



WORLD ENVIRONMENTAL HEALTH DAY 2024 BRIEF- MAVOKO SUB COUNTY, MACHAKOS COUNTY

24th-26th September, 2024

Activity Report

TABLE OF CONTENTS

TABLE OF CONTENTS	2
1.0 INTRODUCTION	3
1.1 Preamble	3
1.1 Background	3
1.2 Planned Activities	3
2.0 ACTIVITIES.....	4
2.1 Blitz activities in shopping malls- 24 th September 2024	4
2.1.1 Wellness Checks	4
2.1.2 Food Quality.....	4
2.2 Health Facility WASH Assessment- 25 th September 2024	5
2.3 World Environmental Health Day- 26 th September 2024.....	5
2.3.1 University Health Facility WASH Assessment	5
2.3.2 Mini Procession & Tree Planting	6
2.3.3 Career Guidance & Mentorship.....	6

1.0 INTRODUCTION

1.1 Preamble

The World Environmental Health Day as declared by the International Federation of Environmental Health (IFEH) is commemorated every 26th September to raise awareness on the continuing threats to human posed by pollution, climate change, industrialization, urbanization, globalization and poor sanitation, to recognize the dedication and work of environmental health professionals and educators around the world and to promote improve the quality of the natural environment, air, water, food, housing and communities.

The theme for this year, ‘Creating resilient communities through Disaster Risk Reduction and Climate Change Mitigation and Adaptation’ focuses on the need to address both climate change and disaster risks related to Environmental Health.

1.1 Background

In commemorating this year’s event the Sub-County Public Health Office organized a series of activities geared towards creating awareness on environmental health and the role of environmental health professionals as key stakeholders in Public Health.

1.2 Planned Activities

1. Blitz activities in shopping malls
2. Health Facility WASH
3. Career guidance and Mentorship

2.0 ACTIVITIES

2.1 Blitz activities in shopping malls- 24th September 2024

Blitz activities were conducted with the aim of raising awareness on environmental health and the role of environmental health practitioners in safeguarding the health of the population. These were carried out in key shopping malls in the sub-county namely Gateway Mall, Quickmart- Mlolongo and Signature Mall.

2.1.1 Wellness Checks

The office engaged the Sub County NCD Coordinator and Community Health Promoters in providing screening services i.e. Hypertension, Blood Sugar and Body Mass Index. Attended clients were also advised on the importance of good health practices such as proper nutrition and active lifestyle. A total of one hundred (108) clients were screened.



2.1.2 Food Quality

Sensitization on food quality were done emphasizing on the role of consumers in food safety. This included;



- Physical assessment of food items such as packaging, expiry dates, colour, suspended matter
- Labelling requirements
- Relevant fortification for various food items
- Storage requirement
- Allergens in food and allergen declaration on packaging
- Trace and recall procedures for unwholesome foods

2.2 Health Facility WASH Assessment- 25th September 2024

Strengthening the capacity of local health systems to respond to environmental health threats caused by climate change involves improving Water, Sanitation & Hygiene of health facilities.

In this regard, two (2) day Water, Sanitation and Hygiene (WASH) assessment was conducted in two (2) key Level IV health facilities in the Sub County-a public health facility and a private health facility namely Athi River Level 4 Hospital and Shalom Community Hospital.

The team led by the Sub County WASH Coordinator used WASH FIT, an improvement tool that is geared towards helping health care facility staff and administrators to prioritize and improve services. WASH services strengthen the resilience of health care systems to prevent disease outbreaks, allow effective response to emergencies including natural disasters and outbreaks and bring emergencies under control when they occur.

2.3 World Environmental Health Day- 26th September 2024

The day was marked at **Daystar University** on **26th September, 2024** to offer career guidance to Daystar University Environmental Health Students. Other activities undertaken included:

- WASH assessment of the institution's Health facility
- Mini-Procession
- Wellness Checks
- Tree Planting

The event drew participation of the Institution's Environmental Health Students and other affiliated courses, the Environmental Health Department Lecturers, Machakos County Public Health Department Representatives, Mavoko Sub County Public Health Officers, Environmental Health Officers in private practice and a representation from the Kenya Environmental Health and Public Health Practitioner's Union.

2.3.1 University Health Facility WASH Assessment

This was conducted under the guidance of the Sub-County WASH Coordinator. A comprehensive inspection of the facility was conducted to establish the WASH status of the facility as well as sensitize staff on areas of WASH interest. The office also took the opportunity to train Environmental Health Students on Sanitary Inspection of health facilities.



2.3.2 Mini Procession & Tree Planting



A mini procession was done within the university premises as part of the awareness campaign.

As tree planting is considered one of the simplest and effective ways of tackling climate change caused by green house emissions, the team took the opportunity to plant fruit trees within the university premises.

A total of 30 seedlings were planted.

2.3.3 Wellness Checks

These Hypertension, Blood Sugar and Body Mass Index checks. This was done coordinated by the Sub County NCD Coordinator assisted by two (2) Community Health Promoters. Attended clients were also advised on the importance of good health practices such as proper nutrition and active lifestyle. A total of twenty six (26) clients were screened.

2.3.4 Career Guidance & Mentorship

The day culminated with the career guidance & mentorship session for Environmental Health Students. Various speakers delved on career opportunities available in Government and private sector, Health Research and Development, Community health services, Public Health Law enforcement and Beyond Public Health-other Public Health opportunities.



In the spirit of this year's theme the session also highlighted the role of Environmental Health Practitioners in creating resilient communities through disaster risk reduction & climate change mitigation initiatives.



Key Lessons Learnt and take aways:

- In future, there is need to start planning early enough to secure the required resources
- Incorporating the relevant disaster risk reduction and climate change mitigation initiatives in all activities based in health facilities, Communities and Schools
- The need for conducting continuous career guidance and mentorship sessions in schools and colleges to enhance the scope and practise of Environmental Health
- The need for capacity building Public Health Officers in the County on the current practices to enable them respond effectively to Environmental Health Risks
- The County to invest in Environmental Health Initiatives including research in areas such as air pollution, disease vectors, and food safety

In Appreciation:

County Government of Machakos, Daystar University, KenMeat EPZ Limited, Insta Products EPZ Limited, Winnies Pure Health Products Limited, Bett Co. K Limited, Sueng Enterprises Limited, Afri-China International Ltd, Banbros Limited, Elite Offset Limited, Lancee Limited, Sahal International Trading Limited, Elex Products Limited, Ufresh Enterprises Limited and Plessay K Limited.



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