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Intervention strategies to mitigate factors affecting women's health, Nakuru County, Kenya

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Women in Kenya of all ages experience health challenges ranging from Obesity, diabetes, hypertension, heavy bleeding during menstrual cycle, cancer disease, arthritis, TB and HIV causing a public health threat and increased number of unwarranted deaths despite fact they are preventable and treatable if diagnosed early. Structured open-ended discussions involving 125 patients attending clinic at Level 5 hospital Nakuru Kenya suffering from different diseases to establish key factors contributing to Women's vulnerability. Questionnaires, interviews carried out observing ethical procedures by a trained duo on Patients Rights Charter engaging nutritional experts, 12 clinicians, 5 health professionals in different fields, 2 public health officers aimed at gathering evidence on factors undermining women's health including maternal health. Literature review. Data analysis. High disease prevalence among women was attributed to poverty, nutrition deficiencies, Nutrition disorders were attributed to safety and management issues, gender discrimination and sexual assault and lack of quality treatment access, violation and women rights abuses. Cultural values, norms, values, practices and attitudes compromise women's power to participate on critical matters affecting their reproductive health including family planning methods and use of contraceptives. Gender inequality is deeply rooted in the society creating barriers for women to participate fully policies development at all levels. Women comprise estimated over 78% of people living with HIV and 59% of cancer patients in the county. Research on health challenges affecting women related to nutrition is neglected. Address the gender dimensions of HIV and cancer diseases. Promote gender equality to ensure economic and political empowerment of women Advocacy for. enactment, enforcement laws to protect women and girls. Decentralize health system to promote universal access to essential prevention, treatment services. Educate women on maternal health and nutrition safety and management.

Biography

Esther Wanjiru Githaiga is present working as Project Manager for the Bliss Woman and Children Project

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