

# WORLD HEALTH DAY 2023

Community Health Outreach in Maina Village, Laikipia County



Pathways Policy Institute



On April 9th, 2025, Pathways Policy Institute, in collaboration with the Health NGOs Network (HENNET), Inerela+Kenya, the Laikipia County Department of Health, DKT and the National Syndemic Disease control council commemorated World Health Day through a vibrant, community-centred health outreach and advocacy event held in Maina Village, Laikipia West. Under the theme "Afya kwa Wote – Healthy Beginnings, Hopeful Futures," the event brought vital health services closer to the people, offering free screenings for both communicable and non-communicable diseases, general health check-ups and consultations, blood pressure monitoring, as well as antenatal and postnatal care. Children and expectant mothers received immunisations, while community members also accessed maternal health consultations, a range of family planning and reproductive health services, cervical and breast cancer screening, STI and HIV testing and counselling, along with health education and awareness sessions.

## OUR HEALTH, OUR WEALTH

Beyond service delivery, the event strategically engaged county health leadership as part of an advocacy push to reinforce the importance of strengthening Primary Health Care as a pathway to achieving Universal Health Coverage in Laikipia.

Like many rural areas in Kenya, Maina Village faces persistent healthcare access barriers, ranging from geographic isolation and out-of-pocket expenditures to under-resourced health facilities. Despite Laikipia's maternal and neonatal indicators showing better outcomes than national averages, they remain significantly above the SDG targets. This outreach served as both a service delivery mechanism and a platform for policy advocacy and social accountability.

The main objective of the day was to showcase effective PHC models through direct service provision, promote awareness and accessibility of Primary Health Care services, encourage community involvement in demanding better healthcare systems, and mobilise commitments from county leaders to improve health systems in the county.





Behind every statistic in healthcare access lies a human story. Laikipia County, with its projected population of 592,318 (2022), faces significant healthcare challenges that disproportionately affect rural communities like Maina Village, which has a population of approximately 129,263. For many residents of Maina Village, these stories often involve difficult choices between seeking medical care and meeting other basic needs.

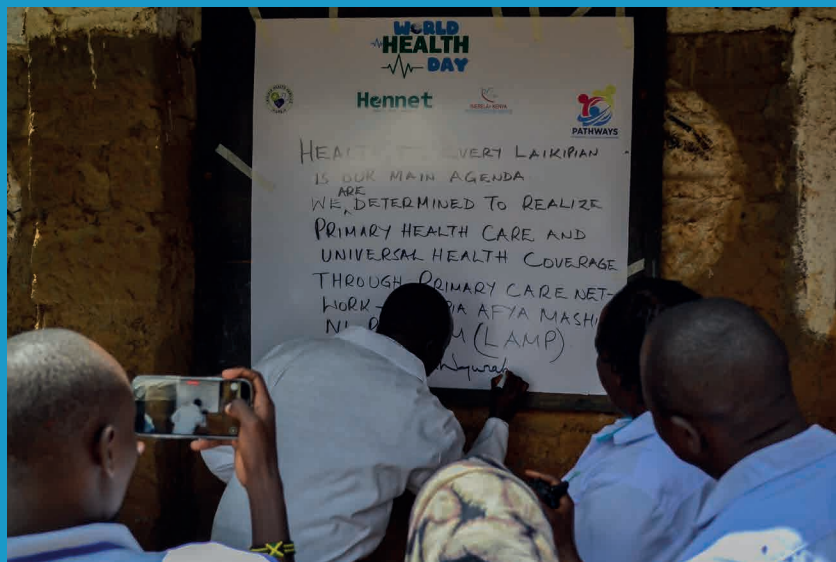
Therefore, when Community Health Promoters shared information that a health outreach would be taking place, many residents turned up on the main day even before the various service stations had been fully set up. This early turnout was a clear indication of the community's eagerness to access healthcare services. As the crowds continued to pour in, it became evident that a majority of attendees were from the older generation and mothers with infants. It was also noteworthy that there is a general lack of awareness and understanding within the community about how the referral system operates, resulting in individuals either not seeking care at all or doing so inappropriately and too late. As the services progressed, it was continuously emphasised that the Maina Village facility, currently classified as a Level 2 facility, needs to be upgraded, or alternatively, that a new Level 3 facility should be established to create a functional referral pathway and enhance access to intermediate care.

The day was further energised by a presentation from the youth of Maina Village, who used dance as a tool to mobilise more crowds, especially their fellow young people, to access the health services. This creative engagement not only added vibrancy to the event but also encouraged youth to come forward and seek services, including those related to sexual and reproductive health and rights, among others. It also provided an opportunity for them to interact with the County Executive Committee Member (CECM), signalling a positive shift towards making health facilities more inclusive and accommodating for young people. From this PPI was able to distribute 146,456 condoms to the Maina youth, courtesy of DKT and the National Syndemic and Disease Control Council.





The outreach concluded with speeches and commitments from key stakeholders, including the County Executive Committee Member Dr. Albert Taiti, who stated, "Health for every Laikipian is our main agenda. We are determined to realise primary health-care and universal health coverage through the Primary Healthcare Network, Laikipia Afya Mashinani Program (LAMP)." He further delivered a health promotion talk using the NEWSTART mnemonic, nutrition, exercise, water, sunlight, trust in God, air, rest, and temperament to emphasise simple, holistic health principles for the Maina community.



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<https://www.facebook.com/share/p/1FVnWPHi19/>



<https://www.kbc.co.ke/health-camp-brings-relief-to-maina-slum/>



# SERVICES OFFERED



**This outreach clearly demonstrated how community-led health interventions can bridge service gaps and stimulate political will for lasting health reforms.**

**The high turnout and range of services provided underscored the urgent need for replicable, cost-effective PHC models in underserved areas.**

**The event reinforced the collective call to action: that nobody in Laikipia or Kenya should suffer or die from preventable health conditions. The outreach laid strong groundwork for sustained improvement in primary health outcomes by directly linking service provision to advocacy.**

**Our Health is our responsibility.**