



NATIONAL EMERGENCY RESPONSE COMMITTEE
ON CORONAVIRUS
UPDATE OF CORONAVIRUS IN THE COUNTRY
AND RESPONSE MEASURES, AS AT 15th June 2020

Day: 95

Brief No: 89

Good afternoon my Fellow Kenyans,

Welcome to this media briefing here in Nyandarua County.

Today, I am glad to be here in Nyandarua County, as part of my official visits to assess the level of preparedness for the Coronavirus disease. I want to appreciate the warm welcome accorded to me, and my entourage from the Ministry of Health, by the County Government led by Governor Francis Kimemia and the people of Nyandarua County. I am grateful.

I am also pleased to note that Nyandarua County is among nine, out of 47 Counties in the country that have so far not recorded any case of Coronavirus disease. According to our statistics, we have so far conducted **112** samples from Nyandarua County, and none has tested positive. For this, I want to congratulate the people of Nyandarua for being COVID-19 free to date.

However, this does not mean that the people of Nyandarua are immune from contracting the virus. Far from it. I want to urge the County Government and the people of Nyandarua to jealously protect this status. How can this be done? It is very simple. By adherence to the containment measures.

First, I am sure you have been following our daily updates through various media, where we have been educating Kenyans on the containment measures. This include wearing of masks in all public places, washing of hands using soap and running water, sanitizing where possible, observing social and physical distancing, avoiding gatherings, limiting, or even not allowing visitors to your

homes, among others. I am sure there is *Nyumba Kumi initiative* here in Nyandarua. Utilize this governance structure, to ensure that there are no strangers coming to your villages, because this is the main way the virus is transmitted. The virus does not move on its own, it is moved by people. If you see any strangers in your locality, report them to your Nyumba Kumi leaders, or to the local chiefs immediately. Therefore, if the people of Nyandarua want to maintain zero infection, that is the way to go.

My Fellow Kenyans,

Allow me to discuss pertinent issues on health and nutrition that affect our people. These issues are very important for sustainable development of our beloved country. Good nutrition throughout the life cycle of an individual is essential to good health, and contributes to quality of life, which is a key input for a strong and productive society.

Our Constitution recognizes the importance of health and nutrition. As a country, we are currently experiencing the

triple burden of malnutrition, with co-existence of under nutrition, over nutrition, as well as mineral and vitamins deficiencies. As of 2014, one in four children under five years of age, were short for their age, what is called- **stunted**; four in a hundred children, were wasted, which is a sign of acute significant food shortage and/or disease; while, one in every ten were underweight, meaning the children were either thin or short for their age. At the same time, 4 percent of the children were overweight.

Ladies and Gentlemen,

On infant feeding practices, only 22 percent of children aged 6-23 months consume minimum acceptable diet, while 61 percent of children are exclusively breastfed in the first 6 months of life. This calls for enhanced nutrition counseling at household level.

The adult population is also facing the burden of malnutrition. One in four women of reproductive age have anaemia, and about 28 percent of adults aged between 18-69 years, are either overweight or obese,

which is a risk factor to diseases, such as diabetes and hypertension.

Last year, a study conducted by the Ministry of Health on the cost of hunger in Kenya, revealed that, in 2014, the country lost Kshs. 373.9 billion shillings, which is about (6.9% of the GDP), due to child under nutrition. This amount is equivalent to the budgetary allocation to all 47 counties, in the financial year 2019/20. It is also associated to health costs incurred by malnourished children, since they fall sick more often, with an increased education costs as a result of repetition of classes.

Fellow Kenyans,

Consumption of a healthy diet is important in promoting physical, mental growth and development in addition to building, repairing of tissues and cells damaged by infections and injuries. This provides energy to work, as well as protection from diseases and deficiency disorders. Therefore, it is important to consume nutritious and safe food during the current period of COVID 19 pandemic, in order to strengthen the body immune system, to not only

fight infections, but also speed up recovery process from diseases.

The Ministry of Health is committed to attaining health and nutrition agenda, through Health Policy 2014 – 2030. Currently, the Ministry is implementing the Universal Health Coverage (UHC). A lot of emphasis is being placed on strengthening the Primary health care, as it provides the engine for UHC. For this reason, counties are encouraged to establish and operationalize community health units, that will deliver health and nutrition messages, so as to prevent diseases and to promote healthy lifestyles.

The Ministry is also in the process of implementing the Kenya Nutrition Action Plan (KNAP) 2018 – 2022. The objective of the KNAP, is to accelerate and scale up efforts towards the elimination of malnutrition, in line with Vision 2030 and the sustainable development goals.

I am informed that the Nyandarua County Nutrition Action Plan is under development. It is important that this

is fast tracked to full implementation, as this will contribute to reduction of the burden of malnutrition in the county.

Lastly, as I was travelling to Nyahururu, I could not fail to notice the county's rich agricultural potential that includes horticultural crops, milk, maize and wheat. Then I asked myself, why would three in ten children under five years of age in this county be stunted. I am informed that this could be as a result of poor infant and child feeding practices. Therefore, I urge the county department of health, to prioritize maternal infant and young child nutrition, since this will not only prevent child malnutrition, but also lay a good foundation for nutrition for later years.

Fellow Kenyans,

Turning to our COVID-19 situation, we have **133** people who have tested positive, out of **3,365** samples tested in the last 24 hours. This now brings to **3,727** the number of positive cases recorded in the country to date, and the total number of samples tested so far is **118,701**. I am

delighted that we have discharged **33** more patients from various health facilities bringing the total number of recoveries to **1,286**.

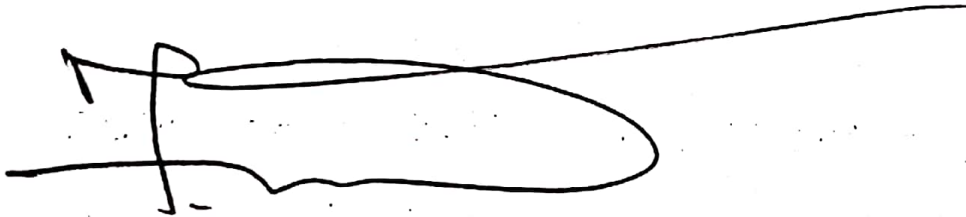
Unfortunately, we have lost one more patient to the disease. My heartfelt condolences to the bereaved family and friends.

As observed, the number of those infected with the virus continues to rise, and as a country, we must take individual responsibility to curtail this. I am however glad to note that, Nyandarua County is yet to record a case. I want to appeal to the people of Nyandarua, to continue working closely with the County Government to maintain this situation.

Finally, I want to thank the Government of Nyandarua County, under the leadership of Governor Francis Kimemia, together with the people of Nyandarua for their warm hospitality. I also want to commend our dedicated healthcare workers who are doing a commendable job in ensuring that patients in our health facilities are cared for. As a Ministry, we recognize and appreciate these

efforts and we will do everything possible to ensure they are protected. Be blessed.

I thank you all.

A handwritten signature in black ink, consisting of a large, stylized loop with a long horizontal stroke extending to the right.

**SEN. MUTAHI KAGWE, EGH,
CABINET SECRETARY.**