



Investing in Narok County's family planning programme



Background

Narok County covers an area of 17,933 km² and lies 142.4 kilometres west of Kenya's capital city Nairobi. It is situated along the Great Rift Valley in the southern part of the country where it borders the Republic of Tanzania. The county is administratively divided into 6 sub-counties namely Transmara West, Transmara East, Narok North, Narok South, Narok East and Narok West. Narok is a cosmopolitan county with Maasai and Kalenjin being the dominant ethnic groups and is also home to marginalized communities such as the Ogiek and Oromo ethnic groups. The county's capital city Narok town is approximately 30 minutes by air and two hours by road from Nairobi.

The county has a total of 216 health facilities^{3a} with a density of f.s health facilities per 10,000 citizens, which is lower than the World Health Organisations' (WHO) recommended 2.0. It has a core health workforce density of 6.1 core health personnel per 10,000 citizens, compared to the WHO's recommended 23 health workers.

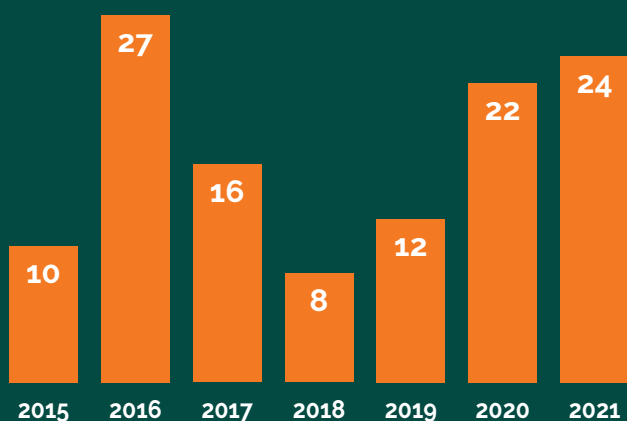
In terms of service provision, 95% of the facilities in the county offer family planning services. 58% of the facilities don't have all the family planning

Social statistics

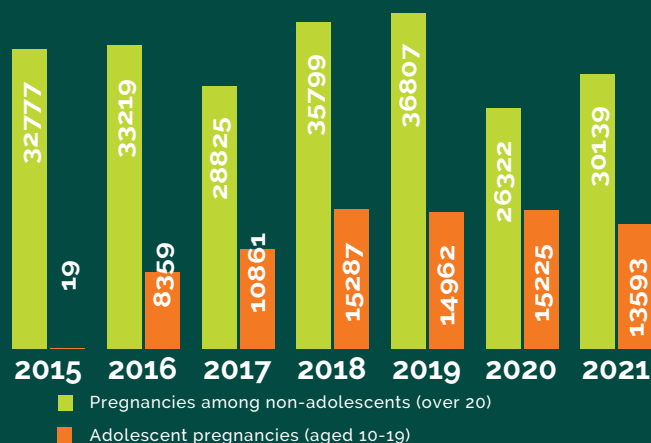
Population (2022) ^c	Total	1,288,706
	Male	641,989
	Female	646,716
	Women of Reproductive age (15-49 yrs)	284,507
	Adolescents 10 - 14 yrs	201,038
	Adolescents 15 - 19 yrs	139,180
Total fertility rate (number of children per woman) (2019) ⁶		5
Absolute poverty rate (2015) ⁷		29%
% Distribution of population aged 15 years and above with ability to read and write (2015) ⁸	Male	76%
	Female	62%
	Total	69%

tracer commodities which include blood pressure apparatus, combined oral contraceptive pills, progestin-only contraceptive pills, Injectable contraceptives and condoms^{3b}.

Number of maternal deaths per year



Number of adolescent pregnancies per year



10

maternal deaths could have been prevented through family planning in 2021¹

2/5

pregnant women were adolescents in 2021*



To tackle both maternal deaths and teenage pregnancies, more investments in family planning are required.

Benefits of investing in family planning²

1. Health benefits

- Lower number of unintended pregnancies
- Decline in unplanned births
- Reduction in unsafe abortions
- Decrease in maternal deaths

2. Social and economic benefits of healthier birth timing and spacing

- Increase infant survival rates
- Improvement in children's health, education and wellbeing
- More savings as well as a higher household income and gross domestic product per capita as a result of women's economic participation
- Attainment of the demographic dividend

To reap these benefits in Narok county:



More women need to be reached with family planning services



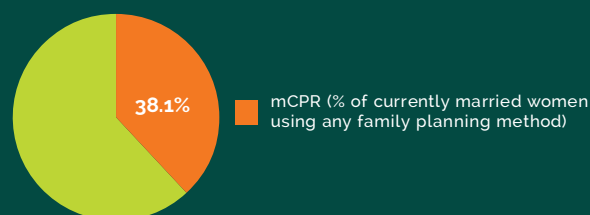
Counselling on and sensitisation to long acting family planning methods must be provided to increase the uptake of long acting methods



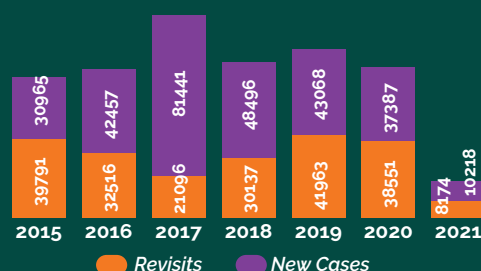
More domestic financing for family planning is required

The status of family planning access and funding in Narok county

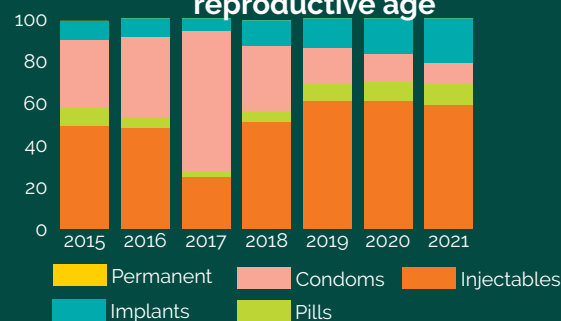
Modern contraceptive prevalence rate (mCPR 2014)⁹



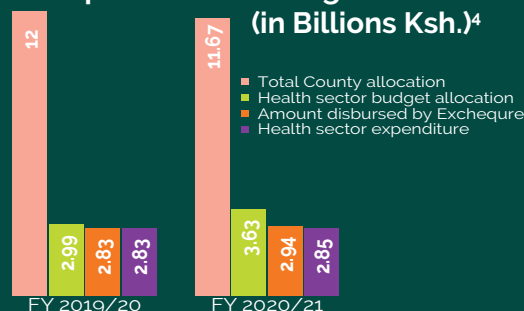
Family planning service uptake^{*}



Family planning method mix among women of reproductive age^{*}



Comparison of funding needs and disbursements (in Billions Ksh.)⁴



References

¹ Data from Kenya Health Information System as of April 2022

² Ahmed, Saifuddin et al. Maternal deaths averted by contraceptive use: an analysis of 172 countries. The Lancet, Volume 380, Issue 9837, 111 – 125

³ Starrs A, Ezeh A, et al. Accelerate progress—sexual and reproductive health and rights for all: report of the Guttmacher–Lancet Commission. The Lancet, vol. 391, issue 10140, (2018). pp: 2642–2692. Published by Elsevier

^{3a} Kenya Master Health Facility List (KMHL). ^{3b} Kenya harmonized health facility assessment 2018/19 (KHFA)

⁴ County Government budget implementation review report 2018/19, 2019/20 & 2020/21.

⁵ KNBS, 2019 Kenya population and housing census.

⁶ KNBS, Analytical Report on Fertility and Nuptiality, Volume IV, 2019.

⁷ KNBS, Inequality trends and diagnostics in Kenya 2020: Absolute poverty rate is defined as the inability for a household, family or person to meet basic needs including food, shelter, safe drinking water, education and healthcare.

⁸ KNBS, The 2015/16 Kenya integrated household budget survey (KIHS) reports

⁹ Kenya demographic health survey 2014