

ORIGINAL RESEARCH

Enhancing Multisectoral Efforts to Combat Malnutrition in Kenya; A One Health Approach

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Abstract

Malnutrition remains to be a serious Public Health problem in many developing countries, and is manifested as either Micronutrients deficiency, Under nutrition or Over nutrition. This has increased morbidity and mortality rates among citizens and reduced work output. To combat this menace, this present study delved to understand the impact of Multi-Sectoral Collaboration as a means of reducing the prevalence of malnutrition and its associated risks a case study of Kenya. This study employed a mixed-methods approach, combining quantitative analysis of health expenditure data and qualitative assessments of policy frameworks, and stakeholder engagement. Key indicators assessed included; the proportion of funds allocated to nutrition, dependency ratio on external funding for nutrition, integration of nutrition into policy frameworks, trends in health expenditure for nutrition programs, and the resource mobilization capacity of nutrition leadership within the Ministry of Health (MoH). The findings underscored significant gaps in financing nutrition activities and limited efforts to integrate policies. In addition, the study revealed that a low proportion of health expenditure was allocated to nutrition-specific and sensitive interventions thereby increasing over dependency on external funding sources. Poor incorporation of nutrition into broader health policies and inadequate resource mobilization capacity at the leadership levels further exacerbated the challenges. From the study, limited resources in nutrition serves as recipe for increased rates of malnutrition. However, adoption of other sectors including ministry of Agriculture and other development partners can leverage the government expenditures in nutrition. Furthermore, improving on staff welfare and work environment as well as increasing the number of employees would help to promote acceptance of nutrition services and avert malnutrition. Effective strategies to curb malnutrition require a holistic, One Health approach. By prioritizing investment in nutrition and strengthening Multi-Sectoral collaboration, Kenya can make substantial strides towards achieving optimal health outcomes for all.

Keywords: Multisectoral, Malnutrition, Health, Dependency, Kenya.