Nutrition International has been working closely with the County government of Nakuru since 2017 to help improve the nutritional status of its population through County health systems strengthening and service delivery. Health systems strengthening focuses on improving leadership and co-ordination, advocacy for domestic financing, strengthening data utilization for decision-making, and maternal, newborn, child and adolescent health and nutrition at the county level. The service delivery component focuses on quality delivery, utilization and adoption of proven low-cost, high-impact packages of interventions at the facility and community levels. Planning, implementation, monitoring and reporting of program activities is led by the County Health Management Team (CHMT.) At the sub-county level, the implementation team consists of departmental heads who work closely with the CHMT and community health workers.

Nutrition International supports the Department of Health, with a focus on building technical capacity and creating an enabling environment for improved health and nutrition services, especially for women, children and adolescent girls.

**OUR APPROACH**

Indicators in Nakuru County show that progress has been made in improving the health and nutritional status of the population, but more work is required. Only 48% of pregnant women attend the recommended four or more antenatal visits, and only 69% of women have a skilled birth attendant present for delivery. Rates of stunting and underweight in children under five are 28% and 10% respectively. Nakuru County has committed to improving these numbers. Nutrition International supports the Department of Health, with a focus on building technical capacity and creating an enabling environment for improved health and nutrition services, especially for women, children and adolescent girls.

**NAKURU COUNTY AT A GLANCE**

- Total population: 2,250,367
- Poverty Index: 29.1%
- Main economic activity: Agriculture
- Number of health facilities: 674
## Programs Supported by Nutrition International in Nakuru County

<table>
<thead>
<tr>
<th>Program</th>
<th>Key Result(s)</th>
</tr>
</thead>
</table>
| Maternal, Newborn and Child Health and Nutrition (MNCHN)                | • 60 frontline health care workers trained on Kangaroo Mother Care (KMC) and essential newborn care  
• 2 KMC centres established                                               |
|                                                                         | • 15 mother-to-mother and 15 father-to-father support groups established                                                                   |
|                                                                         | • 70 facility in-charges, community health extension workers (CHEWs) and health managers sensitized on interventions                      |
| Infant and Young Child Nutrition (IYCN)                                 | • 40 CHEWs and 37 Community Health Volunteers trained on the Baby Friendly Community Initiative                                              |
| Vitamin A Supplementation (VAS)                                        | • Support for the implementation of Malezi Bora (Child Health Days)  
• Improved technical capacity of 50 health care workers to scale up VAS coverage through routine supplementation |
| Nutrition Education and Weekly Iron Folic Acid Supplementation (WIFAS) for Adolescent Girls | • 117,000 adolescent girls reached with WIFAS and nutrition education  
• 197,000 adolescents reached with nutrition education  
• 70 sensitization and community sensitization meetings held  
• 30 Trainers-of-Trainers trained  
• 2,470,692 WIFAS tablets procured targeting 920 schools                  |
| Advocacy for Budget Allocation for Nutrition                           | • Supported development of the Annual Work Plan (2019-2020)  
• Established County Anzilisha Implementation Team for health leadership                                                 |

## About Nutrition International

Founded in 1992, Nutrition International is a global organization dedicated to delivering proven nutrition interventions to those who need them most. Working in partnership with countries, donors and implementers, our experts conduct cutting-edge nutrition research, support critical policy formulation, and integrate nutrition into broader development programs. Since 2006, Nutrition International Kenya has worked with government (national, and sub national) to support research, policy development and implementation of nutrition interventions. [www.NutritionIntl.org](http://www.NutritionIntl.org)

## Contacts

Nutrition International Kenya Country Office  
Avenue 5, 1st Floor, Rose Avenue, Off Lenana Road, P.O. Box,  
22296 – 00505 Nairobi, Kenya  
T +254 709638000  
Email: mikenyamicronutrient.org