



REPUBLIC OF KENYA

MOUNT ELGON

**DISTRICT STRATEGIC PLAN
2005 - 2010**

**for
IMPLEMENTATION OF THE NATIONAL POPULATION
POLICY FOR SUSTAINABLE DEVELOPMENT**



National Coordinating Agency for Population and Development

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National Coordination Agency for Population and Development
Ministry of Planning and National Development
Chancery Tower – 4th Floor
Valley Road at 5th Ngong Avenue
PO Box 48994-00100 Nairobi
Tel 254-20-271-1600/01
Fax 254-20-271-6508
Email ncpd@skyweb.co.ke

Review, Editing and Design:

Robinson Kahuthu, Thomas Muchoki, Catherine Nyaga
HSK Consulting Ltd
Summit House University Way
PO Box 530 Nairobi 00618
hskkenya@netscape.com

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List of abbreviations

AIDS	Acquired Immuno Deficiency Syndrome
ACK	Anglican Church of Kenya
CBO	Community Based Organization
DACC	District Aids Control Committee
DAEO	District Agriculture Extension Officer
DATO	District Applied Technology Officer
DCO	District Children Officer
DECO	District Environment Conservation Officer
DEO	District Education Officer
DFO	District Forest Officer
DHEO	District Health Education Officer
DHMT	District Health Management Team
DIDC	District Information and Documentation Center
DIO	District Information Officer
DMOH	District Medical Officer of Health
DPO	District Population Officer
DPHN/O	District Public Health Nurse/Officer
DPM	Directorate of Personnel Management
DP&HC	District Population and Health Committee
DSDO	District Social Development Officer
DSO	District Statistical Officer
DSP	District Strategic Plan
DTDO	District Trade Development Officer
DWO	District Water Officer
FBO	Faith Based Organizations
FGM	Female Genital Mutilation
FIDA	Federation of Kenya Women Lawyers
FPAK	Family Planning Association of Kenya
GOK	Government of Kenya
HIV	Human Immuno Deficiency Virus
IEC	Information Education Communication
IGA	Income Generating Activities
KDHS	Kenya Demographic and Health Survey
KSPA	Kenya Service Provision Assessment
LT/MT/ST	Long Term/Medium Term/Short Term
MCH/FP	Maternal and Child Health/Family Planning
MENR	Ministry of Environment and Natural Resources
MOA	Ministry of Agriculture
MOE/MOEST	Ministry of Education/Science and Technology
MOH	Ministry of Health
MOHA	Ministry of Home Affairs
MOV	Means of Verification
MPND	Ministry of Planning and National Development
MYWO	Maendeleo Ya Wanawake Organization
NACC	National Aids Control Council
NASCOP	National AIDs & STDs Control Programme
NCAPD	National Coordinating Agency for Population and Development
NGOs	Non Governmental Organizations
NPPSD	National Population Policy for Sustainable Development
NPA	National Plan of Action
OVI	Objectively Verifiable Indicators
RH	Reproductive Health
STI	Sexually Transmitted Infections
SWOT	Strengths, Weaknesses, Opportunities and Threats
VCT	Voluntary Counseling and Testing
YWCA	Young Women Christian Association

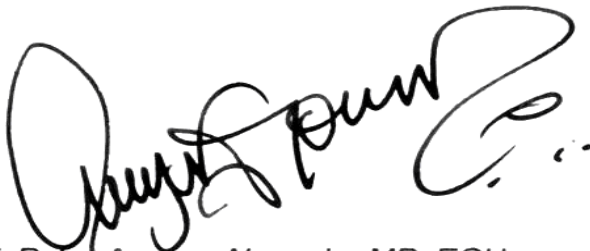
Foreword

This district-specific Strategic Plan is a localization of the National Plan of Action (NPA) for the implementation of the National Population Policy for Sustainable Development (NPPSD) contained in Sessional Paper No. 1 of 2000.

The Plan was prepared by key representatives in the population and health sectors from the various ministries, non-governmental organizations, faith-based organizations and other stakeholders in the district. This exercise was coordinated by District Population Officer (DPO) assisted by members of the District Development Committee (DDC).

The Plan preparation involved addressing all the critical issues as identified in the NPPSD, pinpointing problems associated with each issue and prioritizing them according to the needs of the district. These issues include: Population and Development; Gender Perspectives; Reproductive Health (RH); and, STI/HIV/AIDS. In this regard, the stakeholders proposed the activities that need to be undertaken to address the identified issues/problems in a draft plan. The draft plan was then discussed with the members of the District Executive Committee (DEC) and approved by the DDC.

The Logical framework matrix approach was used to develop the indicators for the identified activities that will be used to monitor and evaluate the implementation of the Plan. Its successful implementation is an onerous task and requires joint effort, hard work and dedication from all stakeholders in the district. The districts must therefore dedicate themselves towards fully implementing the activities stipulated in this document.



Prof. Peter Anyang Nyong'o, MP, EGH
Minister for Planning and National Development

Acknowledgement

The National Coordinating Agency for Population and Development (NCAPD), wishes to acknowledge with gratitude, the contributions of all those who have been involved in the development of this district-specific strategic plan.

Special thanks goes to district-level stakeholders who got together and through consensus building, brought out the issues pertinent to their district and likely solutions. Officials from the Ministries of Planning and National Development and Health at the district level (DDO, DSO, DMOH and DPHN) contributed significantly through supporting the stakeholders' proposals with factual information and consolidating the ideas into a preliminary draft.

Notably important to acknowledge is the team of officers from the NCAPD who participated in providing technical expertise, and, coordinated the field activities as needed to make the process of plan development successful. These include Dr. Paul Kizito and Michael Mbaya (Policy), Kimeli Chepsiror (Finance and Administration), George Kichamu and Sam Ogola (IEC) and of course all the District Population Officers. The role of Karugu Ngatia in overall coordination of the exercise is acknowledged.

Lastly, the whole exercise would not have been possible without the financial support from the United Nations Population Fund (UNFPA) through the 5th and 6th Country Programme of Assistance.

Its the efforts of all those above that the districts now have a blueprint for reference while implementing the National Population Policy for Sustainable Development over the next five years. The challenge therefore remains with the implementers to actualize the contents and accomplish the objectives of the Policy.



Dr Richard O. Muga, MBS
Director/CEO
National Coordinating Agency for Population and Development

MOUNT ELGON DISTRICT STRATEGIC PLAN 2005-2010

CHAPTER 1 BACKGROUND

The National Population Policy for Sustainable Development (NPPSD) was officially adopted by Parliament in May 2000. This policy document (NPPSD) is a follow up of the 1984 Sessional Paper No.4 on Population Policy Guidelines and also addresses new and emerging issues such as HIV/AIDS, gender, the youth, the elderly, person with disabilities and the environment.

The NPPSD gives a wide range of strategies and actions that need to be undertaken to meet the set goals, objectives and targets through a multi sectoral and multi dimensional integrated approach involving all key players in the population and health sectors.

1.1 Justification of the District-specific Strategic Plan.

In order to implement the NPPSD, it was found necessary to develop the National Plan of Action (NPA). The NPA gives direction to implementing agencies and donors on the needs of the population and how to monitor and evaluate on-going population projects and programmes.

The NPA is a document that spells out the activities to implement the NPPSD for the whole country. However, given the regional differentials, it was of necessity to develop district-strategic plans to address specific population and development needs of various districts. Each district has peculiar problems and hence mechanisms to address these identified problems and needs should be different.

1.2 Methodology

The District Strategic Plan (DSP) for Mount Elgon District was developed through consensus building. First, a workshop was held for key persons in the District to come up with the content and format of the plan. Attending this workshop were officers from the Ministry of Planning and National Development (DDO, DSO, DPO) and Ministry of Health (DMOH, DPHN). It was agreed that the DSP should address all the central issues identified in the NPPSD and use the NPA to develop the District implementation plan. The log frame approach was then used

to develop monitoring and evaluation indicators for the identified activities. In order to develop monitoring and evaluation indicators for the identified district specific activities, a log frame matrix was used.

A second workshop was organized for the three districts (Mt. Elgon, West Pokot and Tran Nzoia) and whose participants were drawn from all the key stakeholders in the population and health sector. The objective of the workshop was to develop a DSSP for their representative districts. The participants were provided with background information such as the population policy (NPPSD), NPA, District Development Plans (DDPs) and Reproductive Health Strategy (RH). During the workshop participants were exposed to the NPPSD, NPA, SWOT Analysis, strategic planning, monitoring and evaluation measurements in order to build their capacity to develop the DSP. The participants then formed district teams and undertook SWOT Analysis of the existing implementers of the population and health programmes and projects in their respective districts.

Later, the teams identified priority problems/issues that need to be addressed by various implementers of programmes. Activities to be undertaken to address the identified issues were then agreed upon by the workshop. The NCAPD secretariat, using the workshop outputs, later prepared a draft of DSP that was later developed into this document.

1.3 Organization of the District Strategic Plan

This chapter provides the background to the District Strategic Plan, namely – the rationale for the plan and the methodology used. The second chapter provides a profile of district for issues pertinent to this Plan. The next four chapters focuses on broad themes of the Strategic Plan, that is; Population and Development, Gender Perspectives, Reproductive Health and HIV/AIDS. A strategy for monitoring and evaluating the implementation of this Plan is presented in the last chapter. The annexes contain the implementation plans of action and the monitoring and evaluation framework.

CHAPTER 2 DISTRICT PROFILE

Mt. Elgon district is one of the eight districts in Western Province. The District borders Uganda in the north and west, Trans Nzoia to the east and Bungoma district to the south. It lies between latitude 0° 48', and 1° 30' North and Longitudes 34° 22' and 35° 10' East.

The District occupies a total area of 936.75km² with Mt. Elgon forest covering 609.6km². The district has four divisions namely, Kapsokwony, Kaptama, Kopsiro and Cheptais, which are further, divided into sixteen locations and forty sub-locations. Table 1 below shows the area of the district by divisions and their respective population parameters.

Mt. Elgon District has one constituency namely Mt. Elgon Constituency whose boundaries are similar to those of the district's. Mt. Elgon County Council is the only local authority in the district.

Table 1: Population by Administrative Units

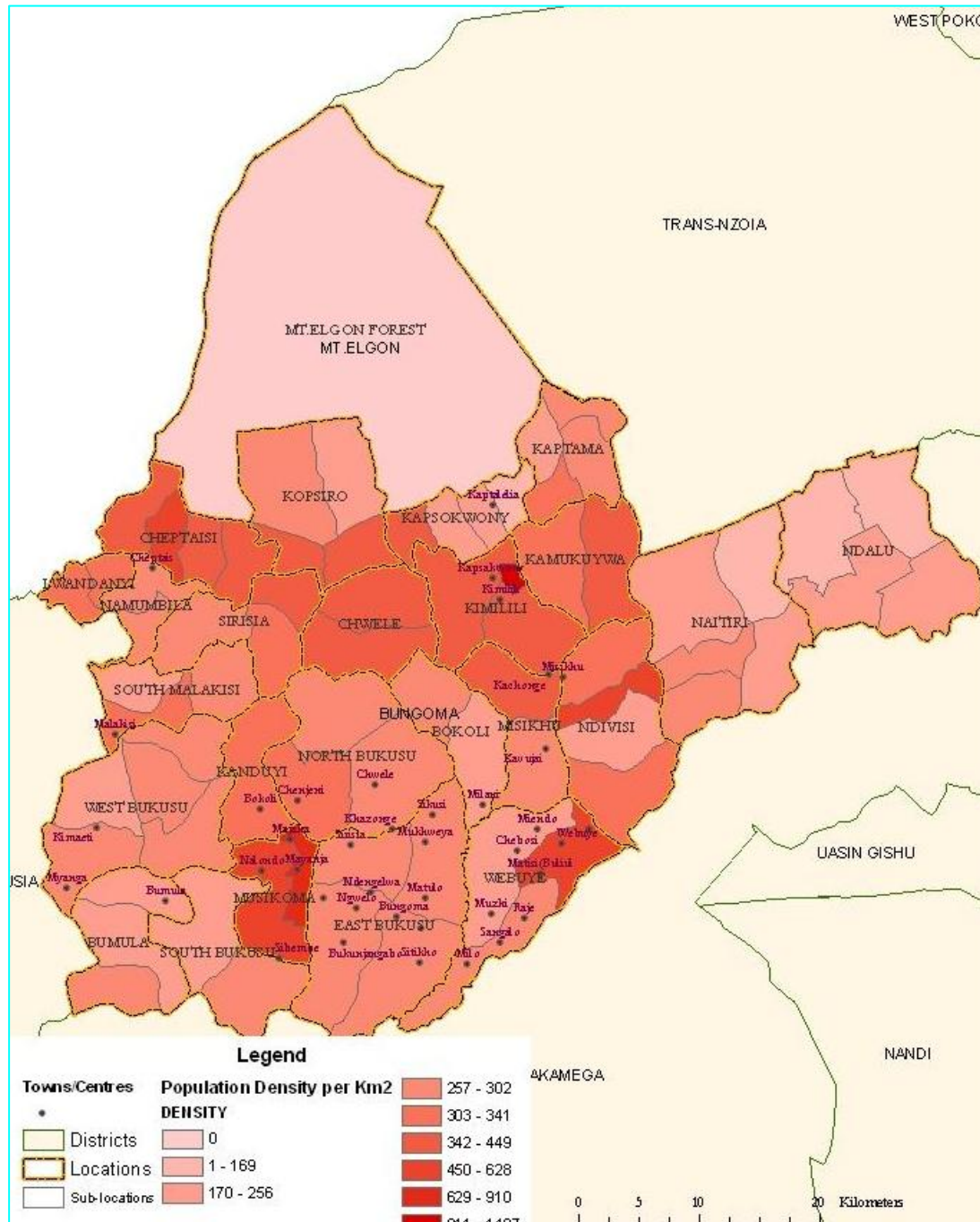
Division	Area in Sq. km	Population	Population Diversity	Location
Kapsokwony	255.66	24,526	103	4
Kaptama	209.95	23,885	122	4
Kopsiro	248.78	46,553	200	4
Cheptais	222.36	40,069	193	4
TOTAL	936.75	135,003	154	16

Source: District Commissioner's Office, Kapsokwony, 2001

Table 1 shows that Kopsiro Division has the highest population density of 200 persons per km² followed by Cheptais Division with 193 persons per km². The lowest is Kapsokwony with 103, followed by Kaptama with 122. The high population is already affecting Kopsiro Division and is leading to encroachment into the forest. The map next page illustrates the distribution of population density across the District, and includes parts of the parent Bungoma District.

The main pockets of the poor are found in Cheptais Division, which has the second highest population density, and Kopsiro Division, which has squatter settlement along the forest boundary.

Map 1: Location, Administrative Areas and Population Density pattern



2.1. Demographic and Population Profile

The 1999 census showed that Mt. Elgon district had a population of 135,033 people. The population was projected to reach 166,088 persons by the year 2008 (see table 3). The growth rate stood at 2.3 percent per annum. About 80 percent of the population lives in the rural areas of the District.

The district's population is mainly youthful with 50.6 percent of the population being between 0 to 14 years. The proportion of males in this age group is higher than females; however it is lower in the age interval 20 to 80 years. The youth aged 15 to 25 years form 23 percent of the population. This implies that about 73 percent of the population is aged below 25 years. Table 2 below provides a summary of some of the demographic indicators of Mt. Elgon District while table 3 shows the district's population projections over period 1999-2008.

Table 2: Demographic indicators

Population	144,679
Number of Males	71,554
Number of Females	73,125
Female/Male Sex Ratio	1.02:1
Number of Youthful Population (15 - 25) years	30,529
Primary school population (6 - 13) years	36,701
Secondary School Population (14 - 17) years	15,374
Labour Force (15 - 64) years	67,643
Dependency Ratio	100:114
Population Growth Rate	2.3%
Rural Population at start of Plan Period 2002	134,649
Urban Population at start of Plan Period 2002	10,030

Source: District Statistic Offices, Kapsokwony, 2001

The projections in table 3 next page assume a constant population growth rate throughout the plan period. They provide projections for year 2002 and for plan period 2005 to 2010.

Table 3: Age/Sex Projections for selected Age-Groups over Plan Period

Ages	2000		2005		2006		2007		2008		2009		2010	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
0-4	12099	11394	11603	10896	11469	10764	11333	10630	11194	10494	11053	10356	10908	10215
5-9	11578	10851	11580	10854	11550	10826	11518	10797	11484	10766	11449	10733	11411	10699
10-14	10811	10141	11243	10569	11303	10630	11363	10690	11421	10749	11478	10807	11533	10864
15-19	8810	8596	9334	9071	9419	9145	9502	9220	9586	9293	9668	9365	9750	9437
20-24	5531	6262	5960	6519	6034	6556	6107	6592	6180	6627	6253	6661	6326	6695
25-29	4111	4958	4466	5186	4528	5220	4590	5253	4652	5286	4714	5318	4775	5350
30-34	3355	3945	3574	4210	3610	4254	3646	4298	3682	4341	3717	4384	3753	4427
35-39	2757	3211	2963	3462	2998	3505	3032	3548	3067	3590	3102	3633	3136	3675
40-44	2361	2639	2657	2884	2712	2928	2766	2971	2821	3014	2875	3057	2930	3099
45-49	1933	2144	2158	2316	2199	2345	2240	2375	2282	2404	2323	2434	2364	2463
50-54	1446	1641	1486	1656	1491	1654	1495	1653	1500	1651	1504	1649	1508	1647
55-59	1188	1355	1196	1369	1195	1369	1193	1368	1191	1367	1189	1365	1187	1364
60-64	1059	1214	1104	1331	1110	1351	1117	1372	1123	1393	1129	1413	1135	1434
65-69	861	959	903	1063	909	1081	916	1100	922	1119	928	1137	934	1156
70-74	654	680	686	740	691	750	696	760	701	771	705	781	710	791
75-79	436	376	453	361	455	357	458	353	460	349	462	345	464	341
80+	537	618	532	669	530	677	527	686	524	695	522	703	519	712
Total	69529	70984	71900	73155	72204	73414	72500	73665	72788	73907	73069	74142	73342	74368

Source: Kenya Population and Housing Census, 1999

2.2 Welfare Indicators

2.2.1 Education

The primary school age group in 1999 was 34,254 with boys comprising 50.1 percent and girls 49.9 percent. This population is projected to reach 42,646 by 2008. The school drop out rate was 9.2 percent for boys and 9.9 percent for girls, at secondary level, with the number of secondary schools in the district standing at 18.

The secondary school going population is 15,374. The schools are not adequate to accommodate the number of students seeking education at this level. The need to expand and establish more schools cannot be over emphasized. The table below shows the population of primary school going age bracket and secondary school going age bracket for year 1999, 2002 and 2008.

Table 4. Population of School going Age Groups by Sex and Year

Age group (years)	1999		2002		2008	
	Male	Female	Male	Female	Male	Female
6 - 13 (Primary)	17,170	17,084	18,397	18,304	21,633	21,013
14 - 17 (Secondary)	7,284	7,065	7,804	7,570	9,177	8,690

Source: District Statistics Office, Kapsokwony, 2001

2.2.2 Labour Force

The age group 15 – 64 years represents the labour force. In 1999 the population in this age group numbered 61,657 persons. The labour force is projected to reach 77,465 persons by 2008. Since the labour force is growing rapidly, there is need to create more job opportunities to match this growth. Focus should be on creation of rural industries to reduce dependence on agriculture that employs 80 percent of the labour force. This can be achieved by supporting development and growth of rural town centres and markets to start cottage industries that will employ the youth.

2.2.3 Poverty Analysis

Cheptais division is the worst hit by poverty, followed by Kopsiro, Kaptama and Kapsokwony. The main causes of poverty in the district include natural resources use patterns, landless, poor rural infrastructure, insecurity poor marketing systems and illiteracy. HIV/AIDS has also taken its toll.

The vulnerable groups include disabled persons, female-headed households, small-scale farmers and Jua Kali artisans.

Strategies to address poverty includes enhancing capabilities of people to analyse and make decisions on empowerment, raising family incomes, improvement of educational standards and provision of better health services.

2.2.4 Health

The District has one hospital, three health centres and six dispensaries. The health facilities are not evenly distributed and the average distance to a facility is 15 km. Only 30 percent of the households receive health care, with high doctor patient ratio of one to 144,679.

There is need to establish more health facilities to provide the needed services. The most prevalent diseases are Malaria and Diarrhoea. HIV/AIDS is also a major health problem. In Mt. Elgon District, HIV/AIDS prevalence was estimated to be 21%. The age group prevalence rates indicate that those below 18 years are 27.6% while those between 18 and 30 years and above is 19.4%. Analysis of reported AIDS cases by division reveal that, 75% of these cases are from Kapsokwony and Cheptais. The age group most affected is those under 18 years, followed by those between 18-30 years.

The possible explanation for the rising concentration of AIDS in Mt. Elgon District is because the district borders Uganda region, where HIV was established much earlier. Traditional behaviour, in particular, attitudes in issues related to circumcision and FGM may have contributed to the spread of HIV among the people. Other factors include; ignorance among the rural people, poverty in the district, lack of information by most people and misinformation by herbalists, lack of openness to discuss sex issues etc. The table below summarizes some of the key health indicators in the district.

Table 5: Health Indicators

Crude Birth Rate (CBR)	35/1000
Crude Death Rate (CDR)	10/1000
Life Expectancy	56 years
Infant Mortality Rate (IMR)	63.6/1000
Under 5 Mortality Rate	94/1000
Total Fertility Rate	6
HIV Prevalence Rate	21%
Doctor/Patient Ratio	1:144,679

Source: DMOH Office, Kapsokwony

CHAPTER 3: POPULATION AND DEVELOPMENT

The Population of Mt. Elgon is estimated to 144,679. Of these 73,125 were females and 71,554 males. The population is projected to increase to 166,088 by year 2008 and the average growth rate works out at 2.3%. Mt. Elgon district economy is wholly depended on agriculture, with 80 percent of the district population employed in the sector.

Poverty levels are high in the district with 56 percent of the population living in absolute poverty. This implies they earn less than a dollar a day. The district lacks industries, which could provide employment to the youth and improve the income levels of the people.

3.1 Main Issues/Problems

The main issues/problems concerning population and development in the district include the following are: -

- **Population and development.** The main issue here is Poor integration of population variables into the development process. This is mainly due to unreliable and inadequate data and unavailability of data already collected for use by the public
- **Population and environment.** The effects of population on environment in the district include soil erosion and environmental degradation due to logging
- **Youth and Children.** Negative attitude by the community on the importance of education for their children, high infant and child mortality, high rate of child labour, high rate of unemployment of the youth are the major problems that affect youth and children
- **Family.** The following issues affect families in Mt. Elgon District; high rate of polygamy in the district, high level of poverty of the people and Prevalence of child/elderly headed families
- **Elderly and People with Disabilities.** Problems facing elderly people and people with disabilities include Poor representation in policy making organs by PWDs and discrimination of PWDs by the community

3.2 Analysis of Institutions involved in Population Programmes

In the District the following institutions/NGOs/CBOs/Ministries were identified as best suited to undertake programmes to address the population and development issues raised above; Ministry of Finance, Ministry of Planning and National Development, Ministry of Water, Ministry of Home Affairs (DSDO), Ministry of Education Science and Technology, Ministry of Environment & Natural Resources, NGOs and Religious Organization. The matrices below outlines the results of the SWOT analysis by each main issue/problem:

1. Integration of Population variables in development process

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Ministry of Planning and National Development (DDO)	<ul style="list-style-type: none"> - Qualified personnel - Good network - with other stakeholders - Easy access to implementation/data for analysis 	<ul style="list-style-type: none"> - Low staff morale - Inadequate staff - Lack of transport to undertake tasks - Inadequate operational funds - Inadequate office space 	<ul style="list-style-type: none"> - Good will from stakeholders - Decentralized planning process 	<ul style="list-style-type: none"> - Retrenchment Political interference / manipulation

2. Population and Environment

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Ministry of Environment and Natural Resources	<ul style="list-style-type: none"> - Well trained staff - Adequate office accommodation 	<ul style="list-style-type: none"> - Inadequate technical staff on environmental issues - Inadequate funds, poor Scheme of Service - Poor community participation 	<ul style="list-style-type: none"> - Government and donor support - Collaboration and networking with other agencies 	<ul style="list-style-type: none"> - Unpredictable climatic conditions - Retrenchment

3. Youth and Children

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Ministry of Education	<ul style="list-style-type: none"> - Qualified staff - Wide coverage to grass roots levels - Free primary education 	<ul style="list-style-type: none"> - Inadequate staff - Inadequate transport for supervision - Inadequate learning facilities/buildings - Poor infrastructure - Negative attitudes toward child development - Lack of awareness on children rights 	<ul style="list-style-type: none"> - Donor good will - Government ready to support 	<ul style="list-style-type: none"> - Insecurity due to land tenure - Political interference in educational issues
Children's department	<ul style="list-style-type: none"> - Qualified staff - Enactment of the Children's Act 	<ul style="list-style-type: none"> - Inadequate staff - Lack of awareness on children's rights - Lack of children's courts - Lack of children's institutions 	<ul style="list-style-type: none"> - Donor willingness to support 	<ul style="list-style-type: none"> - Dynamic social changes - Lack of administrative enforcement

4. Family

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Ministry of Home Affairs	<ul style="list-style-type: none"> - Existence of family courts - Wide coverage - Adequate personnel 	<ul style="list-style-type: none"> - Poor infrastructure - Inadequate training - Lack of up to date skills 	<ul style="list-style-type: none"> - High esteem - Existence of administrative powers that can be tapped 	<ul style="list-style-type: none"> - High staff attrition - Transfer of staff

5. Elderly and People with Disabilities

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Department of Social Services (DSDO)	<ul style="list-style-type: none"> - Trained personnel to grass root levels - Financial support from GOK and donors - Legal backing for planned programmes 	<ul style="list-style-type: none"> - Lack of clear policy on PWDs - Poor implementation of programmes to address issues of PWD's - Low priority of the issue of PWDs 	<ul style="list-style-type: none"> - Goodwill from local communities 	<ul style="list-style-type: none"> - Competition from emerging NGO's and CBO's

3.3 Proposed Programmes (Outputs)

The following outputs were identified as key to addressing issues/problems affecting population and development in the district:

- Information dissemination to the public improved
- Data collection process strengthened
- Positive behaviour change towards educations of children enhanced
- Reduced infant and child mortality
- Reduced child labour
- Increased employment opportunities for the youth
- Increased participation in decision making by PWD's
- Enhanced acceptance of PWDs by the community
- Improved management of the environment

Details of the planned activities and the implementation schedule for the population and development component are shown in the matrices in **Annex I**.

CHAPTER 4 GENDER PERSPECTIVES IN DEVELOPMENT

Gender can be defined as being a male or female and translated into the opportunities enjoyed by either of the two sexes as prescribed by the societal values and norms. The society has put restrictions on these opportunities thus causing disparities between males and females. Gender pre-determines different expectations about appearances, qualities, behaviors and roles appropriate for males and females in the society. Violence occurring in the family and within the general community is a gender concern. The common violence includes wife battering, sexual abuse to girl child, rape, sexual harassment and intimidation at work.

Despite women playing a major role in provision of food, men are mainly the major decision maker which is an impediment to development. Discriminatory socio-cultural practices, low level of illiteracy and education among women has led to low participation and representation of women in decision making and economic activities.

4.1 Main Issues/Problems

- Biased property ownership
- Inadequate representation of women in decision making at all levels
- Bias in provision of education
- Disparities concerning division of labour
- Biased cultural practices on women
- Early marriages

4.2 Analysis of Institutions dealing with Gender Issues

The key institutions that can deal with the gender issues mentioned above in the district are; MOH, DSDO, NGOs and other lobby groups and the Faith Based

Organizations e.g. Anglican Church of Kenya (ACK). A SWOT analysis of NGOs identified as the major institutions that can address gender concerns in the District revealed the following:

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
ACTION AID	<ul style="list-style-type: none"> - Qualified staff - Sufficient resources - Good networking - Good monitoring and evaluation of programme - Efficient use of scarce resources 	<ul style="list-style-type: none"> - Limited coverage of district - Inadequate staff - Inadequate representation in decision making 	<ul style="list-style-type: none"> - Goodwill from donors - Support from the local communities 	<ul style="list-style-type: none"> - Staff retrenchment - Uncertain future of district offices
World Vision	<ul style="list-style-type: none"> - Qualified staff - Adequate funds for programmes 	<ul style="list-style-type: none"> - Inadequate transport - Programmes targeting only one gender - women - Poor dissemination of activities and findings 	<ul style="list-style-type: none"> - Donor funding and support 	<ul style="list-style-type: none"> - Widespread practice of FGM - Strong cultural attachments and beliefs - Uncertain future of programmes

4.3 Proposed Programmes (Outputs)

The following outputs were identified as key to addressing the main issues related to gender in the district:

- Retrogressive cultural practices eradicated
- Participation of woman in decision making process enhanced

For these outputs, several activities are identified that if successfully implemented would achieve the desired results. They are outlined in **Annex II**.

CHAPTER 5 REPRODUCTIVE HEALTH (RH)

Reproductive Health (RH) as defined by World Health Organization (WHO), is generally a state of complete physical, mental, and social well being in all matters related to the RH system, and not merely the absence of disease or infirmity. RH care system therefore is inclusive of all promotive, preventive and curative services that will be conducive to the well being of the individual in human reproduction and sexuality. In Mt. Elgon District different aspects of provision of reproductive health services were found to be wanting.

5.1 Main Issues/Problems

Despite Mt. Elgon District having several government health facilities, several problems affecting reproductive health were highlighted. These include:

- Increasing rate of unwanted pregnancies especially among the youth
- Negative attitudes towards family planning
- Low quality reproductive health services

5.2. Analysis of Institutions dealing with RH Issues

In the District the Ministry of Health and a number of leading NGO's were identified as potential institutions that can address all issues related to reproductive health. The SWOT analysis of Ministry of Health is as follows:

Reproductive Health (RH)				
<i>Institution</i>	<i>Strengths</i>	<i>Weaknesses</i>	<i>Opportunities</i>	<i>Threats</i>
MINISTRY OF HEALTH (MOH)	<ul style="list-style-type: none"> - Trained staff - Wide coverage - Availability of basic facilities - Financial support from GOK and donors 	<ul style="list-style-type: none"> - Poor morale of staff - Negative attitude of staff - Shortage of trained staff - Lack of needed equipment - Lack of reliable transport for referral 	<ul style="list-style-type: none"> - Donor willingness to support - Community support towards family planning 	<ul style="list-style-type: none"> - Retrenchment of staff - Epidemic outbreaks - Increase in incidences of TB - Political interference

5.3 Proposed Programmes (Outputs)

Various outputs were identified that needs to be achieved if reproductive health needs of Mt. Elgon District are to be addressed. The propose outputs include:

- Reduced rate of unwanted pregnancies
- Increased acceptance of family planning
- Improved provision of quality reproductive health services

For each of the above outputs, a number of activities have been proposed. These are articulated by the Matrices in **Annex III** that also outlines the proposed implementation Plan of Action of the District.

CHAPTER 6 STI/HIV/AIDS

One of the RH concerns that have continued to affect a large population of Kenyans in their reproductive ages is STI/HIV/AIDS. The HIV/AIDS prevalence rate for Mt. Elgon district stood at 21 per cent in the year 2000. Analysis by division indicates that 75 percent of these cases are in Cheptais and Kapsokwony divisions. Despite vigorous health education campaigns on the disease there is little change in attitude. The high prevalence of HIV/AIDS is due to the sharing of the border with Uganda that has registered high rates of the pandemic. Migration across the boarder on either side has played an important role.

6.1 Main Issues/Problems

Issues/problems that require urgent and concerted efforts in the district are:

- Slow behavioral change due to strong cultural beliefs and traditions
- Unavailability of anti retroviral drugs
- Lack of support and care of those infected and affected
- Low use of condoms due to inadequate information on mode of use and safety

6.2 Analysis of Institutions involved in STI/HIV/AIDS Issues

The Ministry of Health, NACC, religious organizations, Local authority, CBO's, Provincial Administration, Business community and PLWHAS were identified as major players that can spearhead the fight against HIV/AIDS. The results of SWOT analysis on MOH are revealed in the matrix on the following page;

INSTITUTION	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Ministry of Health and NACC	- Trained personnel - Wide coverage	- Understaffing - Inadequate logistics	- Government and donor support -	- Staff attrition - Dwindling

	<p>Favoured</p> <ul style="list-style-type: none"> - Existence of infrastructure 	<ul style="list-style-type: none"> - Lack of testing kits - Low staff morale (MOH) 	<p>Networking/collaboration</p> <ul style="list-style-type: none"> - Community participation 	<p>funds</p> <ul style="list-style-type: none"> - Retrogressive cultural practices.
<p>Provincial Administration</p>	<ul style="list-style-type: none"> - Wide coverage of district to grass root levels - Capacity to mobilise communities Acceptability in communities - Inherent authority 	<ul style="list-style-type: none"> - Unskilled personnel recruited - Biasness in handling of issues - Rampant Corruption - Lack of transport for service delivery to remote areas 	<ul style="list-style-type: none"> - Continuous government support - Donor support 	<ul style="list-style-type: none"> - Staff attrition - Dwindling funds - Retrogressive cultural practices.

6.3 Proposed Programmes (Outputs)

To address the main issues/problems affecting Mt. Elgon District, the following broad outputs were identified as very important:

- Rates of STI & HIV/AIDS infections decreased
- Promote behaviour change
- Establish support and care for the infected and affected with HIV/AIDS

To achieve the above outputs, a number of activities have been proposed. These are well articulated by the Matrices in **Annex IV** that also outlines the proposed implementation Plan of Action.

CHAPTER 7 MONITORING AND EVALUATION

Monitoring and Evaluation will provide a wealth of information derived from the project staff and beneficiaries. The information gathered will be analyzed and used to improve the quality of programme implementation at every stage.

7.1 Monitoring

Monitoring will be undertaken in all the projects/programmes and will be done regularly to ensure that activities are being carried out as planned. If there will be any hindrances to the implementation of the activities this regular monitoring will assist in identifying and getting solutions for them.

Different agencies already have their own ways of monitoring, but during the implementation of the DPA, these will be agreed upon depending on the activities agreed being implemented. This will be at different levels, because different agencies already report to their District Headquarters, Provincial Headquarters and others direct to their National Office.

The following will be some of the ways that will be applied.

- (a) **Quarterly Meetings:** There will be quarterly meetings by the stakeholders to review the progress made in the planned quarter. At the district level there are already District Meetings e.g. DEC, DDC, DHMT, DP&HC.
- (b) **Quarterly Reports:** These will be produced on quarterly basis with a format to be agreed upon by all the stakeholders. These reports will serve as a checklist for activities that are scheduled to be accomplished in the given quarter. What has actually been carried out and what has not and reason for not accomplishing the activities.
- (c) **Annual Reports:** These will monitor progress of the programme per given year.

- (d) **Field Visits:** A team to be agreed upon by the stakeholders will undertake the field visits. They will state what the team is to check and observe as they do their field visits.

The reports prepared from all the above will be forwarded to a higher level and feedback will be given so that action can be effected.

The reports are to be checked against the programme work plans so that progress is monitored alongside what was planned to be achieved.

7.2 Evaluation

Evaluation will be used to assess the relevance, the impact and success of the programme. The DPA will utilize the National sampled surveys (KDHS and KSPA) to evaluate their programmes. The individual projects will do their own internal and external evaluation.

The results will be used to modify the planned activities or to recommend for extension of the programmes.

Depending on which type of evaluation is used the monitoring reports will serve as an input to the evaluation process.

The Monitoring and Evaluation framework for the planned activities are shown in ***Annexes V to VIII***

ANNEXES I - IV: IMPLEMENTATION PLAN OF ACTION

ANNEX I Population and Development

ANNEX II Gender Perspective

ANNEX III Reproductive Health

ANNEX IV STI/HIV/AIDS

ANNEX 1: POPULATION AND DEVELOPMENT

1. Integration of Population in Development

OUTPUT	ACTIVITIES	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Information dissemination on development improved	Establish data information system	Short term	MP and ND (DDO/DSO)	Personnel
	Establish M.I.S. (Management information system)	Medium		Finance
	Conduct data collection	Continuous		Logistics
	Sensitize people on the existing information	Short term		
Data collection process strengthened	Carry out routine data surveys	Continuous	Ministry of Planning and National Development	Personnel
	Recruit and train manpower on data collection	Mid term	(DDO/DSO)	Finance Logistics

2. Population and Environment

Improved management of the Environment	Sensitize the community on the need to conserve the environment	Short term	Ministry of Lands and Settlement	Finance
	Plant trees to reduce soil erosion	Long term	D.F.O	Personnel
	Protect water catchments areas	Long term	DWO, DAO	Logistics
	Settle the landless	Short term	DLO	Logistics
	Control soil erosion through gabion terrace	Mid term	DAL, DWO	Logistics

3. Youth and Children

OUTPUT	ACTIVITIES	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Enhanced positive behavior change on education	Sensitize the community on importance of education	Medium	MOE Adult Dep. Prov. Adm. D.I.O	Finance Personnel Logistics
Reduced infant and child mortality rate	Sensitize the community to increase accessibility to health facilities	Continuous Short term	MOH Provincial administration	Finance Personnel Logistics
	Carry out routine immunization	Continuous	MOH	Finance Personnel Logistics
	Establish mobile clinics Sensitize expectant women on the importance of antenatal clinics	Medium Continuous	MOH	Finance Logistics
Reduced child labour	Sensitize the community on the rights of the child	Short term	Children's Department	Funds

	Enforce children's act 2001	Continuous	MOE	Personnel
	Conduct a survey on children out of school who are employed	Short term	DSO (statistics)	Logistics
Increased employment opportunities	Support Jua Kali and income generating activities among the youths.	Medium	D.S.D.O	Funds
	Sensitize youths on the need to be involved in the informal sector	Short term	NGO's	Personnel
	Assess training needs among the youth	Short term	CBO	Logistics
	Establish skill training opportunities (technical) for the youth	Medium	Local Authority	Funds

4. Family

OUTPUT	ACTIVITIES	TIME FRAME	RESPONSIBLE PARTY	RESOURCES/INPUT
Reduced rate of polygamy	Sensitize community against polygamy	Long Term	OP	Personnel
		Continuous	Community leaders Churches	
Reduced levels of poverty	Sensitize the community on how to address poverty	Short Term	DSDO Financing Institutions	Funds Logistics
	Set up IGA's	Medium Term Continuous	"	"
Reduced prevalence of child/elderly headed families	Sensitize the community on the right of the child.	Short Term Continuous	DSDO, OP, Churches	Funds
	Promote income generating activities	Short Term Continuous	DSDO, Churches	Personnel Funds
Reduced rate of divorce or separation	Counsel and sensitize communities on family values	Short Term Continuous	Churches	Personnel
Reduced prevalence of children born out of wedlock	Promote moral values of the society	Long Term Continuous	Churches	Personnel
	Promote education, Guidance and counseling session at community level	Long Term Continuous	MOE, Churches	Personnel

5. The Elderly and People with Disabilities

OUTPUT	ACTIVITIES	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Increased participation roles in decision making process by PWDs	Educate their PWDs to form an association	Short term	D.D.O D.S.D.O	Finance
	Channel needed input into disabled people activities	Medium	NGO's	Personal
	Incorporate their representation in decision making	Long term	C.B.O.'s	Logistic
Enhanced acceptance of PWDs	Create awareness on people with disability	Medium	D.S.D.O NGO	Finance Logistics Personnel
The Stability and the Security of the Family is enhanced	Provide information and education on the roles of responsible parenthood	Long terms	ACK, Catholic Secretariat	Personnel/Funds
Rights of Persons with Disabilities to Participate in Social, Cultural, Political and Economic sphere promoted	Establish family Courts in the district	Long terms	AG, Children's Dept.	Personnel/Funds
	Put in place a better working conditions and environment for the pregnant mothers and nursing	Long terms	DPM	Personnel/Funds
	Provide Rehabilitative and supportive facilities e.g. Braille, Sign Language/Rump	Long terms	Children's Dept. & CCF	Funds/Personnel
	Sensitize the family and general public on the needs of people with disabilities	Long Term	"	"

ANNEX II: GENDER PERSPECTIVE

OUTPUT	ACTIVITIES	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Retrogressive cultural practices eradicated	Educate the community to do away with retrogressive cultural practices	Medium	Provincial Administration	Finance
	Establish mechanisms to ensure positive cultural behavior	Long term	DDO DSDO	Personnel Logistic
Participation in decision making by women enhanced	Sensitize community on gender parity to incorporate women in decision making	Short term	DS.D.O	Finance
	Sensitize women on their rights	Short term	Provincial Administration DSDO	Personnel
	Train CBOs that are gender focused		NGOs	Logistic

ANNEX III: REPRODUCTIVE HEALTH

OUTPUT	ACTIVITIES	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Reduced rate of unwanted pregnancies	Mount campaigns targeting the youth on unwanted pregnancies	Short term	DEO MOH	Finance
	Establish forum/club/peer counselling groups for in and out of school youth	Short term		Personnel Logistics
Increased acceptance of family planning	Create awareness on family planning benefits	Mid term	MOH	Finance
	Counsel male to participate in family planning activities	Mid term	NGOs	Logistic Personnel
Quality of Reproductive Health Services improved	Train service providers	Mid term	MOH	Fund
	Improve terms of service of staff	Mid term	MOH	Personnel
	Equip service delivery points	Short term	MOH	Funds
	Provide IEC materials on Reproductive Health	Short term	MOH	Funds

ANNEX IV: STI'S/HIV/AIDS

OUT PUTS	ACTIVITIES	TIME FRAME	RESPONSIBILITY	IN PUT
Access to quality information and services on STIs and HIV/AIDS increased	Develop, disseminate and distribute guidelines on prevention and transmission of STIs and HIV/AIDS materials	Long Term	MOH, NCPD, NACC (PA)	Funds/Personnel
	Provide counseling and voluntary testing services	"	MOH	"
Institutional and Home based care for people living with HIV/AIDS strengthened	Initiate a home base care for those people living with HIV/AIDS	Long Term	MOH	Personnel/Funds
Reduced cases on HIV/AIDS/STDs	Advocate for behaviour change	Short term	MOH	Finance
	Provide V.C.T. services and strengthen the existing ones	Shot term	NGO	Logistics
	Access ARV's to patients		Provincial Administration	Personnel

ANNEXES V - VIII: MONITORING AND EVALUATION FRAMEWORK

ANNEX V Population and Development

ANNEX VI Gender Perspective

ANNEX VII Reproductive Health

ANNEX VIII STI/HIV/AIDS

ANNEX V: POPULATION AND DEVELOPMENT

1. Integration of Population into the Development Process

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Information dissemination on development improved	Establish data information system	No. of centres with operational information systems	Report from DDO and DSO	Short term	MP and ND (DDO/DSO)	Personnel
	Establish M.I.S. (Management information system)	No of centres established	Report form DIDC	Medium		Funds
	Establish data collection	No. of studies/ surveys done	Report from DSO	Continuous		Logistics
	Sensitize people on the existing information	No. of people reached	List of attendants	Short term		
Data collection process strengthened	Carry out routine data surveys	No. of surveys conducted	Reports	Continuous	Ministry of Planning and National Development	Personnel
	Recruit and train manpower on data collection	No. of officers trained	List of attendance certificates issued	Mid term	(DDO/DSO)	Funds Logistics

2. Population and Environment

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Improved conservation of the environment	Sensitize the community on the need to conserve the environment	No. of people sensitized No. of Tree nurseries established	Report from Forest dept. and NGO - MEFAN	Short term	Ministry of Lands and Settlement	Finance
	Plant trees	No. of trees planted	Report from Forest dept. and NGO - MEFAN	Long term	D.F.O	Personnel
	Promote protection of water catchments	Catchments area protected	DAO and DWO report	Long term	D.F.O D.W.O	Logistics
	Settle the landless	Established dams No. of gabions	DAO and DWO report	Short term	D.L.O	Logistics Funds
	Control of soil erosion through gabion terrace	Constructed	Reports	Medium term	M.O.A Ministry Of Environment	Funds

3. Children and Youth

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Enhanced positive behaviour change on education	Sensitize the community on importance of education	No. of community members sensitised	List of members attending Workshop report	Medium	MOE Adult Dep. PA, NGO's, D.I.O	Finance Personnel Logistics
Reduced infant and mortality rate	Sensitise the community increase accessibility to health facilities	No. of people sensitised	List of participants attending	Continuous Short term	MOH Provincial administration	Finance Personnel Logistics
	Carry out routine immunization	No. of children immunized	Reports (MOH)	Continuous	MOH	Finance Personnel Logistics
	Establish mobile clinics Sensitize women on the importance of anti-natal clinics	No. of mobile clinics done	MOH report Records MIS	Medium Continuous	MOH	Finance Personnel Logistics

Reduced child labour	Sensitize the community on the rights of the child	No. of community members sensitised	Workshop reports	Short term	Dept. of children's	Funds
	Enforce children's act 2001	No. of sessions held	List of participants	Continuous	MOE	Personnel
	Conduct a survey on child out of school and now employed	No. of surveys conducted	Survey reports	Short term	DSO (statistics)	Logistics
Increased employment opportunities for youth	Support Jua Kali and income generating activities among youths.	No. of Jua Kali established	Certificates issued Records	Medium Records	D.S.D.O	Funds
	Sensitize youths on the need for their involvement in the informal sector	No. of youths sensitised	List of participants Reports	Short term	NGO's	Personnel
	Assess training needs among the youth	No of youth participating	Reports	Short term	CBO	Logistics
	Establish skill training opportunities (technical) for the youth	No. of training sessions held	Report on training	Medium	Local Authority	Funds

4. Family

OUTPUT	ACTIVITIES	OVI'S	MOV'S	TIME FRAME	RESPONSIBLE PARTY	RESOURCES /INPUTS
Reduced Polygamy rates.	Sensitize the community against polygamy through barazas, church meetings etc	No. of Barazas held No. of church meetings held	Report List of participants	L.T Continuous	OP, Community leaders, Churches	Personal
Reduced levels of poverty	Sensitize the community on self employment through Barazas and workshops	No. of Barazas held No. of workshops held	Reports List of participants	ST	DSDO Financial Institution (WEDCO,ADT, KWFT)	Funds Logistics
	Promote (IGA's) for self employment	No. of self help projects started (IGAS)	Reports	MT Continuous	DSDO, Financial Institution (WEDCO,ADT, KWFT)	Funds Logistics
Reduced prevalence rates of child/elderly headed family	Sensitive the community on the rights of the child through Barazas and church meetings	No. of Barazas held No. of church meetings held No. of participants attending	Reports List of participants	ST Continuous	DSDO OP CPK Church	Funds

	Promote income generating activities	No. of IGAs established No. of people involved	Reports	ST Continuous	DSDO	Personal Funds
Reduced rate of divorce and separation	Counsel and sensitize the community on family values through community groups and individuals	No. of barazas, held No. of couple family counseled	Reports	ST Continuous	Catholic Church ACK Church	Personal
Reduced prevalence of children born out of wedlock	Promote moral values to society through churches	No. of Church meetings held	Reports	LT Continuous	Catholic Church ACK Church	Personal
	Provide education, guidance and counseling through church meetings and barazas	No. of church meetings held No. of barazas held	Church reports Reports	LT Continuous	MOE Catholic Church ACK Church	Personal
The Stability and the Security of the Family is enhanced	Provide information and education on the roles of responsible parenthood	No. of seminars/ W/shops held No. of couples counseled	Seminar/ W/shop reports Counseling reports	Long Term	ACK and CS	Personnel/Fund
	Establish family Courts in the district	No. of family courts established No. cases heard and determined	Court records	Long Term	AG & Children's Dept.	Funds/Personnel
	Put in place a better working conditions and environment for the pregnant mothers and nursing	Mother friendly rules and regulations at work place provided	Employment rules and code	Long term	DPM	Funds/Personnel

5. The Elderly and People with Disabilities

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Increased participants in decision making	Train their PWDs and CBOs to form an association	No of CBOs education	List of participants	Short term	D.D.O D.S.D.O	Finance
	Support PWD's programmes	No. of sessions held	Training reports	Medium	NGO's	Personal
	Incorporate PWDs representation in decision making	No. of PWDs incorporated	Reports	Long term	C.B.O.'s	Logistic
Enhanced acceptance of PWDs	Create awareness on people with disability within the community	No. of workshops held	Workshop report	Medium	D.S.D.O	Finance
		No. of people trained	Records Reports	Medium	NGO	Logistics Personnel

ANNEX VI: GENDER PERSPECTIVE

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Retrogressive cultural practices eradicated	Educate the community do away with retrogressive cultural practices	No. of sessions /meetings held	Training report	Medium	Provincial Administration	Finance
	Establish mechanism to ensure positive cultural behaviour	Meetings held Plan of Action by the institution or mechanism involved	Reports	Long term	DDO DSDO	Personnel Logistic
Increased participation of women decision making by women	Gender parity- incorporate women in decision making	No. of women incorporated in various communities in district	Minutes of various committees or bodies	Short term	D.D.O DSDO	Finance
	Sensitize women on their rights	No. of women and men sensitised on rights	List of participants Reports	Short term	Provincial Administration	Personnel
	Train CBOS that are gender focused	No. of CBOs trained No. of trainings held	Training reports Training reports	Medium term	NGOS	Logistic

ANNEX VII: REPRODUCTIVE HEALTH

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Reduced rate of unwanted pregnancies	Mount campaigns targeting the youth on unwanted pregnancies	No. of campaigns mounted	List of participants	Short term	DEO MOH	Finance
	Establish forum/club/peer counselling groups in and out of school	No. of peer groups established	List of participants Workshop reports	Short term	NACPD, MOH	Personnel Logistics
Increased acceptance of family planning	Create awareness on family planning benefits	No. of sessions held No. of families sensitised	List of participants Reports	Mid term	MOH	Finance
	Counsel male to participate in family planning activities	No. of men counselled No. of men participants	Records	Mid term	NGOs	Logistic Personnel
Quality of Reproductive Health services improved	Train service providers	No. of SP's trained	Reports	Mid term	MOH	Funds and personnel
	Improve terms of service of service providers	Improved package in place	Records	Mid term	MOH	Funds
	Equip service delivery points	Equipment purchased	Inventory	Short term	MOH	Funds
	Provide needed IEC materials	Materials developed and distributed	Inventory/ records	Short term	MOH	Funds

ANNEX VIII: STI/HIV/AIDS

OUTPUT	ACTIVITIES	OVIS	MOVS	TIME FRAME	RESPONSIBLE PARTY	RESOURCES
Reduced prevalence of STDs and HIV/AIDS	Advocate for behaviour change	No. of meetings held	Reports/records	Short term	MOH	Finance
	Provide V.C.T. services/ strengthen the existing ones	No. of VCTs established	Inventory	Shot term	NGO	Logistics
	Access ARV's to patients	No. of patients receiving ARV's	Monthly reports (MOH)	Short Term	Provincial Administration	Personnel
	Advocate for increase in use of condoms	No. of people using condoms No. of persons reached with information	Records/Reports	Short term	MOH NGO's	Logistics Personnel
Access to quality information and services on STIs and HIV/AIDS increased	Develop, disseminate and distribute guidelines on prevention and transmission of STIs and HIV/AIDS materials	No. of persons reached with services Distributes guidelines and information	Guidelines	Long Term	MOH, NCPD, NACC (PA)	Funds/Personnel
	Provide counseling and voluntary testing services	Dissemination guidelines and information	Reports/ Records	"	MOH	"
Institutional & HBC for PLWA's strengthened	Initiate a home base care for those people living with HIV/AIDS	No. of facilities providing VCT services	Facility records	Long Term	MOH	Personnel/Funds
		No. of persons counseled & tested	Counseling reports	"	"	"



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