Name of the Community Establishment Identity

=Health Basics and Nutrition Services=

P.O BOX 102571-01001, Nairobi County, Kenya

Email:florrenxy@yahoo.com

PROJECT LOCATION: Starehe

PROJECT TITLE: Nutrition and Health education and awareness project

PROJECT COURSE DURATION: 12months renewable

PROJECT COUNTY/ AREA: Nairobi District

PROJECT ESTIMATED COST:

PROJECT CONTACT PERSON: Florence .A. Owuor

+254 (0) 727134105 or +254 (0) 735565662

PROJECT CONCEPT FORWARDED TO: global hands partnerships network

1.01- PROJECT INTRODUCTION:

Health basics and nutrition services were developed by a group of young professionals to respond to the plight of the Kenyans suffering from the various nutritional related diseases.

It was spearheaded by the nutritionist who wanted to respond to empower persons with knowledge and skills to become fully integrated members of a healthy lifestyle.

Currently the project has served 1500 persons since its establishment though we would have wished to serve more but due to financial constrains it couldn’t have managed.

The project targets HIV infected persons, malnourished children, orphans, pregnant and lactating mothers and adults who are at risk of suffering from non-communicable diseases.

The ignorance level among majority of Kenyans and lack of concern on health related issues, poor feeding habits, physical inactivity, obesity has contributed to the high prevalence rate of the lifestyle diseases especially diabetes, hypertension and various types of cancers.

These diseases have taken toil on parents and guardians hence increasing the number of mortality rates in the country. These has seen children becoming orphans, country productivity levels being affected and reduced work out put at work places due to frequent absenteeism of the employees, low self esteem and unhealthy.

The HIV infected persons face stigma and discrimination in the community hence making it difficult to seek treatment at earlier stages so that the diseases is arrested earlier, this is very detrimental as some lose their lives, leaving children behind with no one to care for them hence making most to turn into street children. These children need to be cared for and their parents given standard nutritional care and attention to prolong their lifespan.

The current constitution demands that everyone has got a right to life, quality health care and quality education to better and improve their lives at whatever cost. With this project, we want to make sure that people’s lifestyles are improved if not made better.

Our targeted beneficiaries are the HIV infected persons, orphans and those suffering from diabetes, hypertension and cancer.

We look forward to rejuvenate the community education program and to spread our services across the country for the benefit of all the Kenyans.

1.02- PROJECT EXECUTIVE SUMMARY

The health basics and Nutrition Services will dedicate most of the resources for the benefit of the orphaned children left as a result of HIV/AIDS, Cancer, Diabetes among other diseases and the rest of the community members who wish to live a healthy life.

Our proposed concept is addressing the effects of HIV/AIDS, Diabetes and cancer that is why it is very important to mitigate their effects as the mentioned diseases go hand in hand.

Nutritional care and support will be given and additional attention to the children who are infected or affected in one way or the other.

The organization shall collaborate closely with other stakeholders within the community including the government with the view to mobilize for community resources for the benefit of improving health status of all Kenyans.

It is so disappointing to watch people lose their lives as a result of ignorance and lack of awareness and sensitization on the core issues of health. HIV related diseases also being on the rise making them have low self esteem and very low motivation.

Diabetes, hypertension and cancer have also been on the rise hence contributing to the prevalence rates within the country. Overall prevalence rate of the diseases being 13%, in the urban level being 20% and in the rural area having a prevalence rate of 10%

1.03-PROJECT PURPOSE

The project will use all network and connection at its disposal to make sure that the orphaned children as a result of HIV/AIDS and other lifestyle diseases especially cancer are taken care of and those infected with these diseases get quality health care services.

This will call for concerted effort from the community and major players both local and international in focus.

Consistent nutrition education and support through supplementation will be supported alongside provision of quality health sensitization and awareness by doing diseases screening regularly.

The community service delivery teams like nutritionist, community health workers, nurses and clinical officers will be trained to provide educational and medical support for all those infected or affected with diseases.

The aspect of community food security will be adopted and addressed with the secured financial support from well wishers and donors.

The E-learning materials will be developed and provided in this community educational concept.

1.04- PROJECT MISSION

To offer quality health service to all persons to enable them overcome nutrition related problems and empower them with knowledge and skills to become fully integrated members of a healthy lifestyle.

1.05-PROJECT VISION

To have a disease free society through early detection by regular screening of diseases, nutritional assessment, nutrition education and diet interventions towards achieving healthy lifestyle and productive country.

1.06-PROJECT CURRENT ACTIVITIES

**Main Activity**: Food security and conducting series of nutrition activities

Provision of education and training to the community

Health and medical activities especially doing screening for the following diseases: HIV/AIDS, Diabetes, Hypertension, prostrate and cervical cancer screening.

Community development through capacity building, community training and var various support services

HIV/AIDS awareness and sensitization for the community members

1.07-PROJECT INDICATORS

The project indicators shall reflect the kind of tangible activities with the affected or infected persons together with the community at large.

The number of HIV infected persons enrolled in the nutrition education and support program.

The type and quantity of E-learning materials to be used during the training and education sessions e.g posters, flip charts etc

Activity photos for display for the community members to see for purposes of motivation together with the partners.

The number of health staff to participate in the project activities with their specific roles.

The project social network for connections e.g websites, blogs, facebook, twitter etc

The number of diabetic and hypertensive cases handled and enrolled into nutrition care process

Number of training sessions held for those HIV/AIDs infected persons on nutrition and health issues

Attendance rate of the health awareness and sensitization activities carried out within the community.

Number of persons screened for various lifestyle diseases including HIV/AIDS.

The screening equipments to be used during the screening activities

1.08-PROJECT METHODOLOGIES/STRATEGIES

This being a health and nutrition development project screening and educational equipments and materials will be needed for easy learning.

The project will adopt training as a tool for advancement of the project goals.

Production of periodical newsletters and publications for marketing of the project objectives

Holding seminars and workshops for staff at various institutions and to the rest of the community at large

Introduction of nutrition education into the school education curriculum through the ministry of education

Community awareness and sensitization on HIV/AIDS will be given great concern and attentions alongside other nutrition related diseases.

Collaborating and networking with other stakeholders in achieving the project goals for a better productive country.

1.09-PROJECT MONITORING/EVALUATION

This project will be monitored through daily reports, weekly summaries, monthly reports, community project spot check, observations, education and work productivity improvement, group photography, and social network updates.

10.1-PROJECT EXPECTATIONS/ OUTCOMES

We expect that the concept of this project will be given due priority for it to succeed.

The project nutritionists expect that all the infected and affected persons will implement what they have learned from the trainings and seminars held.

The prevalence rate of stigma and discrimination associated with those infected with HIV/AIDS will reduce by 50%

The project will be successful and will not have any interruptions of any kind.

People will improve their feeding habits by inculcating good nutrition habits in order to improve their nutrition status.

Food security levels will be improved by 40% at the end of the first year of the project making Kenyans being food secure.

There will be reduction of the prevalence rates of the lifestyle diseases including HIV/AIDS infection, diabetes, hypertension and cancerous diseases by 50%.

There will be increased economy and country’s productivity levels by 50% as more employees will be free from various diseases and infections. Healthy employees are happy employees.

The mortality rates will be reduced by 40% and peoples life longevity increased by 60%

10.2-PROJECT FUTURE PLANS

The community project plans to develop a community nutrition centre for all malnourished children and adults within the community.

To invest more into food security initiatives to support the project ventures

To invest in a comprehensive care centre fully equipped with drugs, equipments and fully trained staff to offer quality health care services.

To have a fully fledged home for malnourished and HIV infected children within the community.

To have a fully fledged nutrition centre offering quality and affordable nutrition services to all regardless of their social or ethnic background.

To have enough funds and resources from sponsors and well wishers to enable the project provides long term employment opportunities for the unemployed young professionals.

10.3-PROJECT CHALLENGES

This community project is faced by the following shortcomings:

Inadequate resources i.e shortage of funds, shortage of training and educational materials

Inconsistency of the project activities due to shortage of funds which affects the activity out comes.

Lack of adequate personnel to carry out different roles during the health awareness and sensitization activities

In consistency of conducting health and nutrition awareness campaigns hence making the level of nutrition related diseases being on the rise.

Resistance towards change and high rates of ignorance levels on health related issues.

Difficulty in transporting participating personnel, tools and equipments to be used in the event.

10.4- PROJECT STRENGTHS TO BOOST THE PROGRAMME

Employment of qualified, trained and registered personnel

A group of professionals acting together in team work, and responsible to the wider community

The available members of staff are agents of change and innovation while they foster trust and always professional.

Experienced, self motivated and reliable health workers ready to improve peoples health.

Knowledgeable, skilled and competent staff ready to deliver amidst all odds.

10.5-PROPOSED PROJECT WORK PLAN 2014-2015

Community

Provision of informative handouts

Provision of stationeries

Development of community resource center for information technology@500,000 once

Support for community HIV/AIDS trainings and nutrition seminars and workshops

Nutritionists, community health workers, nurses and clinical officers support

Purchasing of HIV/AIDS, diabetes, hypertensive and cancer screening equipments and tools

Provision of community revolving loan fund targeting infected women and those without jobs

Food security support for those households facing food insecurity