

# 5-year Nyeri Nutrition Action Plan launched



**N**utrition is a vital building block in the foundation of human health and development. It has direct relationship with child survival, physical and mental growth, learn-

ing capacity, adult productivity and overall social economic development.

However, Nyeri County has been ranked 2nd leading in overweight and obesity in Kenya, one of the risk factors of Non Communicable Diseases (NCDs). Child under-nutrition is also still a major public health with stunting levels being at 15.1%, wasting at 2.4% while underweight at 2.1%. These unacceptable high levels of malnutrition, over-nutrition and micronutrient deficiency have remained a public health concern and a hindrance to achieving the county's developmental agenda.

Following this, the County Government of Nyeri has started an ambitious Nutrition Action Plan to address this increased health burden from lifestyle diseases and malnutrition in all its forms and ages.

The five year plan, 2020/21-2024/25, is the first County Nutrition Action Plan (CNAP) for the implementation of the National Food and Nutrition Security Policy (NFNSP) and follows a strategic framework provided by the Kenya National Nutrition Action Plan (KNNAP) 2018-2022.

*Continued on page 2 & 3*

## Governor receives donation from Pfizer Foundation



The team donated a consignment of N95 surgical masks and dignity kits  
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## Nyeri receives 14 ventilators from USAID

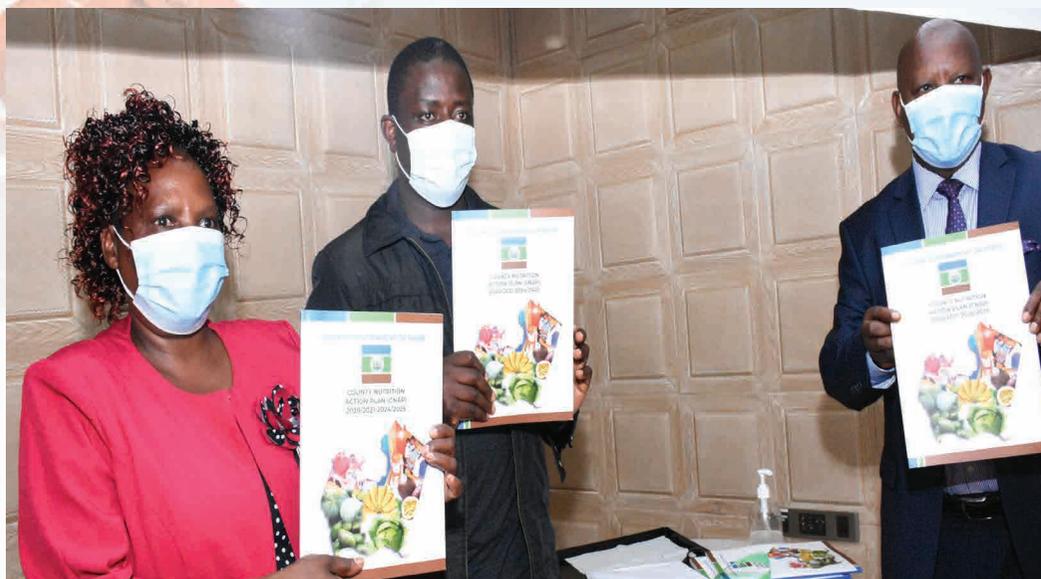


USAID has donated 14 ventilators to aid in the fight against Covid-19 pandemic.  
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## Enhancing aquaculture in Nyeri



66, 000 mixed-sex fingerlings were restocked.  
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The action plan applies a life course approach and promotes cross-sectoral collaboration to address the social determinants of malnutrition sustainably. It aims at achieving optimal nutrition for a healthier and better quality life and improved productivity for the county's accelerated social and economic growth for Nyeri residents.

The five-year work plan which is multi-sectoral involving; Education, Agriculture, Social Protection and Health, will spearhead in ending malnutrition in Nyeri County in the next five years if well implemented. The plan is aimed at reversing the triple burden of malnutrition that ravages

on residents' livelihoods and their way of lives.

According to Nyeri Governor H. E Mutahi Kahiga, the county government is committed to creating an enabling environment for its citizens to realize their rights as spelt out in the Big Four Agenda, Vision 2030, Kenya Health Policy (2014-2030), National Food and Nutrition Security Policy 2012. Some of these rights include; highest attainable standards of health, freedom from hunger, access to adequate food of acceptable quality and every child has right to basic nutrition, shelter and healthcare.

"The NCNAP will accelerate and scale up efforts towards the reduction of malnutrition as a public health concern in the county by focusing on three areas of interventions, namely nutrition-specific; nutrition-sensitive; and enabling environment hence the need for strengthening multi-sectoral collaboration in addressing malnutrition. It will further contribute to improving the food system governance reduce the prevalence of Non-Communicable Diseases in the county and contribute largely to the quality of our diets and overall nutrition status," added the governor.

Nyeri Health CEC Dr. Rachel Kamau echoed the governor's words stating that, through this plan, the county government will improve the nutritional health of its residents through integration of nutritionists within the various departments.

"The strategic nutrition plan applies a multi-sectoral approach and promotes cross-sectoral collaboration to address the social determinants of malnutrition sustainably. Optimal nutrition for Nyerians will be ensured by clearly defining the roles and responsibilities of different sectors and ensuring that each carries out its action," added the CEC.

Dr. Kamau further added that different

county departments including; Health Services (Nutrition, nursing, public health, health information), Agriculture, Livestock & Fisheries, Education, Youth, Gender & Social Services as well as national government Ministries of Labour & Social Protection and Dedan Kimathi University of Science & Technology have been engaged in the development of the nutrition plan.



County Nutritionist Coordinator Agnes Mwendia, noted that once the NCNCP is implemented it will be able to address all forms of malnutrition in Nyeri County through use of a multi-sectoral approach.

“A set budget will be allocated to implement the activities that are in the action plan such as employment of more nutritionists who will be under the newly formed Nutrition Directorate, that will oversee the objectives and activities of the document,” added Mwendia.

Clinical Nutritionist/Dietician Stephanie Wanja echoed the Mwendia's words stating that the 5-year strategic plan will change the nutrition aspect of Nyeri residents, further going a long way in mitigating the current burden of nutrition related non-communicable diseases as it encompasses all aspects of nutrition i.e. preventive, promotive, curative and rehabilitative.

The plan is divided in various categories of Key Result Areas (KRAs) with corresponding interventions which include; nutrition-specific, nutrition-sensitize and enabling environment.

According to the Head of Nutrition Nyeri County Referral Hospital Dr. Henry Ng'ethe, the plan is geared towards addressing various forms of malnutrition

within the county.

“The plan takes a life course approach from pre-conception to old age, in adoption of this strategy various activities enshrined therein takes care of preventive, promotive, curative and rehabilitative health approaches to ensure that malnutrition is dealt with at the earliest stages before overburdening our healthcare system,” added Dr. Ng'ethe.

NCAAP is a good vision for the county as it will help in the tackling of malnutrition in all its forms for the county to achieve economic progression.

Assistant Director of Nursing Winfred Mulwa added that the plan will help reduce the burden of non communicable diseases which has burdened the health care system, targeting issues from the farmer to the food consumer.

“The document will also ensure that we maximize on the benefits of nutrition from preconception to ensure that our children in Nyeri are able to perform better in the learning institution. The root cause of malnutrition starts from the household

level, community and to policy therefore bringing them together is a must for Nyeri County to grow economically,” noted Mulwa.



CATEGORY OF KRAs BY FOCUS AREAS	KEY RESULT AREAS
Nutrition specific	Maternal, Infant and Young Child Nutrition (MIYCN) scaled up. Prevention, control and management of Micronutrient Deficiencies scaled up. Prevention, control and management of Diet Related NCDs scaled up. Integrated management of acute malnutrition and nutrition in emergencies strengthened. Clinical nutrition & dietetics, nutrition in HIV and Tuberculosis strengthened.
Nutrition sensitive	Nutrition in nutrition sensitive areas strengthened (Agriculture and food security scaled up, education and early childhood development promoted, WASH promoted as well as social welfare).
Enabling environment	Sectoral and multi-sectoral nutrition governance, coordination, legal/regulatory frameworks, leadership and management strengthened. Advocacy, communication and social mobilization strengthened. Supply chain management for nutrition commodities and equipment strengthened.

Nyeri Central sub-county Public Health Officer Lawrence Kinyua, lauded the efforts geared towards formulation of the plan noting that not only will it lay a foundation for addressing the immediate underlying and the basic causes of malnutrition, but it will also accelerate and scale up efforts geared towards the reduction of malnutrition as a public health concern in the county by 2030. He further added that since NCCAP promotes a cross-sectoral collaboration, the county will be able to have a sound foundation of human health and development.

According to the County Infection Prevention Control

tribute to improving the food system governance hence reducing the prevalence of NCDs within the county, as a result impacting on better quality life and improved productivity for the county residents.

“The plan is a timely intervention for Nyeri County seeing that we have been ranked second leading county in cases of malnutrition and non-communicable diseases as such, intervention plans of this prevalence could not have come at a better time,” added Macharia.

The Monitoring, Evaluation, Accountability and Legal (MEAL) framework will

Coordinator Boniface Macharia, the nutrition action plan will facilitate tracking and evaluation of performance of set targets as well as serve as accountability and learning framework for the various nutrition stakeholders. Evidence generated will further inform planning, resource allocation, decision making and adaptive management as well as real time monitoring of the nutrition actions.

The County Speaker Hon. John Kaguchia has pledged the County Assembly of Nyeri's support in matters of policy regulation or even budgetary allocation to ensure the implementation is successful.

To conclude, the NCNAP will provide a critical catalyst for enhancing accountability, multi-sectoral collaboration, coordination and tracking progress of the results with an aim of curbing malnutrition cases in all its forms within Nyeri County. The NCNAP is aligned to the Nyeri County Integrated Development Plan to facilitate mainstreaming of nutrition budgeting.

## Mathira farmers trained on avocado farming



Hundreds of farmers were trained on how to grow various crops using the latest technology during a Field Day held in Mathira East sub county, Nyeri County. The farmers who attended the Field Day held at Daniel Gathara's Farm in Iria-ini ward were trained on how to grow and gain income from fruits like Hass avocados, Macadamia and various tree types among others. Pakistan High Com-

missioner H. E Saqlain Syedah who commended the farmers for their efforts in safeguarding the agricultural sector also graced the event. She further added that the Pakistani government is collaborating with the County Government of Nyeri to come up with new techniques on farming especially avocado farming. Agriculture and Food Authority Director General Antony Muriithi lauded the farmers' ef-

forts in adopting the crop industry and urged them to view farming from a business point of view. He encouraged the farmers to update themselves on market prices and take keen on the quality of the produce. Mr. Daniel Gathara (host farmer) praised the farmers for their overwhelming response to the exhibition and encouraged them to take the opportunity and learn.

# Governor receives donation from Pfizer Foundation



**H**. E Governor Mutahi Kahiga met with a team from Amref Health Africa led by Programme Manager Jackline Kiarie and Pfizer Foundation represented by the Communications Manager Willis Angira in his office. Pfizer Foundation has

granted Amref Health Africa Kshs. 13 million to support Nyeri and Machakos counties in slowing down the spread of Coronavirus and address Gender Based Violence which has spiked during the Covid period. The team donated a consignment of N95 surgical masks and dignity kits

which will aid in the fight against Covid-19 and Gender Based Violence. Both organizations expressed their commitment towards supporting health care workers and ensuring the social protection of GBV survivors. Further, they will collaborate with the Department of Gender,

Youth and Social Services and identify GBV survivors who will receive skills training as a means of empowering them.

Governor Kahiga thanked the team for their timely donation and for considering Nyeri County to be one of the beneficiaries further emphasizing on the need for joint efforts in the fight against Covid-19 pandemic.

In addition, he added that Nyeri County is driven by virtue of transparency and accountability hence the donation will be accounted for.

The governor also lauded the efforts of the Nyeri County health care workers who have been executing their duties despite the challenges being faced and called for the arrest of perpetrators of GBV.

## Routine visit at Mt. Kenya Hospital

H.E Governor Mutahi Kahiga made a routine visit to Mt. Kenya Hospital to check on the construction progress of an oxygen plant being set up at the facility.

It is part of the Kshs. 125 million project of setting up oxygen plants in various hospitals across the county.

The governor (*pictured below*) also inspected an incinerator, which is now

ready for use and will see the hospital-generated medical waste handled in a better way.

He lauded the medical practitioners at the facility for their selfless dedication towards service to humanity during this Covid-19 era and assured them of his government's full support in accessing the necessary personal protective equipment.



# Nyeri County receives 14 ventilators from USAID

Nyeri Governor H.E Mutahi Kahiga received a consignment of 14 portable ventilators from USAID team led by the Country Coordinator Dr. Andrew Thaiyah and Peter Waithaka.

This is part of an ongoing national program whereby USAID donated 200 ventilators to Kenya to aid in the fight against Covid-19 pandemic.

10 of the ventilators have been donated to the County Government of Nyeri hospitals while four have been designated to Kenyatta National Hospital-Othaya Annex.

In addition, USAID has trained over 15 health personnel including biomedical engineers and critical care workers on usage and maintenance of the ventilators.



Governor Kahiga expressed his joy and gratitude for

this noble gesture noting that the machines will complement the existing 19 ventilators within the county. He noted that one of the hallmarks of Nyeri County is accountability as such all the ventilators will be accounted for and will be used for their intended purpose.

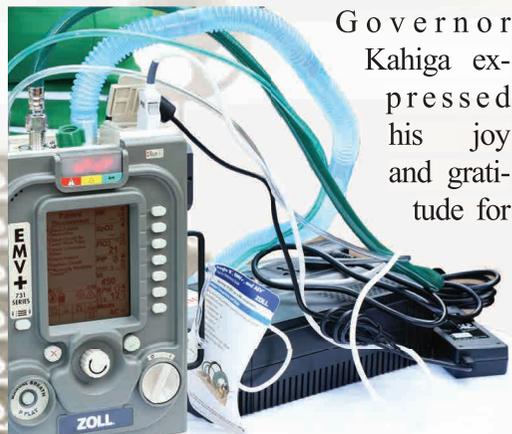
He added that the County Government of Nyeri is currently implementing a 125 million project of setting up oxygen plants at Mt. Kenya and Karatina Hos-

pital to ensure there is a steady supply of piped oxygen within the facilities.

Peter Waithaka from USAID noted that the ventilators have a one year warranty and that USAID will help in installing and maintaining of the equipment.

The mutual agreement between the County Government of Nyeri and USAID was put on paper and signed, an exercise overseen by the County Attorney Kimani Rucuiya.

*From left: H. E Governor Mutahi Kahiga receiving one of the ventilators from USAID team led by Peter Waithaka and Country Director Dr. Andrew Thaiyah. Looking on is Mt. Kenya Hospital and Othaya Hospital administrators and Chief of Staff Paul Wambugu (third left).*



# Athletics Kenya 70th anniversary celebrations



*H. E Governor Mutahi Kahiga (second right) with some of the athletes including Marathon runner Catherine Ndereba from Nyeri County during the 70th anniversary celebrations.*



*From left; Prof Sam Ongeru Senator Kisii County and former chairman of Athletics Kenya, Athletics Kenya (AK) President Lt. Gen. Jackson Tuwei, H. E Governor Mutahi Kahiga, CS Amb. Dr. Amina Mohamed and other guests during the celebrations.*

**H**. E Governor Mutahi Kahiga was honoured to join Sports, Heritage and Culture CS Amb. Dr. Amina Mohamed and world renowned athletics in marking the 70th anniversary since Athletics Kenya was founded in Kenya at Nyayo National Stadium, Nairobi.

Governor Kahiga pledged to honour the athletes and improve their welfare for placing Kenya on the world map in his ca-

capacity as the Secretary General of Sports Kenya in Central region.

He also reiterated his support and commitment to work with Athletics Kenya and the National Government through the Ministry of Sports to ensure athletes prevail and raise the Kenyan flag high in the world competitions.

In support of athletics, the county government through the Department of Education

and Sports holds an annual Dr. Wahome Gakuru Half Marathon in commemoration of the late governor and so far its been held for two series.

The department has also embarked on fencing, rehabilitating and upgrading of stadia across the county in a bid to promote sports.

The governor also thanked H. E President

Uhuru Kenyatta for honouring his promise of constructing a state of the art stadium at the Ruring'u grounds will be a big boost to sports activities within the county.

***Congratulations Athletics Kenya!***

# Enhancing aquaculture in Nyeri County

Fish is considered an 'alien' food in Nyeri. As such, the County Government of Nyeri through the Department of Agriculture, Livestock and Fisheries in conjunction with Aquaculture Business Development Program (ABDP) is dedicated to changing this narrative and encouraging more people to adopt fish farming and consuming fish and fish products.

The program is a partnership between the government and International Fund for Agriculture Development (IFAD) which aims at promoting income, food and nutrition security.

Nyeri County Secretary Ben Gachichio who represented H. E Gov-



ernor Mutahi Kahiga led in the restocking exercise of Lusoi Dam in Thegu River ward and Kamangura Dam in Gakawa ward with 34,000 and 32,000 mixed-sex fingerlings respectively. The CS commended the community members for working closely with the county government in implementing

fish farming projects and urged them to promote aqua farming by also buying fish which has great health benefits.

Agriculture CEC James Wachihhi noted that the department is committed towards promoting food and nutrition security within the county and encouraged the

farmers to incorporate fish in their diet since it's packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

He also urged the youth to focus on fish value addition and will in turn find markets for their produce.

## Collaboration between Pakistan and Nyeri kicks off



Nyeri Governor H.E Mutahi Kahiga met Pakistan High Commissioner in Kenya H.E Saqlain Syedah as a start of a fruitful collaboration between the Islamic Republic of Pakistan and the County Government of Nyeri.

The High Commissioner who paid a courtesy call to the governor pledged to ensure that Pakistan will work in a solid fruitful partnership, covering extensively various departments including Agriculture, Trade, ICT among others.

A technical team between the Pakistani government and the

County Government of Nyeri will soon be formed to ensure a Memorandum of Understanding (MoU) is signed on these areas.

Pakistan is ready to offer support in areas of branding, packaging and marketing of Nyeri tea, coffee, Hass avocados, mangoes, among other crops.

The working partnership will also involve training of staff and bringing on board Pakistan's private sector engagement. Once this agreement starts, it will ensure more harvests in Nyeri as well as economic growth for the county.



# Progress of Naromoru Level 4 Hospital

Naromoru Level 4 Hospital in Naromoru town, Kieni East sub-county is almost complete after the work started in August last year.

Its completion will ease the suffering of Kieni people who have not had any Level 4 facility and have had to seek treatment in either in Karatina, Nyeri or Nyahururu hospitals.

This project is jointly funded by the County Government of Nyeri under the leadership of H.E Governor Mutahi Kahiga and the World Bank under the Kenya Devolution Support Programme (KDSP) at a cost of Sh 335 million. The funds were allocated to Nyeri under Governor Kahiga, after it emerged second position during the ranking of county governments' performance by the World Bank.

The construction of this three -storeyed 175 bed capacity hospital will host key departments including; two operating theatres, general OPD, Casualty, Pharmacy, Laboratory, Maternal and Child Health unit, specialized clinics, maternity and inpatient wards (medicine, orthopedic, surgical).

This hospital will guarantee provision of surgical and inpatient services and ultimately contribute to decongestion of the Nyeri County Referral Hospital.

# Progress of Nyeri Town Main Transport Termini

The Nyeri Town Main Transport Termini at the Asian Quarters is a Kshs. 600 million project which was launched in June, 2019 by H. E Governor Mutahi Kahiga.

The mega flagship project is a partnership between the County Government of Nyeri and the World Bank through the Kenya Urban Support Programme (KUSP).

Once complete, the termini will have various components including: -

240 Matatu, Bus, Taxi, Tuktuks loading and unloading bays, 1000 business stalls, 100 booking bays, 40 parking bays, 98 passengers waiting bays, 5 sanitation blocks, high capacity elevated water tanks, modern solid waste chamber, police post, KPLC substation, garage, an open air market and an ICT hub.

Upon completion the terminus will not only decongest Nyeri town central Business District but also create employment opportunities. Truly, it is a flagship project that will transform Nyeri to a world class status!





# COUNTY GOVERNMENT OF NYERI

P. O. Box 1112-10100, NYERI

## OFFICE OF THE COUNTY EXECUTIVE COMMITTEE MEMBER FOR FINANCE AND ECONOMIC PLANNING/HEAD OF COUNTY TREASURY



# PUBLIC NOTICE

## WAIVER OF 100% INTEREST ON LAND RATES FOR REGISTERED AND NON REGISTERED PLOTS

### WAIVER PERIOD: 11<sup>TH</sup> – 31<sup>ST</sup> DECEMBER 2020

The County Government of Nyeri with the approval of H.E. Governor Mutahi Kahiga as part of the post-Covid economic recovery strategy, hereby gives notice to all Land Rates defaulters that 100 % interest sums outstanding as at 11<sup>th</sup> December 2020 – 31<sup>st</sup> December 2020 will be waived on the following conditions:

That the Rate payers clears in full the total principal land rate arrears and pay 10% administrative costs based on principal amount payable.

All Land Rate defaulters are hereby **WARNED** that upon failure to pay legal consequences will be instituted which include but not limited to:-

1. Compel Land Rates defaulters tenants to pay directly to the County Government until the Land Rates and interest are fully paid.
2. Cancel or withdraw any license/permit granted in the premises in which Land Rates have not been paid.
3. Withhold any development approval until full payment of Land rates are received for the said Land.
4. Charge the property over unpaid rates plus interest until the full amount is cleared.
5. Deny all other services offered by the county.

The County Government of Nyeri operates a **Cashless Payment system of Revenue**. All payments should be made through our County Revenue Collection A/C held at Cooperative Bank Nyeri Branch, Kenya Commercial Bank (KCB) Nyeri Branch or Mpesa Pay Bill.

**COOP BANK ACCOUNT No. 01141666594400 BANK CODE: 11000**  
**KCB BANK ACCOUNT No: 1140760319 BANK CODE : 01**  
**MPESA PAYBILL No.191900**

Concerned property owners should make payments upon obtaining Bills/ Invoices from their respective Sub-County Revenue Offices and forward the banking slips for issuance of an official receipt within the waiver period. Kindly comply. For Mpesa payment you **MUST** indicate the Sub-County, Block and plot number as your account number **[e.g for Nyeri Town Block 1 Plot no. 2 indicates NYR 1/2]**. For more information on Mpesa payment contact **Mobile No. 0714952473**

**NB: Failure to present the banking slip for receipting immediately after payment will not relieve the obligation to pay late payment penalties where applicable.**

Pay your rates in time for efficient service delivery and development of our County.

Thank you.  
Sincerely,



Robert Thuo Mwangi  
County Executive Committee Member  
**FINANCE AND ECONOMIC PLANNING/HEAD OF COUNTY TREASURY**  
**11<sup>TH</sup> DECEMBER 2020.**

**His Excellency Hon. Mutahi Kahiga.**  
**Governor, Nyeri County**