

## **Climate Health and Wellness Camp: Building Climate-Resilient Health**

### **Theme: "Bridging the Gap Between Environmental Degradation and Community Health"**

#### **Executive Summary**

The Climate Health and Wellness Camp is an innovative initiative aimed at raising awareness and delivering integrated solutions at the intersection of climate change and public health. This 5-day camp will highlight both the direct and indirect health impacts of climate change while promoting sustainable, community-led environmental practices. Through a variety of activities—including health services, environmental stewardship initiatives, and educational sessions—we seek to empower communities to become more resilient in the face of climate-related health challenges.

Scheduled for November 6th- 10th 2024, at Full Gospel Churches of Kenya-Kyang'ombe, Kitengela in Kajiado County, this event is expected to engage over 3,000 community members, with a special focus on vulnerable populations such as women, children, the elderly, and people with disabilities.

Organized by Najimudu Empowerment Initiative, the camp will be held in partnership with key stakeholders from the health, environmental, and education sectors.

#### **Problem Statement: The Public Health and Climate Nexus**

The link between environmental degradation and public health is clear and pressing. Issues such as air pollution, food insecurity, water contamination, and rising temperatures have profound and far-reaching effects on community health. These challenges exacerbate existing health disparities and create new public health concerns, particularly in low-resource settings.

Communities in Kitengela, Kajiado County, face significant risks due to industrial pollution, inadequate waste management, and deforestation. These environmental issues have led to increased cases of respiratory illnesses, nutritional deficiencies, and waterborne diseases, placing a heavy burden on already vulnerable populations.

#### **Approach: Comprehensive Solutions at the Public Health and Climate Nexus**

Our strategy integrates preventive healthcare with environmental restoration, focusing on the following key pillars:

- Awareness and Education: Raising awareness about the interconnectedness of climate change and public health.
- Environmental Stewardship: Initiatives including tree planting, waste management, and community policing on environmental practices.
- Healthcare Services: Providing comprehensive medical services, including general health check-ups, dental and eye care, reproductive health services, and pharmaceutical support.
- Community Empowerment: Engaging community members in solution-oriented discussions and environmental initiatives.

### **Target Beneficiaries**

The primary beneficiaries are residents of the Kyang'ombe community, with particular emphasis on marginalized groups who bear the brunt of climate-related health impacts. The event will focus on creating inclusive solutions that address the specific needs of women, children, the elderly, and people with disabilities.

### **Planned Activities**

1. Civic Education: Workshops and one-on-one sessions on the connection between climate change and health.
2. Tree Planting Drive: Planting 300 saplings to improve air quality and enhance community green spaces.
3. Healthcare Services: Offering medical screenings, consultations, treatments, and referrals for prevalent health issues.
4. Community Engagement: Participatory forums where local residents co-design solutions to environmental and health challenges.

### **Implementation Plan**

- Day 1: Opening ceremony, tree planting, and initial health assessments.
- Day 2-4: Healthcare services, civic education sessions, and environmental workshops.
- Day 5: Follow-up on health assessments, summary sessions, and participant feedback collection.

### **Proposed Partners**

- Kajiado Sub-county Health Department
- Equity Afya Kitengela: Medical volunteer and support
- International Physicians for the Prevention of Nuclear War (IPPNW): Medical expertise and environmental advocacy
- Sunpharma: Pharmaceutical supplies and healthcare services
- Mount Kenya University and Mount Kenya University Health Students Association: Volunteer support and health education
- Daystar University: Health student volunteers and civic education programs
- Full Gospel Churches of Kenya-Kyang'ombe, Kitengela: Venue and local outreach
- City Eye: Optical services
- Eye Marafiki: Optical services
- Imperial Dental Services: Dental services
- Medics for Kenya: Medical professional volunteers
- Green Health Focus: Environmental education and community engagement
- Global Peace Foundations: Environmental education and civic engagement
- Green Dada Foundation: Environmental education and civic engagement
- Gem Trust Kenya: Mobilization, medical, and social support

### Expected Outcomes

1. Improved Awareness: Enhanced understanding of the link between climate and health among community members.
2. Enhanced Health Services: Addressing urgent health needs while promoting preventive care.
3. Environmental Impact: Increased tree cover and improved waste management practices.
4. Community Empowerment: Active community participation in climate health advocacy.

### Monitoring and Evaluation

- Pre- and post-camp health assessments.
- Participant surveys and qualitative feedback.
- Environmental impact assessments focused on air quality improvements and tree survival rates.

### Budget

	Item	Cost (KES)	Cost (USD)
<b>1.</b>	<b>Venue &amp; Logistics</b>		
	- Venue rental, chairs, and tents	80,000	550
	- Transportation (volunteers & supplies)	60,000	400
	- Event materials (banners, signage)	30,000	200
	- Refreshments and meals for 60 persons/day	250,000	1,700
	- Mobilization	20,000	140
	- KMPDC Health Camp Certificate & Registration	70,000	470
<b>2.</b>	<b>Medical Services</b>		
	- Medical supplies and equipment	200,000	1,400
	- Pharmaceuticals (donated by Sunpharma)	In-kind	In-kind
	- Health professionals' allowances	150,000	1,050
<b>3.</b>	<b>Tree Planting and Environmental Activities</b>		
	- Tree saplings (300)	75,000	520
	- Environmental education materials	25,000	170
<b>4.</b>	<b>Civic Education &amp; Community Engagement</b>		
	- Workshop materials and facilitation	50,000	350
	- Educational flyers and posters	20,000	140
<b>5.</b>	<b>Monitoring and Evaluation</b>		
	- Health assessment tools	25,000	170
	- Environmental impact assessments	20,000	140
	<b>Total Budget</b>	<b>1,075,000</b>	<b>7,400</b>

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### **Conclusion**

The Climate Health and Wellness Camp offers a unique opportunity to create lasting community impact by addressing the crucial connection between public health and environmental sustainability. By focusing on awareness, prevention, and community engagement, this initiative aims to build a healthier, more resilient community equipped to face the challenges posed by climate change

