

Milan Pact Awards 2025		KISUMU					
<b>Country</b>	Kenya						
<b>Population</b>	567,963						
<b>Title of practice</b>	Sustainable Diets and Nutrition						
<b>Subtitle</b>	Address non-communicable diseases associated with poor diets and obesity.						
<b>Photos/videos</b>	Please check the link to the Sharepoint folder provided. If you need access, please contact the MUFPP Secretariat.						
<b>MUFPP Recommended Action</b>	7. Promote sustainable diets (healthy, safe, culturally appropriate, environmentally friendly and rights- based) through relevant education, health promotion and communication programmes, with special attention to schools, care centres, markets and the media. – SUSTAINABLE DIETS AND NUTRITION						
<b>Starting year</b>	2022	<b>Ending year (if any)</b>			2025	already submitted in the past	
<b>Actors and stakeholders' involvement</b>	<b>Municipal departments</b>	<b>Other public institutions</b>	<b>NGOs CSOs</b>	<b>Research centres</b>	<b>Private sectors</b>	<b>International organizations</b>	<b>Other</b>
	4	1	1	1			1
<b>Budget</b>	<p>A total of € 230,000 was used during the implementation of the initiative by the following:</p> <p>County government of Kisumu: € 66,667</p> <p>FAO-Inputs and tools: € 20,000</p> <p>IFAD-Aquaculture business development program: € 13,333</p> <p>WORLD BANK-Kenya Climate Smart Agriculture Program: € 130,000</p>						
<b>Brief description</b>	<p>Kisumu County, launched a sustainable diet and nutrition initiative in schools and at the community to address food insecurity, promote health, and reduce environmental impact. This initiative emerged from the triple burden of malnutrition and overnutrition which included rising obesity rates, micronutrient deficiency, undernutrition and the need for better access to nutritious food in the municipality as reported in the Kenya Health Management Information Management System.</p> <p>The program includes community gardens, nutrition education workshops at the community level, and partnerships with local farmers and schools. The program included hosting cooking demonstrations that emphasize plant-based meals and waste reduction at the health facilities within the municipality.</p> <p>The initiative was driven by a community dialogue and assessment highlighting aimed at showcasing limited access to healthy and quality food and increasing diet-related health issues like malnutrition among children below five years, anaemia among pregnant women and an increase in diabetes mellitus. By focusing on local food systems, we aim to support both public health and the local economy.</p> <p>Our municipality facilitates collaboration between food systems stakeholders, mobilizing resources, and promotes the initiative through outreach and educational campaigns. W20 also gather data to assess program effectiveness and community impact.</p>						

<p><b>Innovation</b></p>	<p><i>This was an implementation science project which included baseline survey, on the community's dietary intake. Specifically, the innovations were based on the following interventions:</i></p> <p><i>training of Community Health Promoters on nutrition and healthy diets and held food demonstrations.</i></p> <p><i>A total of 6 community dialogues were conducted within the informal settlements. Door to door training of family members on healthy diets and physical activity within the Community units.</i></p> <p><i>Vertical Farms: We promoted vertical farming in informal settlements and schools in urban areas to maximize space and increase local food production. This method reduces transportation costs and carbon footprints while providing fresh produce to urban populations with approximately 400 households adopted the technology to empower residents to grow their own food, enhancing food and nutrition security and encouraging social cohesion.</i></p> <p><i>Aquaponics: establishment of 2 demonstration sites for innovative safe integrated fish and vegetable production in small spaces within the residential areas.</i></p> <p><i>Mobile Apps for Food Access: We linked Kisumu farmers to Kenya Agricultural market information system to provide real-time information on food availability and pricing. This information assists farmers to avoid exploitation by middlemen, targeted production.</i></p>
<p><b>Impact</b></p>	<p><i>The project delivered measurable social, environmental, and economic impacts on the urban food system. Using the Milan Urban Food Policy Pact (MUFPP) Monitoring Framework, we have established several indicators to quantify our contributions over the medium and long term.</i></p> <p><i>Social Impact</i></p> <p><i>Indicators:</i></p> <p><i>Access to Healthy Food: significance increase in adoption of home gardens from 4.5% to 22.43% hence improved feeding practices in vulnerable communities.</i></p> <p><i>Participation Rates: There was significant increase in nutrition knowledge by 3% hence improved dietary practice.</i></p> <p><i>Replicate urban farming at the community level.</i></p> <p><i>Food Security Improvement: A baseline survey indicated that 25% of households in targeted areas faced food insecurity. After implementing community gardens and workshops, a follow-up survey shows a reduction to 15%.</i></p> <p><i>Outcomes:</i></p> <p><i>Food Security Improvement: A baseline survey indicated that 25% of households in targeted areas faced food insecurity. After implementing community gardens and workshops, a follow-up survey shows a reduction to 15%.</i></p> <p><i>Improved physical activity levels reduces non communicable diseases.</i></p> <p><i>Environmental Impact</i></p> <p><i>Indicators:</i></p> <p><i>The reuse of waste bags and tins for home gardens help in environmental conservation. The practice targets to reduce the 35% of inorganic waste produced in Kisumu city.</i></p> <p><i>Biodiversity Enhancement: Established 400 community gardens that increase local biodiversity and green space.</i></p>
<p><b>Inclusion</b></p>	<p><i>Our project prioritized inclusivity across different geographical levels:</i></p> <p><i>Neighbourhood Focus: Implemented localized initiatives that catered to specific community needs, ensuring that interventions are culturally relevant and accessible. Kisumu city has three informal settlements.</i></p> <p><i>City-Wide Strategies: Developed city-wide policies that integrated food systems into urban planning and development, promoting equitable access to healthy food for all residents. Our contribution is evident in the Kisumu County Food Systems Strategy 2023-2027.</i></p>

	<p><i>Metropolitan Scale: Collaborated with surrounding municipalities like Kakamega, Kericho, Bungoma and Busia to address regional food system challenges, such as transportation and supply chain logistics.</i></p> <p><i>Multilevel Governance</i> <i>We adopted a multilevel governance framework to ensure broad participation and accountability:</i></p> <p><i>Community Engagement: Facilitated 400 community forums and workshops to gather input from residents, ensuring their voices were heard in policy development.</i></p> <p><i>Advisory Committees: Established committees that include representatives from various sectors, ensuring diverse perspectives in decision-making processes.</i></p> <p><i>Feedback Mechanisms: Implemented channels for continuous feedback from stakeholders to adapt and refine policies in response to changing needs and conditions.</i></p>
--	--