

Lamu and health in first stage of life

Children's health during the first 1000 days of life is crucial for their future development. In Lamu, Kenya, there is a young demographic and children's health is worse than the national average, due to financial, geographical, and cultural constraints which make it difficult for communities to access quality healthcare.

Project aim

Technology-driven interventions have the potential to empower communities and improve health outcomes. This project aimed to identify opportunities for available and affordable technologies to make a positive impact on nutritional outcomes for young infants in Lamu.

Co-creating opportunities

CHVs could use anthropometric measurement tools and phones to enable various basic nutritional-based health services for children in the first stages of life at the community level. Various intervention scenarios are possible, which differ on the purpose of the measuring, the location of measuring, and the impact on the system. The opportunities for these scenarios were evaluated and co-created with CHVs in Lamu.

Healthy Start Lamu

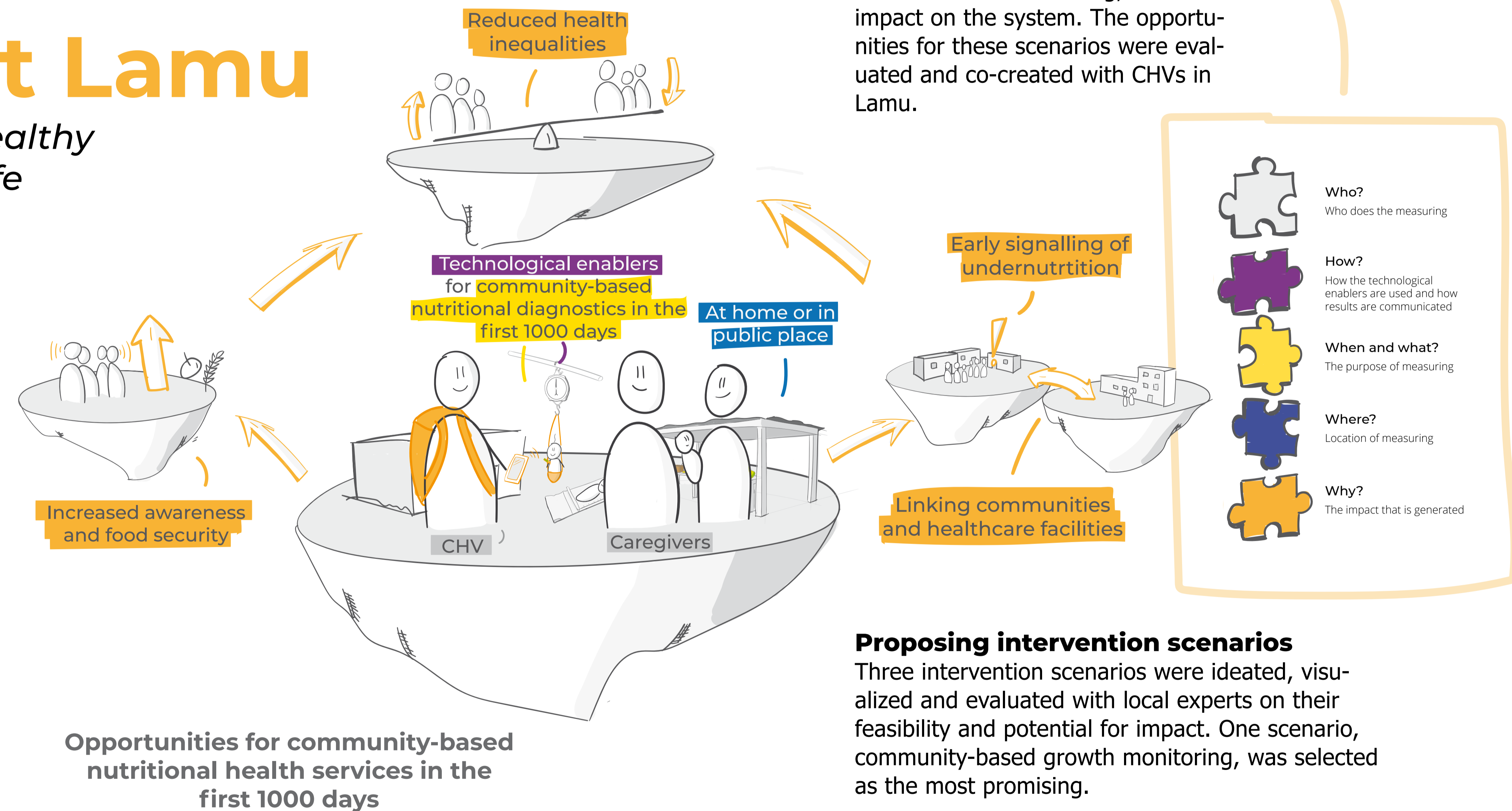
Designing interventions for a healthy and equal starting position in life

Approach

Local needs and opportunities that exist for Lamu communities when it comes to nutritional health in the first stages of life were uncovered during fieldwork research. The local context was understood on a systemic level from a cultural, technological and healthcare perspective.

Fieldwork insights

- Communities in Lamu have strong informal networks and social cohesion, and Community Health Volunteers (CHVs) could play a central role in improving community health
- There are significant barriers for communities to access healthcare, which leads to delayed healthcare seeking behaviour and suboptimal outcomes
- Widespread phone use in the area and simple nutritional diagnostics offer opportunities for innovation



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