotary - Bill
  - Kisii (3) – Faith, Christine, Margaret
- **2021 (11 people, 4 CHECs – Kisii/Nyamira)**
  - Denver (8) – Holly, Blair, Suzanne, Rotary - Bill, Admin – Mimi, Khanh, IT - Jiban, Karishma
  - Kisii (3) – Faith, Christine, Margaret
- **2022 (15 people, 10 CHECs – Kisii/Nyamira & Homabay/Migori)**
  - Denver (10) – Holly, Blair, Suzanne, Rotary - Bill, Admin – Mimi, Khanh, IT - Jiban, Karishma, Mktg – Allie, Sophie
  - Kenya (5)
    - Kisii – Faith, Christine, Margaret
    - Homabay – Cordero, Salome

# GHC Competitive Advantage

- Local expertise
  - College degreed professionals with vast local village connections and experience
    - We are scaling up to Homabay/Migori Counties in 2022 (Luo people).
  - Excellent health and economic experiential education curriculum
- Impact
  - Previous: CHCs measure health improvement at the household level
  - New: CHECs measure **empowerment = f(health, income generation)**
    - We make households accountable for adopting learning
    - Our goal is empowerment and we believe empowerment will come from improved household knowledge of good health and income generation behaviors
- Traditional and non-traditional revenue generation
  - Moving beyond the typical NFP organization reliance on grants and donations
  - Adding small business components (Adopt a Village, honey processing).

# Health Curriculum (23 weeks)

Topic	Homework	Topic	Homework	Topic	Homework
Hand washing	Tippy tap hand washing stations	Management of solid waste	Dig a rubbish pit	Malaria	Bednets and clean compound
Personal Hygiene	Shower shelters	Food Hygiene	Handling foods appropriately	Bilharzia	Avoid playing in contaminated stream
Diarrhea	Washing hands before eating	Home Hygiene	Sweep & clean daily	Malnutrition	Start a kitchen garden
Dehydration	Drink enough water	Respiratory ailments	Warm and well ventilated house	Infant Care and Weaning	Breast feed for at least 6 months
Safe Water and Water Storage	Water catchment; Boil water	Covid	Social distance and mask wearing	Gender-based Violence & Equity	Educate on equality
Zero Open Defecation	Modern, sanitary latrine	Skin Diseases	Wash daily with soap	Teen pregnancy	Changes in bodies
Sanitation	Clean household; Bug and rodent free	Parasitic Worms	Avoid contaminated food and water	Alcohol & Drug Abuse	Mental health



# Model Latrine



BEFORE



COMPLETED



# Model Kitchen Garden: Villagers do the Work





# Analytics

3 Survey Instruments (health, economics, empowerment)  
Baseline, 1 and 2 year Surveying to Evaluate Impact at the Household Level

## Survey 1 - Health Indicators

- Household health
- Water source
- Drinking water – storage and treatment
- Hand washing
- Sanitation
- Body hygiene
- Malaria protection
- Nutrition
- Cooking
- Child care
- Pregnancy

## Survey 2 - Economic Indicators

- Financial literacy
- Managing finances
- Business decision making

## Survey 3 - Empowerment Indicators

- Values and gender
- Household roles
- Partner relations
- Village participation
- Psychology

# Indicator #6 - Hand Washing (5 questions)

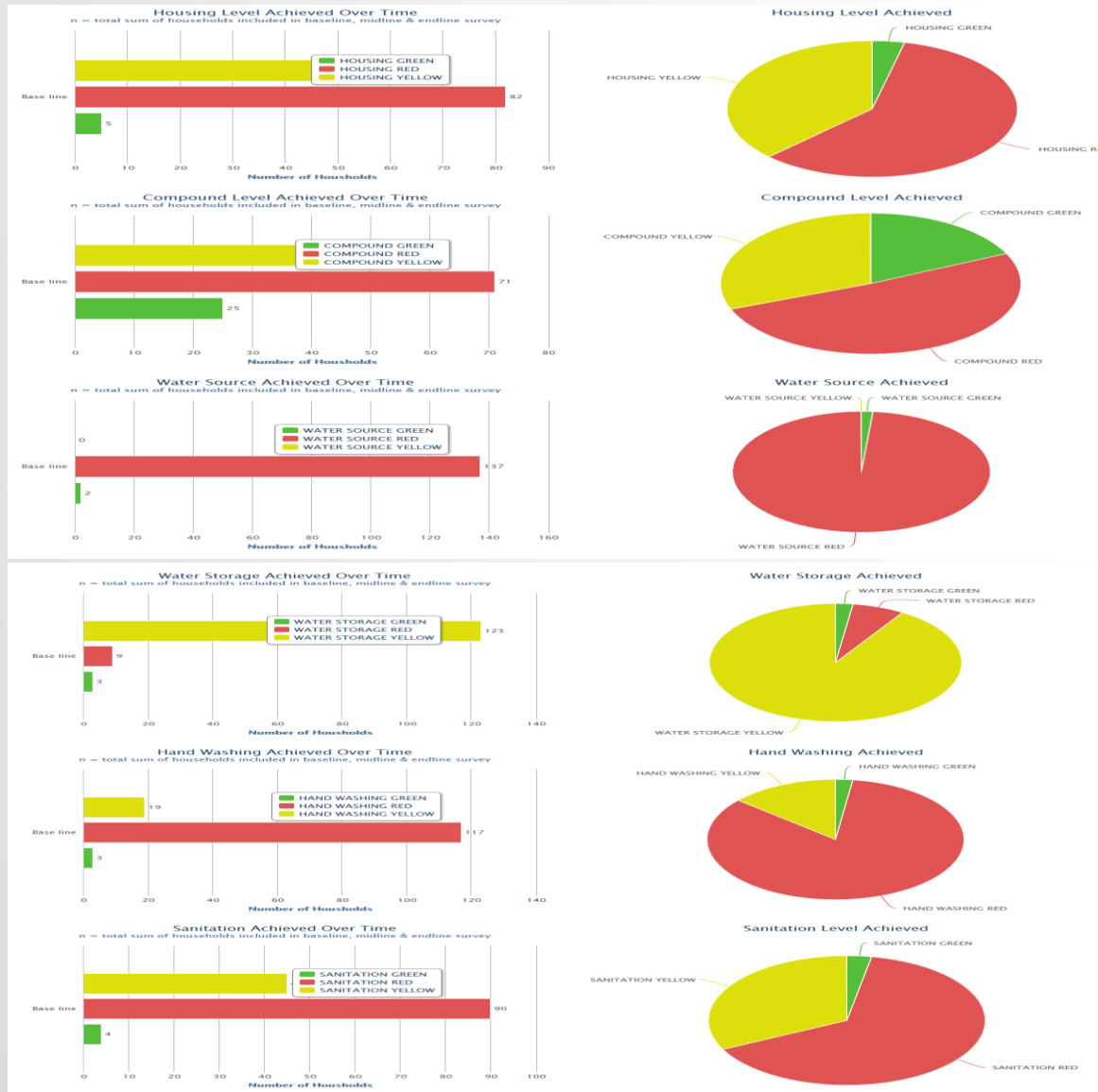
red<=9, yellow>=9 & <=15, green>=15

- **Hand Washing Method** (none, very bad – shared bowl/no soap, poor – reuse of water in bowl/no soap, average – quick wash/soap used, good – hands rubbed well/soap used, excellent – rub each finger for long time and nails/soap used)
- **Place** (no facility, no fixed facility, basin/house, by toilet, by toilet and by kitchen)
- **Design** (common bowl, plastic bowl, jerry can, pour to waste over basin, temporary (tippy tap), permanent (manufactured), step and wash, tap)
- **Availability of soap/ash** (no soap or ash, no soap seen, but they say they use soap, soap/ash avail but not at hand washing facility, ash at hand-wash facility and used, soap at hand-wash facility and used)
- **Usage of hand washing facility - observe** (broken/no water, evidence of use, but not with water, in use/filled with water)

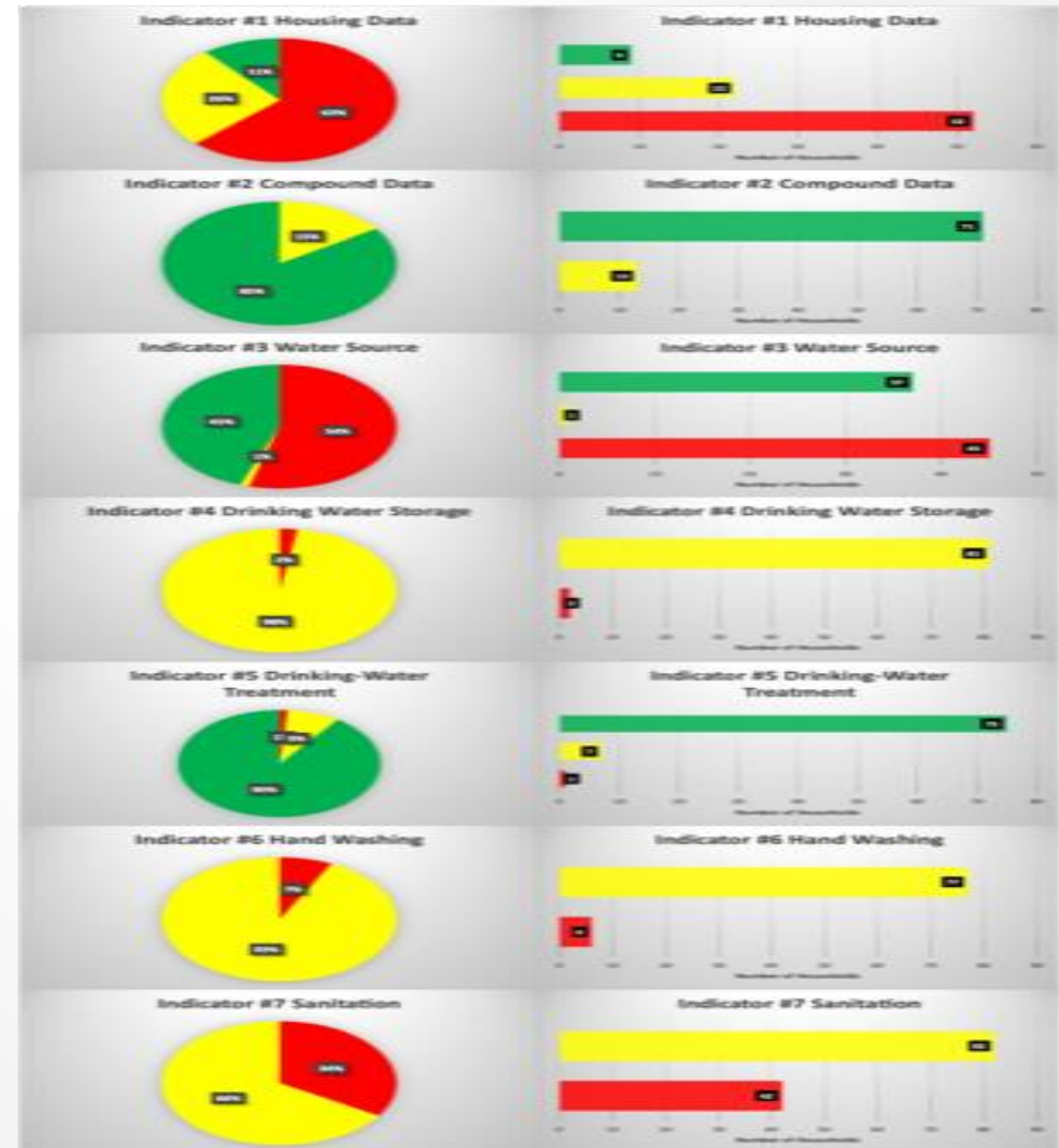
# Hand Washing Method

- **Very bad:** No hand-washing practice
- **Very bad:** shared bowl or used water, no soap
- **Poor:** reuse of water in bowl, no soap
- **Average:** quick wash, soap used
- **Good:** hands rubbed well, soap used
- **Excellent:** rub each finger and nail well, soap used

## Baseline

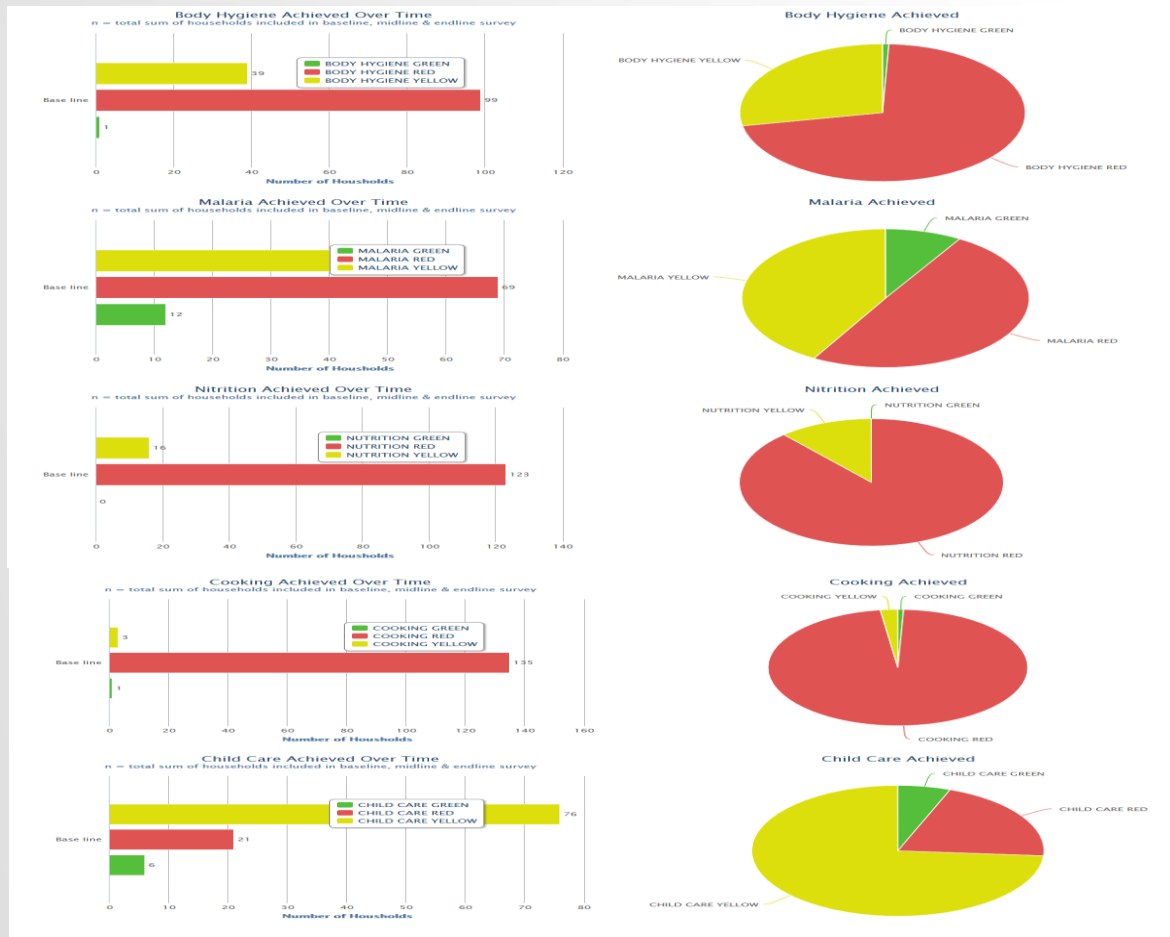


## Post CHEC – 10 Months



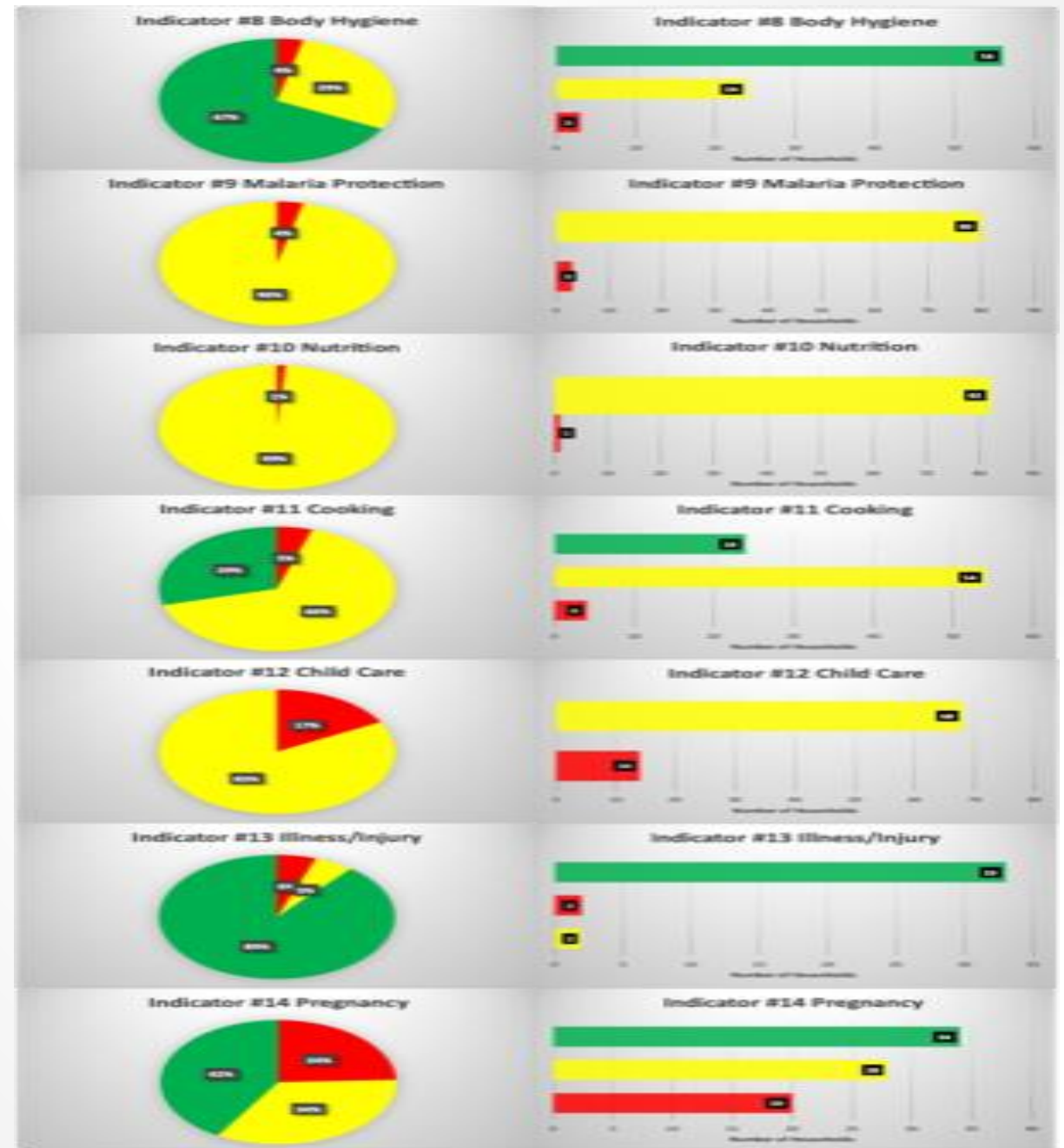
MOKUBA Health Results –  
December 5, 2021





## Results

- Big gains – body hygiene, malaria protection, nutrition, cooking, compound, water source, hand washing
- Smaller change – water storage, housing level, child care



# Economic Empowerment (9 weeks)

Topic	Homework	Topic	Homework
Business Development	What is competitive advantage; SWOT analysis	Growing a Business	Marketing tactics, customer care
Entrepreneurial Behavior	Self reflection and assessment of key characteristics	Costing and Pricing Products	Benefits of costing and pricing
Generate and Fund a Business Idea	Local agricultural opportunities – organic farming, beekeeping, poultry, fruit and nuts	Business Records	Bookkeeping and key records
Business Registration	Basic forms & legal requirements	Microfinance Strategies	Outside speaker and introduction to various local banks



# Bee Hives and Agriculture Income Projects





# Case Study in Tabaka: Teresa

Widower – 60, lives alone

Prior years - 3 children (no prenatal care, abstinence)

Income: very low, “contracts”

Pre-survey: bad malaria episode

CHEC Health Learning: malaria prevention, nutritious vegetables in garden, improved latrine & kitchen, new tippy tap & dish rack

CHEC Economics: disinfection group

Overall: very appreciative of GHC





# Dish Rack, Tippy Tap, Bed Net



New items as a result of CHEC training: outdoor dish rack, tippy tap (hand washing), bed net (malaria prevention)

# Thanks

- [Blair.Gifford@UCDenver.edu](mailto:Blair.Gifford@UCDenver.edu)
- 720-272-4751
- GHC CHEC Video on youtube:  
<https://www.youtube.com/watch?v=leeXOqE0XvM>