Home gardening and nutrition counselling in rural Kenya: A qualitative study from local perspectives

Grace Wothaya Kihagi1, Lea-Sophie Hansen1, Erick Agure1, Erick M.O. Muok2, Isabel Mank1, Ina Danquah1, Raissa Sorgho1
1Heidelberg Institute of Global Health, Heidelberg University, Germany; 2Kenya Medical Research Institute (KEMRI), Kisumu, Kenya

Introduction

Aim: Understanding the perceptions, experiences and barriers & facilitators of home gardening (HG) and nutrition counselling (NC) among local stakeholders and caregivers of children aged <5 years living in Siaya, Kenya.

Methods

Design: Qualitative study

Gem, Karemo & Asembo
Siaya County, Kenya

Data Analysis

Recording
Transcription
Peer Coding in Nvivo
Inductive content analysis

Findings

Characteristics of study participants

a) Caregivers
- 100% women
- Age: 22-68 Years
- 50% had both HG & NC experience

b) Stakeholders
- International Organization, 5
- Academia, 4
- Government, 4
- Local Organization, 15

Perceptions, experiences & barriers/enablers to nutrition counselling and home gardening:

- Community setup preferred over Health facility
- Nutrition counselling to be implemented by the Community Health volunteers (CHVs)
- Either individual or group counselling proposed
- Greatest hinderance to NC: Lack of time and unaffordability
- Kitchen gardens contribute to food availability, diversity & household income
- Major barriers to HG: Water scarcity, lack of land tenure rights & Destruction by animals
- Enablers: Independent input supply and involvement of local partners & Community

Conclusion

Positive perception on the use of nutrition counselling and home gardening for households with young children in Siaya. Careful intervention design with stakeholders and households.

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Contact:
Heidelberg Institute of Global Health (HGHI)
Working Group: Climate Change, Nutrition & Health
grace.kihagi@uni-heidelberg.de

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