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## EXPLORING THE IMPACT OF LARGE-SCALE PLANETARY HEALTH CHALLENGES ON POSITIVE COMMUNITY HEALTH IN KENYA

**Planetary Health Annual Meeting 2022**

In Partnership with



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## What is STEMA?

- STEMA is a not-for-profit organisation pioneering new approaches to community health and sustainable development
- We work to innovate community health approaches, to allow communities in low-resource settings to crowdsource information about planetary health.



Systems Thinking

Resourcefulness

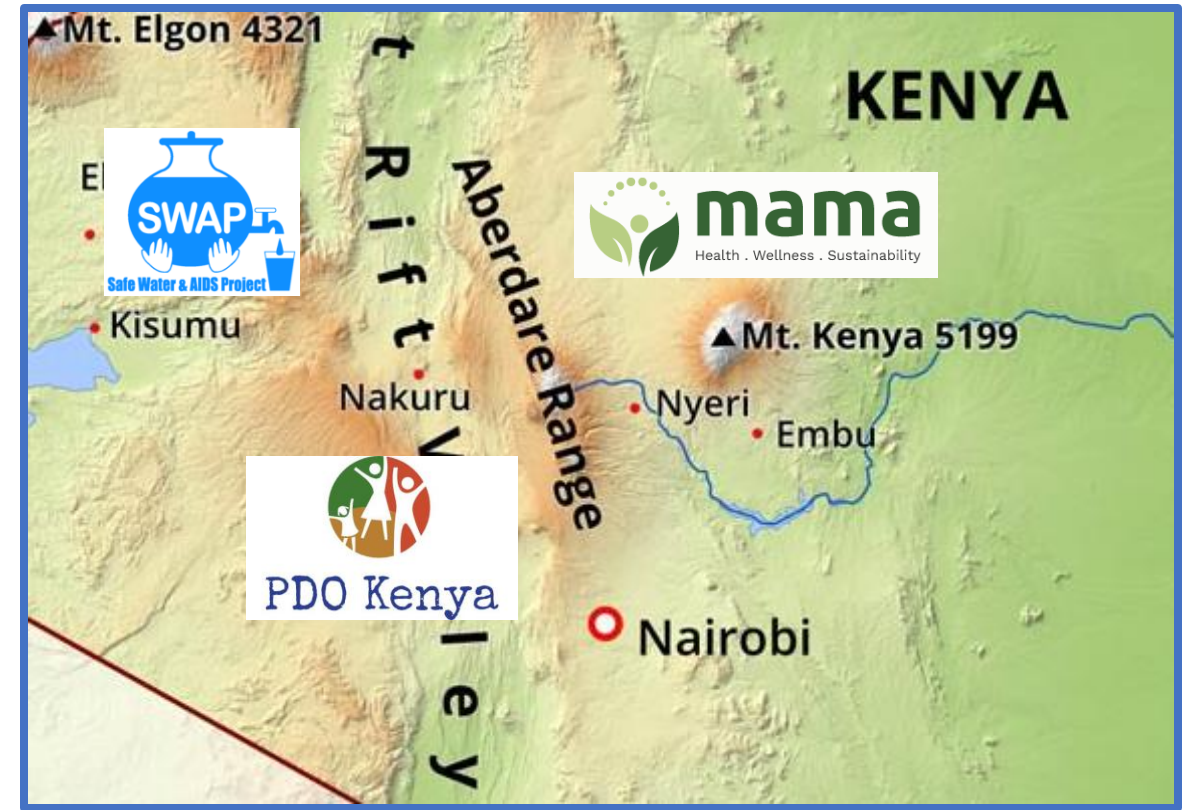
Decision Making

Participation

Data Innovation

Community Led Research

- ✓ In Kenya we are co-leading a research project to enhance community resourcefulness and to define community positive health and the systems of resources that support this.
- ✓ Through a multi-site research project, we worked with different groups of community members across three diverse field sites in Baringo, Siaya, and Nakuru counties.



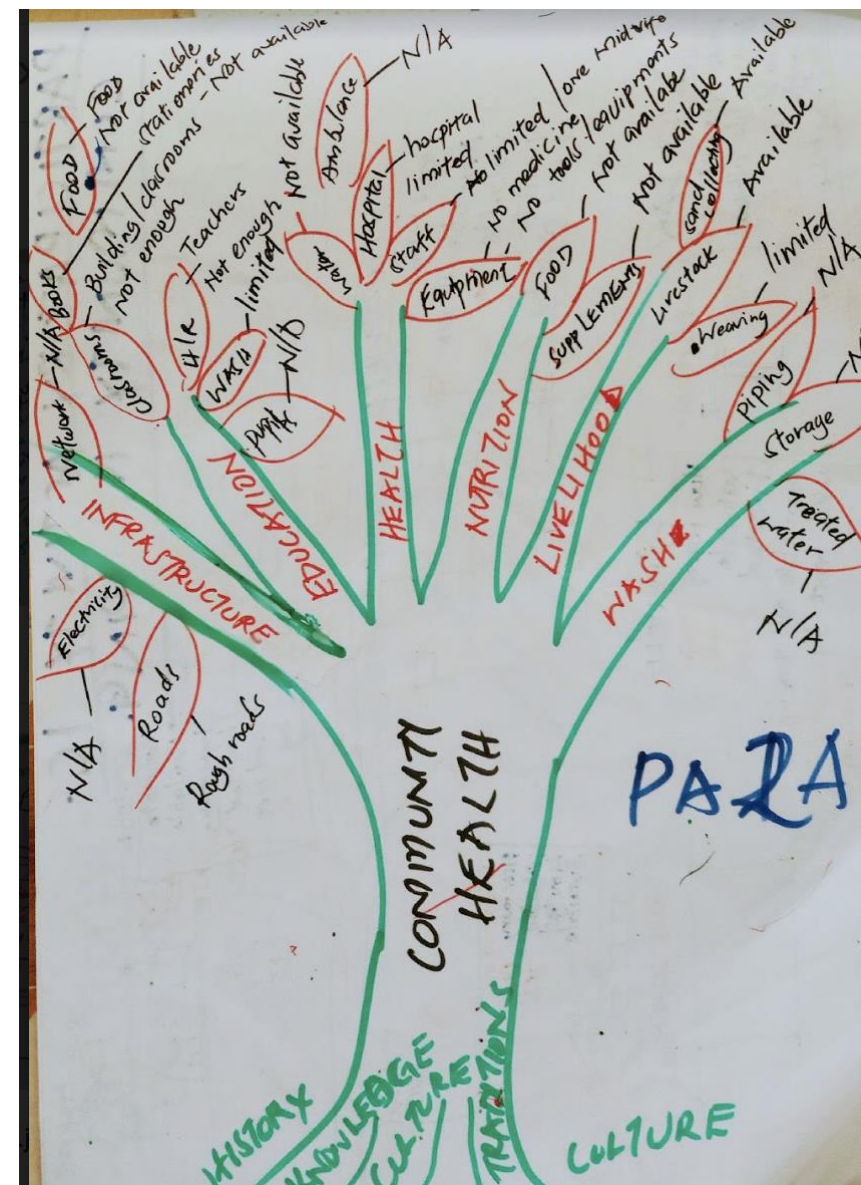
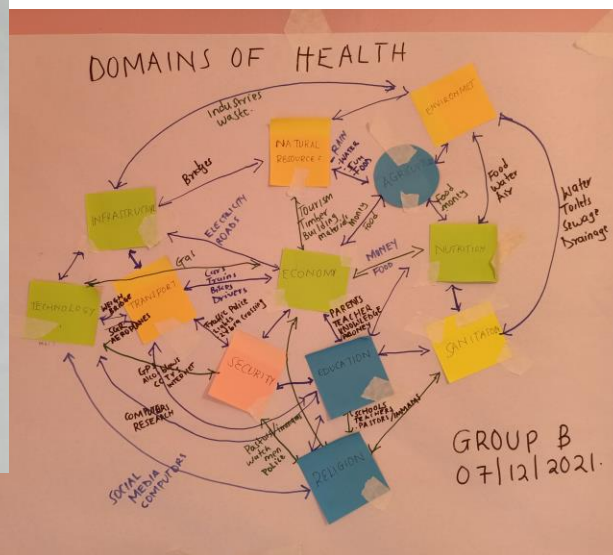
<https://mamacbo.org/>

<https://www.pdokenya.org/>

<https://www.swapkenya.org>



We used a systems thinking approach and a mixture of qualitative (78 focus discussion groups), participatory (67 activities, such as cognitive mapping, community timelines, tree diagrams, patient journeys, and walking interviews)



- ✓ Preliminary research findings identified the building blocks of community positive health and how communities leveraged these building blocks into a functioning community-level system.
- ✓ Community positive health, community identity and vision were described as strictly interdependent with a complex network of natural resources and affected by their depletion.

*"If the environment is unclean, health will be negatively affected"*



- ✓ Community positive health was described as more pronounced in the past when natural resources were available.

*“Population was less back then; hence the resources available were enough for everyone. Environmental pollution was less, leading to a healthy community. There was enough rainfall to promote agricultural activities”*

*“They valued trees a lot and took care of the environment. Rivers were many and clean back then. They knew the importance of taking care of the environment”*

- ✓ Findings also indicated that one of the greatest planetary health challenge was climate change, associated with droughts, floods and natural resource degradation, hampering the communities’ journey to positive health.



*“It hasn’t rained this year, the seasons have changed...sometime back, we used to plant crop once, and nowadays we do it twice. It is also difficult to predict the best month to get good harvest. You find that if you do it early enough you do not get good harvest and if you do it late, you also do not get”*

LAND MISUSE  
OVERFISHING  
SANITATION  
WATER  
WASTE  
BIODIVERSITY LOSS  
CLIMATE CHANGE  
URBANISATION  
FOOD INSECURITY  
INFECTIOUS DISEASES  
DEFORESTATION  
RESOURCE EXPLOITATION



- ✓ These preliminary results show that large-scale planetary health challenges reach small-scale community systems of positive health.
- ✓ Communities provided information-rich insights on how their systems of positive health have become steadily impacted over recent decades by local environmental and climate changes.
- ✓ Planetary health concepts and challenges shape community positive health, identity and vision, by limiting the availability and agency over natural resources.
- ✓ Findings will be refined in a further stage of research to co-produce a pilot-tested, validated toolkit to enable resourcefulness-based approaches to community planetary health.





Thank you for listening.

To find out more:

[www.stema.org](http://www.stema.org)