

Youth driven research-based health education public policy proposal for Kenya

October 2014

Prepared for: The Governor and Executives of Education Department of Health and Emergency Services & Department of Youth Education and Social Welfare of the County Government of Elgeyo Marakwet
The Principal Secretary of the Kenya Ministry of Education

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Contributors: Kenyatta University: Professor Mike Boit, Dr Theuri Gitari, Dr. Festus Kiplamai
Health for Life Kenya Members: Sharon Koimett, Cecilia Jacobsson, Esther Njoroge, Precious Jebet Kilimo

Appended signatures: 776 Elgeyo Marakwet County students

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HEALTH FOR LIFE KENYA POLICIES

 Policy orientation and principles implementation 	 Policy objectives and strategies 	 Policy goals
<ol style="list-style-type: none"> 1. Kenyan students have the right to access knowledge in an engaging and comprehensive way to develop the right attitude and capacity to live a healthy life. 2. Successful and responsive youth health education planning in Kenya, requires youth engagement in governance and policy making decisions. 	<ol style="list-style-type: none"> 1. Health education collaborations 2. Health education leadership 3. Provide widespread access to health information 4. School health for life curriculum 5. Leverage public- private partnerships 6. Leverage technologies for crisis management solutions (e.g. mass cell phone text messaging, advertising or publicity multimedia campaigns, etc.) 	<ol style="list-style-type: none"> 1. Improve school health education at primary and secondary level 2. Control and prevent disease 3. Minimize the exposure of health risk factors 4. Reverse rising economic and social burden of preventable diseases

HEALTH FOR LIFE (HFLK) SUMMARY TABLE

 Correctable Problems with Youth Health	 HFLK Solutions	 Desirable Impact	 Collaborations Key to Success
<ol style="list-style-type: none"> 1. Insufficient exercise 2. Poor nutrition 3. Inadequate sleep and rest 4. Depression 5. Self-concept 6. Poor hygiene and sanitation 7. Poor hygiene 8. Stress 9. Posture 10. High-blood pressure 11. Transmittable & and non-transmittable diseases (e.g. HIV, Malaria, type 2 Diabetes, Heart disease, etc.) 12. Improper use of prescribed medicines 13. Harmful traditional practices (e.g. treatments rituals, FGM in select areas, etc.) 	<p>1.Short term: Improve knowledge, attitudes and health practices of Kenyan youth through a variety of initiatives (multi-media campaigns of billboard posters, TV/ Radio ads, school visits, leaky tins into schools, structured and mandated school Physical Exercise classes, regulated and improved school meals, mass dissemination through social media and phone texts.</p> <p>2. Long term: Implementation of a Health for Life curriculum in primary and secondary schools across Kenya as part of an existing course or a stand alone unit course.</p>	<p>1.Social:</p> <ol style="list-style-type: none"> 1. Improve Kenyan youth mental and physical health. 2. Alleviate youth related stress. 3. Minimize the effects of poor youth health on Kenya's high youth dependency ratio. <p>2.Economic: Saving Kenya taxpayers money from being spent on preventable diseases like type 2 Diabetes, Heart disease, HIV, Malaria, Epidemic outbreaks: e.g. measles, jiggers, etc.</p> <p>3.Political: Positive youth empowerment through youth engagement in governance and policy making decisions that impact Kenya and its citizens.</p>	<p>We believe that health for life education in Kenya has to be County specific in order to accommodate each County's specific youth health problems Kenya's cultural and their geographic and cultural diversity.</p> <p>To achieve this tailored approach we advocate:</p> <ol style="list-style-type: none"> 1. co-operation of County Governments for a baseline studies and pertinent departments of Kenya's National Government is essential. 2. public- private sector partnerships are essential for immediate, powerful and cost effective dissemination of important health messages. 3. collaborations between key players in health & education stakeholders: academia, youth leaders, public and private sector.

Definitions

1. “Health for Life Kenya” (HFLK) is an advocacy group comprised of a team of students supported by Kenyatta University faculty (Team), with a mission to empower youth to take charge of their own health and wellbeing.
2. “Health for Life” is the name of a core unit course that is offered in Ontario’s curriculum. It is a 110 hour course of life long lessons about health, balance and living responsibly.
3. “Health for Life unit course” is the name that our Team envisions granting to a tailored course in Kenya, along the same principles as Ontario’s Health for Life course.
4. Components of our proposed pilot Health for Life core unit class for Elgeyo Marakwet County (EMC) include the following topics:
 - a) Regular physical activity (habitual or purposefully designed exercise (activities of daily living and structured exercise)
 - b) Nutrition (healthy eating- making correct nutritional choices to avoid malnutrition, obesity and susceptibility to disease).
 - c) Hydration
 - d) Sleep and resting
 - e) Personal care, hygiene and grooming
 - f) Self-concept (positive body image, confidence building, being your brother’s/sister’s keeper, self-reflection - noticing your strengths and weaknesses)
 - g) Student access to health information, the right to prevention, treatment and control of diseases are basic human rights

Preamble

About this proposal

This proposal is intended to assist Elgeyo Marakwet County in delivering effective and sustainable County-specific health education in schools. By suggesting strategies that leverage technology and collaboration between private and public sectors, this proposal will help accomplish health education goals.

This proposal anticipates successful outcomes of a health for life program in Elgeyo Marakwet County within a short time frame that will inspire other Counties and the Government of Kenya to implement the program across schools in Kenya.

Health for Life Kenya was encouraged by the leadership that Elgeyo Marakwet Governor, Alex Tolgos, showed in July 2014 by embracing the concept of a health for life project and inviting the Health for Life team to collaborate with Yatich Kirprop and Carol Magutt, the County's representatives for Youth Education and Health and Emergency Services & Department of Youth Education and Social Welfare.

Health for Life Kenya is a youth driven initiative, backed by Kenyatta University faculty, that is committed to empowering youth to take charge of their own health for their lifelong well being.

Working together towards the successful implementation of the Health for Life Kenya Program

If this proposal is approved by the Elgeyo Marakwet County Government, going forward, Health for Life Kenya (HFLK) proposes the formation of a working committee, whose aim will be to oversee the successful implementation of the Health for Life program.

The working committee will reflect a broad number of interests who will work together and roll out a structured policy that represents all parties. The committee will meet periodically to set agendas and action plans and monitor progress of the program.

HFLK proposes that the members of the working committee should include, but may not be limited to:

- Representative(s) from the Kenya Government Ministry of Health and Sanitation
- Representative(s) from the Kenya Government Ministry of Education
- Representatives from Elgeyo Marakwet County government (this includes but is not limited to the Departments of health and Emergency Services and Youth Education and Social Welfare)
- Representative from the Kenya Institute of curriculum development
- Professor Mike Boit
- Dr. Festus Kiplamai, PhD
- Dr. Gitahi Theuri, PhD
- Eliana Field-Marsham
- Sharon Koimett
- Cecilia Jakobsson
- Esther Njoroge

How HFLK fits perfectly in Kenya's Devolution Plan

The Health for Life Kenya program is ideal for Kenya's devolution plan because it is in line with the Government of Kenya's aims for Youth Health, Health Education and Youth involvement in policy making. As such it is a particularly timely and relevant project for Elgeyo Marakwet County.

Health

Since 2010 the Health Sector in Kenya has been devolved to encourage self-governance, economic development and equitable sharing of national and local resources across Kenya's Counties.

Kenya Health Policy 2012-2030 is aligned to Kenya's Vision 2030, the Constitution of Kenya and global health commitments such as the Millennium Development Goals. It also outlines a framework for Policy Direction on how to achieve its health goals and how to ensure a smooth healthcare devolution process.

Health for Life Kenya's goals and objectives are in line with Kenya Health Policy 2012-2013's. Working in collaboration with the County Government promises to leverage our human resource capacity and to move us closer to achieving our common goal to secure "Better Health, in a responsive manner".

Education

The Nation School Health Strategy Implementation Plan 2010-2015 aims at improving the health of children by educating them on the following thematic topics:

- Values and life skills
- Gender issues
- Child rights
- Child protection and responsibilities
- Special needs
- Disability and rehabilitation
- Water, sanitation and hygiene
- Nutrition
- Disease prevention and control
- School infrastructure and environmental safety

The Nation School Health Strategy Implementation Plan 2010-2015 identified issues and gaps that need to be addressed, namely:

- Lack of capacity, information and role models
- Lack of community involvement in school activities
- Lack of knowledge on the link between diet and disease
- Unhealthy lifestyles
- Inadequate play and leisure for the child's holistic growth in school
- Communities not sensitized on gender issues
- Lack of sensitivity on gender issues within communities
- Inadequate safe water in schools

Health for Life Kenya proposes to continue working with the Nation School Health Strategy Implementation plan to form a core unit health course that will:

1. develop in the short term: learning tools that include print advertising (billboards and posters), TV broadcasts, commercials and mass text messages that serve as learning aids.
2. introduce in the long run a unit health for life curriculum course that is tested in Kenya's KCPE and KCSE.
3. Relying on Elgeyo Marakwet County, one of Kenya's 47 counties, as a pilot study baseline for health for life the core unit course and its proposed learning aid.



Youth Involvement

Kenya's youth (15-34 years) make up 78% of the population.

Despite this disproportionate figure, Kenyan youth have remained at the periphery of the country's affairs because they have not been adequately engaged in the designing, planning and implementation of programs and policies.

Health for Life Kenya believes that this project offers Elgeyo Marakwet County an opportunity to engage youth in governance and policy-making decisions.

This project can set an example of the benefits of Devolution because HFLK Kenya is a youth driven policy proposal that demonstrates how a policy created by the youth for the youth can positively impact Kenya and its citizens.

HFLK team Organization

HFLK 2013 Team

Branksome Hall Students: Eliana Field-Marsham (Founder), Gabby Gardner, Georgia Levitt, Genevieve Pelow, [Claire Strickland](#) and Halle Kukulowicz.

HFLK 2014 Team

- | | |
|---|--|
| 1. Eliana Field-Marsham, founder | 5. Esther Njoroge, student at Jomo Kenyatta University of Agriculture and Technology |
| 2. Sharon Koimett, student at Sheffield University | 6. Professor Mike Boit, Kenyatta University |
| 3. Cecilia Jakobsson, student at New York University | 7. Dr. Festus Kiplamai, PhD, Kenyatta University |
| 4. Precious Jebet Kilimo, student at Dartmouth University | 8. Dr. Gitahi Theuri, PhD, Kenyatta University |

Team biographical detail

Students

-  [Eliana Field-Marsham](#) is the founder of HFLK and the author of this proposal. She is a Student at Branksome Hall in Toronto, Canada. Having personally benefited from Ontario's school accredited Health for Life course in 2012, she decided to introduce the course to Kenyan students. In 2013 she taught the course to 950 girls at three schools (Precious Blood (Riruta), Bright Girls Secondary (Lamu) and Soy Secondary School (Elgeyo Marakwet)) with a team of five Branksome Hall Students. In 2014 she enlarged the HFLK team that now comprises University students in the US, UK, and Kenya, as well as Kenyatta University Professors and Researchers.

-  Sharon Koimett recently graduated from the University of Sheffield. She joined HFLK's team on the ground in Elgeyo Marakwet in July 2014, taught classes, conducted information sessions, and is coordinating the program out of Nairobi. (former student of Braeburn and the International School of Kenya (ISK) in Nairobi County)

-  Cecilia Jakobsson is a pre-med student at New York University. She joined HFLK's team on the ground in Elgeyo Marakwet in July 2014 and gathered grassroots data from students, teachers and clinicians. She experimented with teaching a fact-based class on female circumcision, assisted by Yale University students Millie Chapman and Nihal Kayali and Fluorspar school's head teacher Caroline Koskei. The lesson was structured around discussing "The Cutting Tradition", a 47-minute film, commissioned by FIGO - the International Federation of Obstetricians & Gynecologists.¹ (Former student of Sigtunaskolan Humanistiska Laroverket, Sweden)

-  Esther Njoroge is a student at Jomo Kenyatta University of Agriculture and Technology and the National Ambassador of Kenya's Youth Senate for Education for Kenya's Youth Senate. She joined HFLK's team in May 2014 and brought Kenya's National Youth Senate on board with HFLK's initiative. In July 2014 she taught classes and conducted information sessions in Elgeyo Marakwet in July 2014. (Former student of Mugoiri Girls High School, Murganga County)

-  Precious Jebet Kilimo is a student at Dartmouth University. She joined HFLK's team in May 2014. She collected and provided valuable educational material of female circumcision. (Former student of Precious Blood Girls Secondary School, Riruta, Nairobi County)

¹ <http://youtu.be/KQisdLJabIU>

Faculty & Researchers - Kenyatta University



Professor Mike Boit is at Kenyatta University's School of Applied Human Sciences. His area of specialty is Education in Curriculum Instruction and Physical Education



Dr. Festus Kiplamai, PhD is a Lecturer of Exercise Science & Nutrition in the department of Recreational Management and Exercise Science at Kenyatta University. His area of specialty is Health Science.



Dr. Gitahi Theuri, PhD is at Kenyatta University. He is a lifestyle diseases interventionist.

Acknowledgements

Ontario Ministry of Education

Eliana Field-Marsham founded Health for Life Kenya to benefit Kenyan youth, after being positively impacted by Ontario's health for life curriculum. As a result HFLK is grateful to have received warm reception, support and information from the Ontario Ministry of Education and especially from Maureen Callan, Manager of the Implementation and Review Unit - Curriculum and Assessment Policy Branch. (e.g. See Appendix, page 45)

Branksome Hall School (Toronto Canada)

HFLK is grateful to Branksome Hall School's students and staff for their interest in HFLK's mission and for their 2014 financial support that facilitated our purchase of health books for Kenyan schools.

Elgeyo Marakwet County Government

HFLK is honored that Governor Alex Tolgos, Health Services in charge Caro Magut and Youth Representative in charge Yatich Kiprop met with HFLK's team, shared their vision for health education for Elgeyo Marakwet and we are grateful for their continued support of HFLK's initiative.

We are particularly grateful that the County Government has shown commitment to respecting the value of young people in public problem solving and has committed to providing tools and support to the Health for Life team that will enable us to work effectively with the County as partners. Thanks to the County, this process will create opportunities for youth to take ownership of parts of the health education process in the County and provide them positions to mobilize others and to become influential role models.

Kenyatta Univeristy

HFLK is grateful for the work and expertise of Kenyatta University's Professor Mike Boit, Dr Theuri Gitari and Dr. Festus Kiplamai. They were incredible allies in this process and integral in fostering informed participation. HFLK is equally grateful for the support of Dr. Vincent O. Onywera, Registrar: Research, Innovation and Outreach (RIO) and Senior Lecturer, Department of Recreation Management and Exercise Science at Kenyatta University.

Kenya Fluorspar Company

HFLK is grateful to Kenya Fluorspar Company for providing space and helping coordinate the logistics for HFLK work in Elgeyo Marakwet County.

Fluorspar clinicians (Elgeyo Marakwet County)

HFLK is grateful for the expertise and experience of the following health practitioners:

- | | |
|------------------------------------|----------------------------------|
| 1. Aaron psirmoi- pharmacist | 6. Noah K. Siwoi - nurse |
| 2. Bernard Kipketer- clinician | 7. Sharon Koech - nurse |
| 3. Jemimah chebet - clinician | 8. Rael Wayala - records officer |
| 4. Moses chebon - lab technologist | 9. Julius k. Chesire - clinician |
| 5. Rehema Chepkemai Chemonges | |

Elgeyo Marakwet County Teachers

HFLK is grateful to Kalwal and Metkei teachers for their expertise, experience, guidance and feedback on Kenya's health education challenges. Without their support we would not have been able to poll 779 students in 2014. HFLK is also grateful to Deputy Principal Caroline Koskei for leading HFLK's experimental program with standard 8 Fluorspar students on female circumcision.

Kalwal Primary School Teachers:

- | | |
|------------------------|---------------------|
| 1. Kimutai Hirrari | 8. David Bartilol |
| 2. Gloria J. Cheryiyot | 9. John W. Kiptoo |
| 3. Kiptoo Kipkemai | 10. Samuel Kipngeno |
| 4. Fred Komen | 11. Ruth Kimutai |
| 5. Jackson Kibet | 12. Ruth Barmasai |
| 6. Duncan Tanui | 13. Emmy Kipro |
| 7. Peter K. Koech | |

Metkei Secondary School Teachers:

- | | |
|-----------------------|----------------------|
| 1. Rael Cheruiyot | 8. Stella Chebett |
| 2. Chebiwott Asenath | 9. Hilder Chelimo |
| 3. Kemboi K. Mathew | 10. Ann Tom |
| 4. Kolmar K. David | 11. Hellen Bargonja |
| 5. Beatrice Chepyegon | 12. Kiprono Joel |
| 6. Kigen Pamela J. | 13. Paschal Wanyowyi |
| 7. Julius Kiprono | 14. Nancy Chemeli |

Executive Summary

Health for Life Kenya (HFLK)

Mission

HFLK's mission is to empower youth to take charge of their own health and wellbeing. We propose to do this by increasing national recognition of the importance of healthy living, bolster support for it, and improve delivery of education on it in schools across Kenya.

Objective

In this Proposal, HFLK will highlight noticeable shortcomings of health education delivery in schools in parts of Kenya and Elgeyo Marakwet. The proposal will demonstrate strategies and approaches that the Elgeyo Marakwet Government should consider adopting to effectively put in action the GOK's National School Health Strategy Implementation Plan (2011-2015)². HFLK will make the case that it is timely for the County Government to include the use of cell phone text messaging, commercial advertisements and participatory teaching to disseminate key health information and improve its delivery of health education. An overview of these approaches was canvassed with Governor Alex Tolgos, Yatich Kiprop and Carol Magutt in July 2014.

Goal

HFLK's goal is to see Elgeyo Marakwet County pilot a core Health for Life unit course in the County's schools which have a reach of over 130,000 students. Our long-term aim is for Elgeyo Marakwet to serve as an example to the rest of Kenya and lead the County into introducing a Health for life unit course in the Kenyan curriculum for all students in Kenya. This will empower youth to take responsibility for their own health. We believe that the wellbeing of a people and a Country are

²<http://hivhealthclearinghouse.unesco.org/sites/default/files/resources/KenyaNationalSchoolHealthStrategy.pdf>

inextricably linked. Kenya's youth comprise 73% of the population, so a bright economic future for Kenya needs them healthy.

Background

HFLK was conceived by Eliana Field-Marsham in 2012. In 2013 and 2014 she led different youth driven teams to explore and examine the benefits to Kenyan students that a Health for Life core unit school course in health, based on Canada's health for life model, would give Kenyan students.

Activities

In 2013 HFLK experimented with teaching the Ontario course outline to 950 students in three girls schools in three provinces in Kenya - Nairobi, Rift Valley and Coast Province. The lessons focused on good nutrition, self-esteem and active lifestyles (regular sufficient exercise) and how they protect from avoidable and costly diseases later in life.

In 2014 HFLK experimented teaching subjects in response to emergent issues that were not part of HFLK's original focus. These were taught because students requested them: e.g. medical complications that arise from female circumcision, teen depression, jiggers, and other illnesses.

In 2014 HFLK committed itself to participating in developing Kenya's health strategic policy because health education is of critical importance to the future wellbeing of Kenya's youth and HFLK believes they gathered sufficient data that can assist policy makers and benefit the cause.

Through its work in 2013-2014, HFLK established that mass transmission of health knowledge through technology and media to Kenya's youth is an effective way to overcome Kenya's existing challenges in health education.

Aligned with GOK, Vision 2030, Constitution 2010 & WHO to empower youth

World Health Organization (WHO) advocated its position on health education is as follows:

“School health and youth health promotion: “Many of today's and tomorrow's leading causes of death, disease and disability (cardiovascular disease, cancer, chronic lung diseases, depression, violence, substance abuse, injuries, nutritional deficiencies, HIV/AIDS/STI and helminth infections) can be significantly reduced by preventing six interrelated categories of behaviour, that are initiated during youth and fostered by social and political policies and conditions: tobacco use, behaviour that results in injury and

violence, alcohol and substance use, dietary and hygienic practices that cause disease, sedentary lifestyle, sexual behaviour that causes unintended pregnancy and disease.

Effective school health programs: An effective school health program can be one of the most cost effective investments a nation can make to simultaneously improve education and health. WHO promotes school health programs as a strategic means to prevent important health risks among youth and to engage the education sector in efforts to change the educational, social, economic and political conditions that affect risk".³

Governmental agencies that are impacted

HFLK has prepared this proposal for approval by the Elgeyo County Government and its Departments of Health and Emergency Services and Youth Education and Social Welfare and the Kenya Ministry of Public Health and Sanitation, Ministry of Education, Ministry of Culture and Sports and The Kenya Institute of Curriculum Development (KICD) because the health issues that we address (namely, transmission of fact based information to impart knowledge on physical and mental wellbeing, nutrition, exercise, disease awareness, control and prevention) are within their mandates.

Performance gaps

This proposal is intended to continue the dialogue between Health for Life Kenya and the Elgeyo Marakwet County Council in policy making.

HFLK acknowledges that there are inevitable gaps in this proposal and welcomes discussion with the County Government because we ascribe to the view that it is important to have an inclusive process of planning.

³ http://www.who.int/school_youth_health/en/

Professor Mike Boit, Dr Gitahi and Dr Kiplamai of Kenyatta University endorse Health for Life Kenya

Providing a health for life curriculum for Kenyan Youth that is preferably examined and experiential, enjoyable and has immediate and long-term benefits would go a long way in training and equipping Kenyan Youth with the skills to take charge of their health by making daily healthy lifestyle choices. In turn, this would significantly slow down the incidence of non-communicable diseases and allow a shift in medical resources from curative to preventive purposes allowing for substantial savings. In perspective, Kenyan Youth constitute about 42.4% of the total population. This age demographic will reach their middle age in the next 30-40 years and failing to address health risks now will likely lead to a financial and health disaster with an unprecedented future number of middle aged Kenyans.⁴ The window to proactively act to stem this looming risk is now. Currently no part of the education curriculum addresses health in as comprehensive a manner as the proposed Health For Life Kenya Program. Investing in implementing the Health For Life curriculum in schools has the potential to significantly buck the epidemiological trend and go a long way in influencing a favourable outcome for Kenya.

 Professor Mike Boit

 Dr Theuri Gitari

 Dr. Festus Kiplamai

⁴ <http://www.cssp.org/policy/papers/Promoting-Youth-Civic-Engagement.pdf>

Proposal: Health Education Plan for the Elgeyo Marakwet County

Approaches for addressing health for life in schools in Elgeyo Marakwet County:

HFLK's response to the emerging health challenges enumerated above is to suggest and prioritize ways GOK can address them.

HFLK acknowledges that the GOK and Elgeyo Marakwet County have existing frameworks for the implementation of a comprehensive and sustainable quality health program in Kenya and the County to augment wellbeing and enlightenment⁵. However, HFLK also appreciates that there are significant economic constraints and complex political problems to implementing GOK's goals. While there is evidently no single or easy answer, HFLK believes that the following five solutions will get the County started sustainably on addressing, more effectively, some of its existing health problems and the upward trend of preventable diseases.

Five strategies and approaches that HFLK believe will reinforce health education:

1. Develop primary and a secondary school core unit health courses that are tested and marked in County schools. The eventual long term goal would be to have them tested in Kenya's KCPE and KCSE national exams.
2. Reorient the education of health issues, awareness and training so as to promote widespread student understanding, critical analysis and support for sustainable development health goals to prevent non-transmittable and transmittable diseases and avoidable health problems. This can be achieved by changing the method of teaching of health subjects and relying instead on innovative techniques such as using the Socratic method and leveraging technology. Students should be encouraged to discuss experiences outside the classroom and to anchor in-class discussions around their curiosity. (e.g. by technology HFLK means TV and radio broadcasts, documentaries, commercial advertisements, mass text messages, social media.)
3. Prioritize using health fact-based mass dissemination as a teaching tool for prevention and disease control and protection of health rights.

⁵ <http://hivhealthclearinghouse.unesco.org/sites/default/files/resources/KenyaNationalSchoolHealthStrategy.pdf>

4. Allow for gender sensitive learning by giving girls full access to education on female circumcision and teen pregnancy prevention lessons. (students we interviewed proposed that boys be educated on these subjects; however, educating boys in this area is an approach that has not yet been investigated by HFLK)
5. Prioritize developing and piloting the above strategies in Elgeyo Marakwet gradually through clusters of schools, to assess what is effective for the rest of the County and the rest of Kenya.



HFLK believes the above approaches can benefit Elgeyo Marakwet in the following nine ways:

HFLK's polls revealed that the GOK's health education expectations are not being met in Elgeyo Marakwet, like much of the rest of Kenya, because of the following unanticipated problems that need to be address immediately for solutions to take place:

1. Hold teachers accountable

There is no incentive for teachers to teach and for students to learn health related topics that are not tested on national exams. Our research showed that teachers skip teaching these un-tested facts. HFLK's proposal that students should be examined on health facts would hold teachers and schools accountable to teach them.

2. Help GOK achieve its school health education goals

There is no holistic, systematic and personalized approach to teaching essential health lessons in schools. A few health facts are covered in biology in high schools and science classes in primary school. They are taught selectively. They are not part of a core unit of useful facts that students can connect to and through which they can see any lifelong relevance. A piecemeal approach to health education cannot produce the County's targeted health. HFLK's proposal that Elgeyo Marakwet develop a health for life course that is based on concrete messages would ensure that all the health facts that the County wants its students to be taught are passed on directly to students.

3. Reduce risk of health lessons not reaching students

In reality, what students learn is not necessarily what is written in the syllabus; it is what the teacher delivers in the classrooms. By far, the most frequent cause of curriculum failure is inadequate teacher training. We propose that the development of a health for life curriculum

constitute an informal type of training in which thousands of teachers would be engaged and involved through their cell phones and mass messaging. Relying on a media centered approach to teach the course would also help clearly articulate the issues because advertisements, text messages and mini documentaries can be of high quality, carefully and directly disseminated to students. This limits the potential risk of messages not reaching students by the taking the power away from schools and teachers to control what messages reach students.

4. Leverage and put cell phone penetration, media and ICT to good use in education

HFLK's proposal that EMC rely on mass transmission of fact-based information through media and text messaging to teach health lessons would help EMC overcome the challenges listed in its National Health Strategy, which include the stumbling block of untrained, inexperienced or unmotivated teachers. Structuring courses around discussion would result in classes that engage students, personalized, intergenerational and peer education. As most schools do not have projectors or media viewing facilities, commercial advertisements and documentaries aired on TV or radio and cell phone text messages are ideal direct communication tools. High penetration of cell phones among Kenyan youth and the fact that they accept text messages content as truthful and acceptable is an opportunity that the EMC should take immediate advantage of.

5. Use and incentivize big business to back school health agenda in EMC and countrywide in future

Developing a health curriculum with co-sectoral partners (stakeholders) that is tailored to national goals while being specifically designed to meet community humour, values and aspirations would create a common purpose and investment and maximize economic return for all parties involved. It would also involve consultation between the Government of Kenya, the devolved Governments, teachers, health providers, student associations, Institutions (UN, World Bank, etc) NGOs and Consumer goods companies (e.g. companies invested in health, sportswear, media etc. like Unilever, Colgate, Proctor Gamble, Bata, Safaricom.) These partnerships will help solve the problem of poor communication, provide the private sector with an opportunity to directly connect with Kenya's youth and tap into their future market. Excellent examples of big brand advertising's power and its usefulness as a teaching tool are Dove's

commercial⁶ campaigns which schools in Toronto (e.g. Branksome Hall) rely on when teaching Ontario Health for Life's lessons on self-esteem to inspire girls to reach their full potential.

6. EMC should take advantage of devolution and its mandate to educate

In order for documentaries, advertising (TV, radio or billboard) and text messaging to work as teaching tools, EMCG would have to work closely with devolved Governments, other stakeholders and youth to identify high-level performance goals for contributions aimed at responding to a focus inquiry on the question "What should students know, do and value by the time they graduate from school?". The Toronto (Canada) Board of Education's successful example of this kind of consultation in restructuring its curriculum⁷ is one that the EMC Government and, based on results, the Kenya Government, may wish to consider. HFLK was very encouraged that EMC County Governor, Alex Tolgos, Carol Magutt - executive of the Department of Health and Emergency Services - and Yatich Kiprop - executive of the Department of Youth Education and Social Welfare welcomed the idea of focusing methods of teaching on new visions based on what the community feels tomorrow's students need to know, what they should be able to do and what personal risk factors they need to understand. The benefits of HFLK's proposal for a Kenya Health for Life course are that it is not an effort to change education goals; rather the impetus to change how health education is taught would come from County governments, not outsiders, working on the basis of a national framework. In other words, County governments would decide how they would transfer the knowledge. The knowledge itself will be established by the EMC Government. Testing students in County schools to ensure students across the County acquire the same level of knowledge is desirable. This approach of testing would ensure that the County Governments officers in charge of the project take a proactive role in and responsibility for the County's own complex education and health problems. HFLK believes that this approach will give the County a competitive edge in Kenya and its resultant success will set the County apart as an example of solving problems with local solutions and technology.

7. Inspire Youth to self-reflect and take action to improve their lives

HFLK's proposal that the Elgeyo Marakwet County consider relying on advertisements to enhance teaching is based on the success of Ontario's Health for Life course structure. Dove advertisements made a significant impact on HFLK's 2013 Team of Branksome Hall students and

⁶ <http://realbeautysketches.dove.ca>

⁷ http://www.unesco.org/education/tlsf/mods/theme_a/popups/mod01t05s01.html

lies at the root of their desire to share its invaluable lessons and inspiration with students in Kenya. They considered the Dove commercial a crucial and attention-grabbing tool to teach self-esteem. Commercials, by their very nature, are captivating and with the right message targeted to a specific audience they are unrivalled communication tools, admired and internalized.

Using local humour and personalities can be a very effective teaching tool, as the team observed with the Governor Alex Tolgos, Yatich Kiprop and Carol Magutt. A class at Kenya Fluorspar primary that watched and illustrated this (what?) in a class that they were taught around Fatboy animations feature of runner Charles Lakong in a KassFM ad.⁸

8. Participatory learning produces better test scores.⁹

Methodologies for teaching a Health for Life course should stimulate students to recognize the value of the lessons.

9. Prevent unnecessary economic drain resulting from poor lifestyle choices

The true direct costs of illness associated with poor youth lifestyle choices are:

1. medical services and medication
2. student time away from school,
3. sick leave from work for student when they are grown up and working
4. cost to individuals and the economy resulting from time away from work for these students' parents, guardians or spouses when illness sets in later in life
5. anxiety and distress
6. a personal shift in allocation of scarce resources from either purchase of food, savings or investment to purchase medical care to treat illness needless expenditure burden on Kenya's national budget (unclear)

⁸ <https://www.youtube.com/watch?v=LRPIWs7Xzpg>

⁹ https://www.eecs.umich.edu/cse/cs_connections/cs4hs_presentations_09/Student_Learning_Styles.pdf

Proposed immediate steps EMC can take to tackle health challenges

1. Funding and Dissemination Partnerships

Identify media, Institutional (UN, WB, NGOs, etc.) and consumer goods companies to work with the County Government to establish channels and funding for health for life fact-based disseminations.

2. Pilot Health for Life Kenya course in Elgeyo Marakwet County

Financial and human resources support for Elgeyo Marakwet County to work with The Kenya Institute of Curriculum Development (KICD) or other body they identify to develop a health for life curriculum for the County to pilot in a cluster of schools in the County. Thereafter evaluate its outcomes before institutionalizing it as a core curriculum course unit across the County.

HFLK believes that, in the same way as Ontario's health for life curriculum was developed by one of its municipalities (Halton), localizing the course's development can ensure efficient management of resources - developing the curriculum will require experimentation to arrive at the most effective program and will.

3. Test students right away

Encourage The Kenya Institute of Curriculum Development (KICD) to test students in national exams (KCPE and KCSE) on health facts that are already currently being taught in Kenya's curriculum until a new health for life Kenya course is in place. This would ensure that existing lessons in the curriculum are being taught in all schools in Kenya, including in EMC. Our research showed that delivery of health education is inconsistently focused on in schools across Kenya. Testing would hold teachers accountable to teaching what is already in the curriculum and what they are expected of them to teach.

4. Text message key health information and disease prevention and control guidelines to students and teachers

The County Government should communicate important health messages directly to teachers through text messages. Existing channels of communication, training and supervision are not efficient or effective enough. A text message reporting system would assist teachers in reporting health cases and issues that they detect. Most schools in Kenya do not have trained nurses on staff and are not closely supervised by health officers.



HFLK's grassroots research & key findings

The results of HFLK's field research over the course of 2013 and 2014 include:

Case study: Is Canada's health for life course a worthwhile model for Kenya?

In order to establish what teaching tools would impact Kenyan students, HFLK introduced and experimented with the core principals of participatory learning of one of Ontario's most popular courses - Health for Life. This 110-hour course was introduced into Ontario's curriculum through a Curriculum Policy Document (The Ontario Curriculum, Grades 11 and 12: Health and Physical Education, 2000).¹⁰ It was developed and written by a team of departments of one of Ontario's Regional Municipalities: the Halton's District School Board District and Regional Health Department.¹¹

2013: HFLK tested Ontario's Health for Life in Kenya

In 2013 HFLK selected subjects and aspects of Ontario's Health course that are relevant in the Kenyan context. It adapted, added to and shortened the course for its research purposes in Kenya. HFLK developed an 80-minute lesson plan on nutrition, exercise, balanced lifestyle and disease prevention tips.¹² HFLK taught the course in 21 lessons to 950 students, at three schools (Soy Secondary School (Elgeyo Marakwet District), Precious Blood Riruta (Nairobi) and Bright Girls Shella (Lamu District). We observed that students were attentive and engaged throughout the lesson. What engaged them the most was the fact that the course was participatory and structured around group discussion using the Socratic method. Students were required to ask questions and answer questions. It was an effective method to encourage students to think critically about their own health and to exchange ideas with them.

¹⁰ <http://www.edu.gov.on.ca/eng/curriculum/secondary/health1112curr.pdf>

¹¹ <http://curriculum.org/storage/126/1282336299/PPZ3OP.pdf>

¹² <https://www.virtualhighschool.com/courses/outlines/ppz3o.asp>;



2014: HFLK experimented teaching modified health for life lessons with ICT and the Socratic method

In 2014 HFLK experimented with teaching healthy life balance lessons through student Socratic method group discussions on topics specifically relevant to Kenyan students. All but one of HFLK's 2014 in class sessions were led by Kenyatta University's Professor Mike Boit, Dr. Festus Kiplamai and Dr Gitahi Theuri, including a lesson structured around a Kass FM advertisement.¹³

In response to numerous requests from female students for information on female circumcision, with the permission and encouragement of Elgeyo County's Health officer, area clinician and school teachers, the HFLK team featured for standard 8 girls a documentary¹⁴ commissioned by FIGO - the International Federation of Obstetricians & Gynecologists. The film looks at the reasons and health complications behind female circumcision in Africa today. HFLK's team found the Socratic teaching method, combined with the humoristic video lesson, extremely effective in encouraging students to self-reflect, personalize the lesson, compare and contrast and think critically. HFLK felt the need to incorporate female circumcision into its lessons, although it was not initially part of the plan, because it was an emergent issue that students asked about. In accordance with their right to access information and a lead safe and healthy life, we responded to their wishes. We believe that informing students about circumcision before they undergo the procedure, if they belong to communities that enforce the practice, is more beneficial and just than providing them with the information when they are adults, after they have been circumcised. Girls who participated in this discussion-based lesson concluded that an end to the practice may require educating both sexes and creating broad awareness through processes similar to the one they experienced through the HFLK program.

In 2014 HFLK also conducted polls of primary and high school students to gauge the effectiveness of health delivery lessons through Kenya's education system. Students were found to have significant knowledge gaps attributed to two main reasons: 1) health facts material skipped by teachers because content not examined in KCPE or KCSE; or where health facts were taught 2) poor student retention of basic health in-class lessons due to disengagement, non-participatory teaching strategies.

¹³ <http://youtu.be/M0ddlAPtHoo>

¹⁴ <http://youtu.be/pUpToERm0q0>

 **2013: Information gathered from HFLK's collaboration with Precious Blood Secondary Riruta, Soy Girls Secondary & Bright Girls Secondary Schools**

1. Students thirsty for health knowledge: students want the additional health knowledge. e.g. 950 girls expressed gratitude to us for sharing our knowledge.
2. Students are open-minded and ready to learn: students took the HFLK lessons seriously. e.g. Our students took notes, were attentive and had follow-up questions.
3. Students want to learn in a 21st-century way: students are engaged and motivated when classes are participatory and adopt the Socratic method. This is consistent with our team's personal experience of how learners in schools in other countries such as Canada, UK, Australia, Sweden and the US prefer to learn.
4. Students focus when engaged: students are inspired from peer-to-peer education and intergenerational (student and teacher) discussions
5. Girls curious about circumcision: several female students we met at Metkei Primary School were curious about female circumcision. They wanted to talk about it.
6. Individual and group learning for very conservative community: girls at Soy Secondary were more reserved and introverted than girls at Precious Blood. As a result of our encounter with Soy's students, it was apparent that for conservative rural communities in Kenya, a combination of individual and group work may be the best approach to satisfy both extroverts and introverts.

 **2014: Information gathered from HFLK's collaboration with Kenya Fluorspar Company School; Sesia Primary School; Metkei Secondary School; Kenya Fluorspar Company Field-Marsham Medical Centre; KenSAP and after consultation with Elgeyo Marakwet County clinicians, representatives and Governor Alex Tolgos.**

1. Lapses in health prevention and control

HFLK's survey revealed that health service providers call for creating awareness among students of preventative health measures to thwart disease.

Case 1: Measles: HFLK noted that there was a measles outbreak in Kerio Valley but students had no knowledge about measles and no proper knowledge about disease prevention or control. As a result we observed students contaminated each other by going to school instead of staying home and remaining in quarantine. Clinicians at the Field-Marsham Medical Center explained that schools could play a role in preventing the spread

of diseases but they fail to do so because their teachers are inadequately trained in prevention and control of diseases, including Measles.

Case 2: spread of jiggers: Jiggers are tiny organisms that infest one's feet or hands. The female and male organisms reproduce under the skin. Male jiggers fall out while the females stay imbedded, lay eggs, and breed new jiggers which grow as they eat away at human tissue. Students with bad hygiene get Jiggers while others simply catch it because they walk barefoot in the footsteps of barefoot-infected students, or tread in infected livestock dung in fields or on the floor of their homesteads. Having jiggers is stigmatized so in many cases students do not seek treatment at medical clinics, which prolongs their risk of infecting others. Students and teachers were not aware that jiggers can pose serious health threats, including possible mental illness.

Case 3: Septic wounds: HFLK came across a lack of knowledge about the spread of tetanus. In Kalwal, an outbreak of septic wounds was observed. Over 30 students did not know that their wounds were contaminated with tetanus and continued sharing soap, clothes and shoes with fellow students. Outside of school, most students assist their families with farming and the micro-bacterium that causes tetanus is found in soil and manure. Most students are not immunized against tetanus. If they have wounds and work the field, they unknowingly expose themselves to the tetanus bacterium *Clostridium tetani*. Those who contract it come to school and, because of lack of knowledge on their part and on the part of teachers, they spread it since their condition goes undetected and schools have no measures in place to prevent students from spreading the disease to others.

2. Teen depression

HFLK's survey revealed that over 90% of students interviewed were not unfamiliar with the term or concept of depression is.

Case 1: Teen pregnancy: Schools and clinics reported a rise in teen depression cases. Clinicians explained that female students are lured into sexual relations with men for money. Most of the girls lack reproductive knowledge. When they get pregnant the weight of the humiliation, responsibility, economic consequences and interruption of their school education is devastating. Some of these traumatized girls attempt suicide, while others give up their education. Clinicians point out that this lack of preparedness is especially unfair because in today's society, girls are groomed to aspire for professional success. When their education is cut short, they lose sight of their dreams and any hope for a good future. Prevention of teen pregnancies at school is particularly important for communities where discussions around sexuality are taboos.

Case 2: Teen vulnerability & suicide: Metkei secondary head teacher and Clinicians in Kerio Valley revealed that teen depression is on the rise. Metkei encourages peer-to-peer support and mentoring to support and counsel students. Teaching students and teachers how to recognize depression symptoms, warning signs and ways get effective help is essential. Clinicians in Kerio Valley informed HFLK that they see students use pesticides and insecticides to attempt suicide as a cry for help.

Case 3: Stress & Physical Education: Exercise not only helps students stay fit and healthy but it also boosts their feel-good endorphins and distracts them from daily worries. HFLK visits to schools revealed that exercise in Kenyan school is not regulated. We discovered that often Physical Exercise class (PE) is skipped in many schools and that the time slot is used to study for KCPE or KCSE subjects. In other cases, students play volleyball and games that are not structured or supervised by a physical education teacher. The ideal cardio workout that PE should give students should therefore be regularly achieved.

3. Risks of traditional medicine

Vulnerable students are being duped into taking herbal medicines that could be dangerous. Clinicians in Kerio Valley warn against their use and see patients on a regular basis with harmful side-effects from them. Septic wounds are in many cases the result of herbal medicine. We witnessed a boy with penile urethritis caused by traditional medicine. Clinicians explained that they see cases of organ failure, paralysis and even death of patients that rely on uncontrolled treatments by rogue traditional doctors. Students, in areas where herbalism is rooted in their long traditions and daily lives, are not prepared at school to do the following:

- a) confront the risks of herbalism and the adverse effects of its unregulated treatments,
- b) consult with a trained medical practitioner before using traditional treatments.

4. Effects of body posture on health

HFKL poll of 102 students (41 girls, 61 boys aged 12-15) found that over 71% had no knowledge that there was a link between body posture and their health. Yet, science shows how good posture allows the body to function and perform optimally. A study published in the American Journal of Pain Management (1994, 4: 36-39) revealed that posture affects and moderates every physiologic

function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse and lung capacity are among the functions most easily influenced by posture. Teaching students about good posture has many physical and long-term health benefits.

5. Improper use of medicine

Clinicians informed HFLK that it is common for students to use medicine improperly, including the use of expired medicine. Teaching students how to use medicine safely and correctly in order to avoid harm would reinforce key health concepts.

6. AFASS

Clinicians' feedback to HFLK was that a school nutrition course should include the following guidelines: accessibility, feasibility, affordability, sustainability and safety.

7. Link between stagnant water, poor hygiene and hydration

Students should be taught the importance of hygiene and how germs spread for disease control and prevention, and for their general health. HFLK observed that a critical majority of students interviewed were unaware of how to sanitize water; furthermore, they were unaware that un-sanitized water poses a risk to their health. It was also notable that students in Kerio Valley wash their hands in stagnant water at school. A majority of schools in Elgeyo Marakwet have no running water readily accessible for hand-washing after washroom use or before meals. Poor sanitation (lack of clean toilets) in Elgeyo Marakwet is a common challenge in other parts of Kenya. In some cases HFLK observed students hold their urine for the duration of their school day because of unclean or nonexistent school toilets, which contributing to their poor hydration. Students are also unaware of the need to carefully wash hands and forearms with soap and water after touching farm animals, to protect themselves from infection. HFLK observed that personal hygiene practices are often overlooked as a component of healthy living in Kenyan schools.

To address a lack of water availability in schools for hand washing, providing leaky tins and soap in needy schools can be made a priority project for health for life school programs.

8. Test school health lessons

High achieving KenSAP students informed us that although they attended Kenya's elite academic schools, some of their teachers skipped sections of the curriculum that were not included in their final KCSE exams. Facts about AIDS, HIV and malaria were cited as examples of skipped lessons. Yet, others received thoughtful and thorough health lessons in their primary and secondary schooling. HFLK concluded that delivery of health education varies greatly between schools and depends on the personal commitments of teachers to their students.

Testing is therefore the surest way for equal access to health education lessons, in order for all teachers to take it seriously and teach it.

KenSAP students we polled attended the following high schools:

Girls School

- Metkei Girls Secondary
- Alliance Girls
- Chavakali
- Moi Girls
- Segero Adventist

Boys School

- Kenya High
- Kabarak
- Alliance Boys
- Kapsabet
- Maseno

Prof Mike Boit, Dr Gitahi and Dr Kiplamai of Kenyatta University give ten reasons why a health for life school program is expedient, sustainable and valuable for EMC and Kenya in the long run

Evidence of growing youth health risks in Kenya suggest that they are the result of lifestyle choices, an emerging market, accessibility to fast or processed foods and consequences of lack of sufficient health education.

Professor Mike Boit, Dr Theuri Gitari and Dr. Festus Kiplamai draw attention to Kenyatta University's Kenya 2014 Report Card on the Physical Activity and Body Weight of Children and Youth¹⁵, point out the following health issues facing Kenya and suggest the benefits a health for life core unit course would have for the country:

1. Physical inactivity

Physical inactivity is not only a global concern, due to its inverse relationship with longevity and good health. Data on children aged 9-11 in Nairobi, Kenya in the International Study of Childhood Obesity, Lifestyle and the Environment-Kenya (ISCOLE-Kenya), the Kenya arm of a multinational study that sought to assess the relationship between lifestyle behaviour and obesity, found that the mean daily time spent in moderate physical activity (MVPA) in Urban children was 36 minutes, with only 12.6%¹⁶ of them meeting WHO's global guidelines on physical activity for children and youth aged 5-17. The mean daily sedentary time in this study was 398 minutes, the equivalent of about one quarter of the day. The MVPA in these urban children pales in comparison to WHO's recommendation of 60 minutes a day of MVPA in this age category. It is critical to understand that sedentary lifestyles are associated with a higher risk for cardiovascular and metabolic diseases.

¹⁵ http://www.ku.ac.ke/schools/human_sciences/images/stories/research/Results-From-Kenyas-2014-Report-Card-on-the-Physical-Activity-and-body-weight-of-children-and-youth.pdf

¹⁶ Stella K Muthuri, Lucy-Joy M Wachira, Vincent O Onywera and Mark S Tremblay (2013). Correlates of objectively measured overweight/obesity and physical activity in Kenyan

In addition to activities of daily living, it is important for individuals to allocate time during the day for purposely-built exercise. It is particularly important for students to make physical activity a habitual part of daily living, as it makes it easier for them to carry this good habit into adulthood. The health for life program would require that students allocate thirty-minutes each morning to physical activity. These thirty-minutes would be beneficial if they comprised of the following units:

1. Ten minutes of cardiovascular exercises of running, skipping or sprinting
2. Ten minutes of strength training of push ups, pull ups, sit ups, lunges, squats and/ or plank
3. Ten minutes of stretches of arms, legs and/or thighs

The above outline is simply an example of how the thirty minutes could be allocated. Students, parents and teachers would be encouraged to work together to plan exercise programs. Schools or groups of students may want to improvise and use their available resources (e.g. worn out tires and ropes) for their programs.

2. Obesity

Childhood obesity data from the ISCOLE- KENYA Study¹⁷ done in Nairobi determined 20.8% of the study sample were overweight or obese with those from a higher economic status tending to be more overweight and females tending to be more overweight or obese than males. A similar study done on Urban and Rural preschool Kenyan kids aged 3-5 years determined 18% were overweight while 4% were obese.¹⁸

A study on the prevalence of overweight and obesity on 1,479 primary going children aged 10-15 in Nairobi city, found 23.6% were either overweight or obese, with more children from private than public schools and more female than male pupils contributing to these values.¹⁹ All this data is suggestive of a weight problem particularly in Urban Kenya that is not really being addressed at the grass roots or at the national policy level. Burying our heads in the ground collectively will not make this challenge go away, instead, equipping Kenyan Youth with know-how on how to prevent and or

¹⁷ School children: results from ISCOLE-Kenya. *BMC Public Health* 2014, **14**:436 doi:10.1186/1471-2458-14-436

¹⁸ Ibid.

¹⁹ JW Kamau, MP Wanderi, WWS Njororai, EK Wamukoya (2011). Prevalence of overweight and obesity among primary school children in Nairobi province, Kenya. *African Journal for Physical, Health Education, Recreation and Dance*, Vol 17, No 2 (2011)

manage overweight and obesity has the potential to reverse this trend. The Health For Life program is a comprehensive approach to addressing this concern both proactively and through behaviour change rather than from attempting to stamp order by legislating a ban on overweight and obesity and then trying to enforce this.

3. Diabetes

The prevalence of diabetes for all age groups worldwide was estimated at 2.8% in 2000 and predicted to reach 4.4% in 2030 (Wild et al., 2004). The prevalence of diabetes in African communities is increasing with ageing of the population and lifestyle changes associated with rapid urbanization and westernization (Wild et al., 2004). The World Health Organization (WHO) expects 150 million new diabetic cases by 2025, of which 70% is expected to occur in the developing world (King and Rewes, 1998). The global prevalence of diabetes in the 20 – 79 years age range in 2003 was estimated to be 5.1% (King and Rewes, 1998), but the prevalence varied dramatically by region and race (Bhargava et al., 2004). Rural areas of developing countries have low prevalence of T2D but in many countries prevalence is increasing rapidly due to increasing urbanization and ageing population (Christensen et al., 2009). Prevalence is much higher in some ethnic groups than others in the same environment or country.

4. Sleep and rest

Sleep and rest are critical components of overall health in children and adolescents. Adequate sleep is important for maintaining a normal circadian rhythm, this in turn promotes good health. Adequate sleep is sleep that is both long enough and restful. It is during sleep in a dark, quiet and cool environment that the body secretes hormones responsible for tissue growth and repair, decreases secretion of stress hormones. Sleep helps to restore energy and the supply of oxygen rich blood to the tissues also increases during sleep. Inadequate sleep in children and adolescents can lead to problems in behaviour, cognition and mood swings. Are Kenyan youth getting adequate sleep? There appears to be a dearth of data on this, it is a big unknown, however anecdotal evidence from observation of the long hours students spend in school or commuting to and from school and doing assignments at home and major emphasis placed on scoring an 'A', probably suggest this may be a problem area, that needs to be studied.

A health for life course would focus students and school administrators' attention on the fact that sleep and rest is vital for the repair and recovery of the mind and body. Children and adolescents require a minimum of eight hours of sleep a day to help with their concentration and energy level.

5. Stress

While stress (eustress) is necessary for health, improved performance and wellbeing, excessive exposure to stress or a stressor can overwhelm an individual and lead to distress. Kenyan Youth are faced with potentially challenging situations over and above those expected of youth as they mature. Poverty, excessive academic demands, an over politicized environment, alcohol abuse, social vices, broken homes, high unemployment rates etc. These can also be very distressing to anyone let alone a young person. Learning how to identify stressors or symptoms of stress and how to respond to them is an invaluable life skill enabling one to move from feeling helpless to feeling in control of one's life.

6. Posture

This is how one holds up their spine in proper alignment also known as a neutral position, in sync with the natural curvature of the vertebral column. Good posture minimizes the risk of postural deformities such as kyphosis and scoliosis, it prevents sway back and low back pain. Maintaining a good posture ensures a correct walking gait. Currently the concept of good posture is not discussed nor taught in schools. Low back pain is debilitating and recurs quite often. It is the leading cause of musculoskeletal problems in Sub-Sahara Africa and has a prevalence rate of 10-14% among adolescents compared to 16-59% among adults in this region.²⁰ Correction of poor posture early in life can potentially save hours of pain and disability in later years of life.

7. Self-concept

Self-concept is the descriptive image that one has of themselves, it encompasses gender roles, identity, academic performance etc. It is a composite of a self-schema, the past self, the present self and the future/possible self and is thought to be a powerful incentive for certain behaviours .

²⁰ Myers, David G. (2009). *Social psychology* (10th ed.). New York: McGraw-Hill Higher Education.

This is a powerful construct that can be used to develop character in youth to mould them into more responsible, positive, co-operative and thoughtful individuals to aid in transforming a more cohesive society.

The concept of knowing and accepting one's self is a powerful notion and the Health for Life program emphasizes this concept. In today's media driven society, ideas of perfect body image are too often defined to fit a given set of parameters, it is therefore important for children and adolescents to shape positive ideas of their body images. A health for life course would develop specifically designed activities and conversations that aim to build individual ideas of self, such as those presented below.

-  Understanding and accepting different body types and knowing that media images are not realistic
-  Accepting ones shade of skin colour to counter Kenya's recent trend of harmful skin bleaching addiction.²¹
-  Goal-setting activities
-  Confidence building activities
-  Concepts such as "being your brother's keeper" - getting to know the people around you and encouraging them
-  Self-reflection - thinking about ones weaknesses and strengths and what we can do to solve them
-  "If you don't like something change it. If you can't change it change the way you think about it"
-  What shapes ideas of self-image in urban and rural areas.

8. Poor choices have adverse direct economic consequences

Poor health is the outcome of poor health choices which are by and large determined by lifestyle, eating habits, physical activity, good hygiene, adequate sleep and rest . The total budgetary allocation for the Fiscal Year 2014/2015 by the government of Kenya was Ksh. 47.3 billion²² or about Ksh. 1,126, a relatively paltry amount of money. Poor lifestyle choices will result in illness

²¹ [Huffington Post](#), [Al Jazeera](#), [Standardmedia](#)

²² Institution of Economic Affairs (IEA), (2014) Budget 2014/2015: Balancing financing concerns while responding to spending inefficiencies. Kenya, IEA Publications.

either acute or chronic in nature, either of which will necessitate medical attention and likely medication. The relatively low budgetary allocation on medical services by and large implies individuals seeking medical attention will be saddled with out-of-pocket medical expenses. Learning of life-skills, by children at an early age, that promote health living for life can have significant impact on lifestyle choices from an early age and onto adulthood with significant medical cost avoidance over the lifetime of individuals and by extension Counties, communities and the country as a whole.

Failure to address the epidemiological transition quietly but firmly taking root in the country can only raise medical costs, lower life expectancy, productivity, quality of life, undermine savings and investments and fuel financial stress and poverty as personal and county resources are allocated to medication and treatment at the expense of food and development.

9 . Health disparity between rural versus urban life

Kenyan data on incidence or prevalence of non- communicable diseases in Rural and Urban areas/populations indicates a disparity, with urban areas having a higher incidence and prevalence²³ suggesting exposure to urban lifestyle and environment has a detrimental effect on health. Rural Kenya has however not remained untouched as noted from a study on hypertension in Sub-Sahara Africa in which 426 Kenyans were sampled and of these 65% were determined to have hypertension.²⁴

This rural-urban non-communicable gradient suggests an ongoing epidemiological transition, a phenomenon describing the change in population growth and cause of death as a country or region evolves socio-economically . The advent of devolution in Kenya threatens to speed up this transition as all 47 counties firmly establish their County headquarters (County Capital Cities), in a sense we shall be devolving urbanized lifestyles that heavily predispose individuals and communities to non-communicable diseases at an unprecedented rate, sharply driving up medical costs purely from a curative push without an improvement in health, productivity or quality of life.

²³ Ibid.

²⁴ Hendriks ME, Wit FWNM, Roos MTL, Brewster LM, Akande TM, de Beer IH, Mfinanga SG, Kahwa AM, Gatongi P, Rooy, G, Janssens W, Lammers J, Kramer B, Bonfrer I, Gaeb E, Gaag J, de Witt TFR, Lange JMA, Schultz C (2012). Hypertension in Sub-Saharan Africa: Cross-Sectional Surveys in Four Rural and Urban Communities. PLoS ONE 7(3): e32638. doi:10.1371/journal.pone.0032638

10. Nutrition

Adequate nutrition to provide energy, repair tissues, aid in growth and promote health is critical throughout the different stages in life. Nutrition in the Kenyan context is thought of as availability of food to prevent underweight or malnutrition. Sleeping or attending school on a full stomach is associated with adequate nutrition. Kenya still struggles with malnutrition even in Urban areas. Data on 1,479 pre-school children aged 3-5 determined that over 30% of them were stunted²⁵, while the ISCOLE-Kenya study determined 3.7% of the study sample were underweight.²⁶ This data underscores the need for more research to determine the prevalence and underlying cause of malnutrition in the classical sense but also that of malnutrition in the broader sense since overweight and obesity are also a form of malnutrition. The Health For Life program could serve as a powerful and cost-efficient model of gathering this data right from the village level to the national level to provide insight into the real problems with the aim of providing targeted and relevant interventions.

The awareness of making correct nutritional choices is vital for healthy living. This awareness comes from knowing the various nutritional groups, their roles in the body and the proportions in which they should be consumed. The Health for Life program therefore proposes that nutritional education should focus on the following four nutritional groups:

1. Protein which can be found in animal meat, eggs, bone soup and meat because they are important for hair, bone, immune function, repair and building of muscles, enzymes, blood component.
2. Locally available vegetables and fruits
3. Locally available starch
4. Milk

The health for life course would examine the fats commonly used in Kenya (Kimbo, Chipsy, Blue Band, etc) to teach students how to make wise choices in a consumer product driven market. While the debate on dietary fats has been going on since 1952 with Allen Keys publication of the 7

²⁵ Gewa CA (2010). Childhood overweight and obesity among Kenyan pre-school children: association with maternal and early child nutritional factors. *Public Health Nutri* 2010 Apr;13(4):496-503.

²⁶ Stella K Muthuri, Lucy-Joy M Wachira, Vincent O Onywera and Mark S Tremblay (2013). Correlates of objectively measured overweight/obesity and physical activity in Kenyan school children: results from ISCOLE-Kenya. *BMC Public Health* 2014, **14**:436 doi:10.1186/1471-2458-14-436

Nations Study which essentially advocated for use of Vegetable oils and avoiding saturated fats from animals resulted in public health policies being formulated using his findings, methodological questions regarding his selection of the countries included in his study have been raised ever since. While these policies are still in place and influencing food industry practices, epidemiological and clinical studies^{27 28}, over the years have questioned the basis of these policies as consumption of vegetable oils in the recommended quantities or in treatment of coronary heart diseases patients in clinical trials have actually shown a significantly high risk of death from heart disease and all cause mortality. Post-mortem studies on the coronary arteries of coronary heart disease patients assessing the fatty acid composition of arterial plaque determined that polyunsaturated fatty acid (vegetable oils) comprised over 2/3 of the arterial plaque.²⁹ In essence, the use of butter and such type of saturated fats does not raise the risk of coronary heart disease nor overall risk of death as previously purported.

To make this information easily accessible and understandable to students visual illustrations such as charts, graphs and various model plates would be tailored to be County/ community specific to cater for Kenya's cultural diversity. Canada's Health for Life program encourages the idea of coloring your plate with various nutritional choices and educating oneself about the effect each color has on the body. For example,

- Yellow foods improves night vision
- Red reduces the risk of getting cancer and helps your bones grow strong
- Orange helps your eyesight, skin and lung health
- Green flushes out toxins, supports bone health and eyesight

²⁷ Christopher E Ramsden, Daisy Zamora, Boonseng Leelarthaepin, Sharon F Majchrzak, Keturah R Faurot, Chirayath M Suchindran, Amit Ringel, John M Davis, Joseph R Hibbeln (2013). Use of dietary linoleic acid for secondary prevention of coronary heart disease and death: evaluation of recovered data from the Sydney Diet Heart Study and updated meta-analysis *BMJ* 2013;346:1-18

²⁸ Rajiv Chowdhury, Samantha Warnakula, Setor Kunutsor, Francesca Crowe, Heather A. Ward, Laura Johnson, Oscar H. Franco, Adam S. Butterworth, Nita G. Forouhi, Simon G. Thompson, Kay-Tee Khaw, Dariush Mozaffarian, John Danesh, Emanuele Di Angelantonio (2014). Association of Dietary, Circulating, and Supplement Fatty Acids With Coronary Risk: A Systematic Review and Meta-analysis. *Ann Intern Med.* 2014;160:398-406.

²⁹ CV Felton, Crook D, MJ Davies, MF Oliver (1994). Dietary Polyunsaturated Fatty Acids and Composition of Human Aortic plaques. *The Lancet October, 1994; 344:927-28*

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Appendix

Index of samples of research

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| 8. Primary student questionnaire survey samples (girls) | p. 87 |

Q&A.: Background of the Ontario curriculum Health for Life Course

From: "Callan, Maureen (EDU)" <Maureen.Callan@ontario.ca>
Date: August 20, 2014 at 8:16:24 AM EDT
To: "Eliana Field-Marsham (efieldmarsham@branksome.on.ca)" <efieldmarsham@branksome.on.ca>
Subject: FW: Ontario health for life course inspiring others

Hello Eliana,

Congratulations on your work in education and health promotion in Kenya. Thank you for your interest in the Ontario curriculum, particularly the Health for Life course. Our government takes seriously the health of students and is committed to helping all Ontario students succeed and lead healthy, productive lives. That is why the main focus in the current Health and Physical Education curriculum is on helping students develop a commitment and a positive attitude towards lifelong healthy, active living. I'll respond to your questions with this possibility in mind.

- 1. What is the background to the Health for Life in Ontario? Why was it introduced? Was it in response to growing health concerns (i.e. an increase in diseases)?** The Health for Life course was developed as a part of the Health and Physical Education, Grade 11 - 12 curriculum that was introduced in 2000. This curriculum and the 1999 Health and Physical Education, Grades 9 -10 curriculum were developed together as a part of a larger curriculum development process that involved all subjects and disciplines. For each subject, an expert panel was identified and research was commissioned that informed the development of each curriculum. This research supported the healthy active living education focus and approach of the health and physical education courses in grades 9-12 and also the health promotion approach of the Grade 11 Health for Life course.
- 2. How did it become a course in school? How was the idea put into practice? How was it implemented (i.e. was it piloted in select schools)?** The course was introduced as a part of curriculum requirements and schools make decisions about what courses are offered based on local student needs. Training sessions were offered for school board contacts. Students at the secondary level are required to take one compulsory credit course in Health and Physical Education to complete their Ontario Secondary School Diploma (OSSD). The Ministry of Education does not specify what course or in which grade the credit must be earned. Students have the option of taking health and physical education courses throughout their high school careers. As well as the Healthy Active Living Education (PPL) courses, students may take focus courses which have an emphasis on different physical

activities or senior courses: Recreation and Fitness Leadership (PLF4C), Health for Life (PPZ30) or Exercise Science (PSE4U) as their mandatory credit. A Health and Physical Education course can be used to fulfill a second mandatory credit where students must earn a credit from French as a second language, the arts, business studies, health and physical education, or cooperative education.

- 3. What were the results? Have the results been recorded and monitored in order to see the impact of the improved health education? What was the outcome (i.e. have schools seen a decrease in health concerns among students)?** This data is not collected and measured by the Ministry of Education.
- 4. Is there any specific training that one must acquire in order to teach the course in Ontario?** Educators are required to be certified to teach in Ontario but additional qualifications are not required to teach this course.
- 5. What were the costs for the Ontario government to implement Health for Life?** This data for the costs for implementing one course is not available. These costs would be a part of overall costs for school governance and would be dependent on the number of courses offered across Ontario.
- 6. Are you aware of other countries or provinces in Canada, or other countries, that have a similar health education model?** Saskatchewan, Manitoba and Alberta have similar approaches regarding health education content and approaches. They don't necessarily have a similar senior level health course.

One additional note:

In Ontario, while the Ministry of Education is responsible for developing curriculum policy, implementation of policy is the responsibility of school boards. Teachers plan units of study, develop a variety of teaching approaches, and select appropriate resources to address the curriculum expectations, taking into account the needs and abilities of the students in their classes. As such, teachers and schools make decisions around addressing the needs of their particular students.

Thank you for your work and your interest in Ontario's curriculum.

Maureen Callan, Manager
Implementation and Review Unit
Curriculum and Assessment Policy Branch
Ministry of Education
maureen.callan@ontario.ca
(416) 325-5290

Fluorspar circumcision discussion notes

- They discuss their views very effectively and eagerly.
- One girl mentioned that she had seen another documentary; a girl died after being circumcised.
- The girls expressed their views about FGM; they didn't think it was necessary and should be abolished due to its brutality and the pain involved both physically and emotionally.
- They believe that such sensitization as one they'd had (the documentary) would lessen the cases of FGM in the country.
- The girls also believe that educating both sexes, and not just women, would help ameliorate the issue.
- The girls believe that honour does not come from ~~the~~ one's circumcised state but ^{from} the content of one's character i.e. having good morals and good behavior.
- The girls unanimously agree that ~~even~~ female genital mutilation is an atrocious act that should be abolished.

Notes from discussions with medical practitioners at the Kenya Fluorspar company medical center

Field-Marsham ~~minutes~~ .. Health for Life supporters.
 Improve health education in Kenya.

Name: + contact	Occupation:	Suggestion:
1) AARON RISHORI AARON WES - 0724975882	Pharmacist	- More money should be spent on education both in primary and secondary schools to provide free education
2) BERNARD KIPKETER 0726543443 bernardkipketer@yahoo.com	clinician	- Emphasis should be channel towards cleanliness education to prevent communicable diseases. - Community health workers to be educated to facilitate the training for the community.
3) JEMINATH KOSKEL - 0725782620 - Jeminathkoskel@gmail.com	clinician	- Better knowledge on exercise & keeping feet given to kids in schools - Education on balanced diet. - providing Health talk days on hygiene/diet & exercise involving teachers on these
4) Moses Chebon - 0716 704 720 mchebon23@gmail.com	lab technologist	- Educate on Nutritional use. - Also incorporate HIV education prevention, infection & treatment importance.
5) Rehema Chepkemoi Cheyonges 0729 877760 rhesmem@gmail.com	clinician	- The society be educated more on preventive medicine and how its essential to ↓ chances of getting illnesses - both for chronic & acute, respiratory illnesses

6. Noah K. Siwoi Nurse
0719546460
n.siwoi@yahoo.com.
→ Employ more social workers to help in health education in hard to reach areas. use schools (teachers) in spreading the ~~message~~ message.

7. Shairo Kuech Nurse
0727985795
Jenubshannk@gmail.com
→ Improve more on health standards of the people by educating them

8. Rael Wanyala Records Officer
0727-224193
rael2468@yahoo.com
→ More emphasis be put on prevention health and nutrition.

9. Julius K. Cheine Clinician
0920336430 | 0718737484
che92002@gmail.com.
school health education on preventive measures and nutritional considerations.

Kalwal school teachers and staff contributed views on school health education

Kalwal Health for Life Teachers and Staff Supporters	
Name + contact	Suggestion:
1. Mr. Peter K. Kiprotich Box 30 KIMWARA	Health is good for it makes learners present in school.
2. ELORIP J. CIBUNTOT Box 30 KIMWARA	Healthy is key to good living pupils and entire society need to be educated about it to better their lives.
3. Mr Kiptemni Kiprot	- Health is very important to all of us in school for it enhances mental physical and emotional development
4. Mr Komen Fred.	- To be in good health is good everything in the surrounding should be healthy.
5. Mr Kibet Jackson	- Health is our key to our success and better living
6. Mr. Duncan Tamui	- Make several visits for our health.
7. Mr. Peter K. Kiprotich	- phone no. 0725709334
8. Mr. David Bartiba	- We have several needy children in our school.
9. MR. JOHN W. KIPROO	The Company to assist in Water treatment. 0726760114
10. Mr. Samuel Kipngeno	- 0721120888

				Suggestion
11	MRS	RUTH	KIMUZU	Health is good for
12	MR			behaviour of the learners
12	MRS	RUTH	BARMASU	in life.
				Health makes the learners
				improve in class work.
13	MRS	EMMY	KIPROP	Good health makes
				learners to be positive
				towards learning thus for
				the betterment of their
				lives

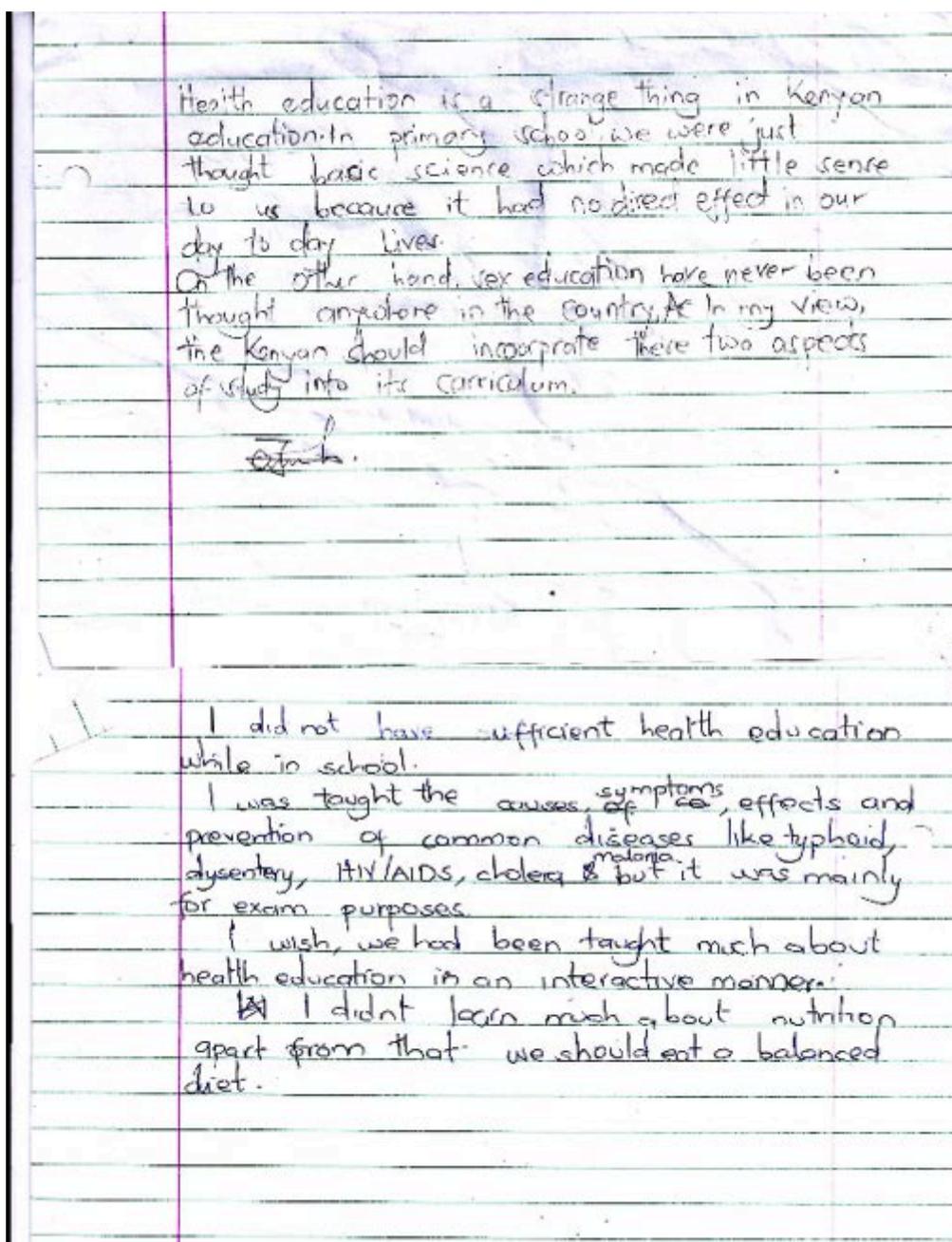
Metkei school teachers and staff contributed views on school health education

Health for Life Metkei School teachers and staff supporters.		Suggestion about improving health education.
Name + occupation + contact		
1. Rael Chemlyot Teacher, 0725206202.		Not sharing of personal effects eg clothes, basins etc.
2. Chebura Acanu Teacher, 0725412609		There should be a better way of exercising to improve on girls and students health especially on academics.
3. Kambol K. MATHEN Teacher, 0774518143		There is need of health education and diversifying their eating habits for healthy living.
4. Colman K. David Teacher 0715161623		Creation of exercise time and identification of specific exercise activities.
5. Beatrice Chepyegon Teacher, 0722-276638		Learners need sensitization on their personal hygiene and good eating habits.
6. KIGEN PAMELA J. Teacher 0712 513953		Girls should have enough time for daily exercise and also eat balanced food for good health.
7. JUSTUS KIPRONO Teacher: 0728679332		The health and diet should be taught by

Health for Life.	
Metkei School Teachers and Staff Supporters	
Name + contact: + Occupation	Suggestions about improving health education
1 Stella Chesett 0700735357	Symptoms of various diseases
2 Hilder Chelimo 0724605011	- Proper use of latrines and toilets - Balance diet
3 Ann Tom 0721280305	- Knowledge of the importance of proper exercise
4 Helen Baronga 0723009162	- Facilitate clean dining area by use of antibacterial disinfectant - Use detergents in toilets
5 KIPRONO JOEL 0723675457	- The importance of physical exercise in schools. - Importance of using clean water
6 PASCAL WANYONYI	- Presence of clean environment
7 Nancy Chomeli 0717060224	- Need to understand importance and disadvantages of various types of food, viz. time to plantain a

Notes of discussions with KenSAP students on their experience with school health education.

They studied at Kabarak, Maseno, Alliance (girls and boys), Metkei, Kenya High, Kapsabet,



Health education is it, as in Kenyan schools is insufficient. Basic things like first aid are not incorporated in the curriculum. Subjects pertaining HIV/AIDS and other STDs are not explicitly dealt with. Sex education is a no go zone in African societies.

If all these aspects are to be included in the school curriculum, High school will be much more productive.

I have never had the opportunity to undergo health education. In grade school, it was only administered to girls because the teachers believed they were to make mothers in future and therefore health education was paramount to the girls.

I did not study health education through my primary school and high school; but I do wish I would have learnt a little or more of the following.

- > Balanced diets
- > Sex education
- > Hygienic practices in households.

Though I did not have health education in my curriculum, I feel like it was necessary.

Though I wish I learnt how to
treat wounds and grazes

I point about usage of water, like clean drinking
water.

The Kenyan curriculum has not put much emphasis in health education. The small part of health topics taught in the Kenyan curriculum covers areas that are irrelevant. Students should be taught on prevention and causes of the more prominent diseases such as malaria. More practical activities should also be encouraged.

- We had clubs, St. John's Ambulance club in which I was a member. We learnt about
- First Aid practices - Nose bleeding, How to deal with muscle cramp
 - Good health practices like taking a balanced diet.

Under the curriculum program we learnt about the vaccination programs administered from birth to adulthood. We also learnt of allergy; ~~and~~ its causes and effects, how to prevent/avoid.

Sex education was just mentioned but not in details because in ^{most} African countries that is considered a taboo and mainly for adult. ~~I have no description.~~

Through out my ~~high~~ high school education, I learnt a lot about health and diseases. I learnt the various types of diseases for example cholera, syphilis, generally, water borne, sexually transmitted, and air-borne and many other diseases. This I learnt their symptoms, cause and cure too. I hope to help many in my community to prevent themselves from this diseases.

I did not learn health education in both primary and high school. However, I have a little knowledge on drugs effect on health acquired from books and observations.

In Primary school, we were taught on various diseases, such as Malaria, their mode of transmission and ways of treating and preventing the disease. HIV/AIDS and other sexual transmitted infections are taught in both Primary and Secondary schools.

In my primary and secondary I had very little education on health education and sex education. I only learnt the little from my science subject.

Students sign endorsement of Health for Life's proposal: Kalwal School, Elgeyo Marakwet County

Students		Kalwal	
		Health for Life	
Age:	Name:	Age:	Name:
15	Andrew Kumbi	14	Sandra Jorot
15	Dennis Jorot	16	Ronald Kiplagat
14	Benson Kimtai	14	Kibwet Jorot
15	Lily Kumbi	12	Steven Jebet
14	Laura Bwitt	14	Murdoch Kipron
15	Abigail Kimtai	14	Ruth Jorot
15	Mark Kumbi	14	Josel Jorot
17	Robert Bwitt	13	Joseph Kiprot
18	Kenz Kumbi	13	Jochim Chabii
15	Dennis Tany	12	Jebet Kiplagat
15	Kiprot Kiplagat	13	Mary Jorot
15	Josel Bwitt	13	Jebet Kimtai
15	Ronald Kiplagat	15	Jochim Chabii
14	Kiprot Kumbi	15	Judy Jorot
15	Kiprot Kumbi	13	Kiprot Kumbi
15	Kiprot Kiplagat	15	Dennis Kumbi
14	Hilda Kiplagat	14	Kimtai Kiplagat
12	Joyline Jorot	13	Robert Chabii
14	Jochim Kiplagat	13	Kibwet Jorot
16	Dennis Kiplagat	14	Victor Kiplagat
14	Josel Kiplagat	12	Kiprot Kumbi
15	Kibwet Jebet	13	Judy Kiplagat
13	Murdoch Kumbi	13	Steven Kumbi
15	Dennis Bwitt	13	Felix Jorot
16	Gracia Kiplagat	11	Jochim Chabii
14	Kiprot Jorot	13	Leopold Kumbi

Students

Age:	NAME:	Age:	Name:
13	Edith Kasegi	15	Jothack chirochi
13	Nathan Kichinde	12	Jehoid Kibet
14	Kiriline Kirage	14	Mawira Jothani
15	Kislogat Kirita	13	Jocelyn Kasegi
14	Kirita Kirong	12	Judy Kasegi
14	Jane Kirita	13	Jerman Kirlogat
14	Alfred Kirita	12	Conce Kirita
16	Melinda Kigo	11	Topsoni Kirinda
14	Kirita Kirita	12	Elvis Kirita
14	Brian Mutei	13	El Jothani
14	Shackira Jothani	13	Kidder Kater
15	Victor Kibet	13	Kiriani Kirlogat
14	Jocelyn Kibet	12	Maria Kirichiro
13	Cynthia Jono	11	Victor Kibet
12	Jehoid Kibet	12	Amo Kirita
13	Maria Jothani	13	Shackira Jothani
13	Jellogat Kirita	11	Victor Kibet
14	Jocelyn Kibet	12	Victor Kirita
16	Kirita Kirita	12	Jocelyn Kirita
14	Alan Kirita	12	Amo Kirita
13	Maria Kirita	12	Kirita Kirita
13	Jocelyn Kirita	12	Obadia Kirita
13	Jocelyn Kirita	14	Jocelyn Kirita
13	Jocelyn Kirita	12	Jocelyn Kirita
11	Jocelyn Kirita	14	Maria Kirita
12	Maria Kirita	12	Maria Kirita

Students			
Age:	Name:	Age:	Name:
13	Jerry chaboko	11	Miriam Moya
11	Lucas Joroch	13	Maria Kikat
13	Jesse Kiprot	13	Jepkoech Kari
12	Samuel Kambui	13	Sharon Guri
13	Miriam Joroch	13	Hellen Kiri
11	Florence Kari	12	Jennifer Kimani
11	Daniel Kiprot	12	Sharon Joroch
13	Jillia Kari	13	Samuel Kari
10	Jepkoech Kiprot	14	Kirimo Kari
12	Jepkoech Kari	10	Jepkoech Kari
10	Edith Kiprot	14	Kiprot Kari
13	Janet Kari	14	Kiprot Kari
12	Jesse Kari	13	Ben Kari
11	Vida Kari	12	Kirimo Kari
10	Kiprot Kari	13	Jepkoech Kari
11	Daniel Kari	12	Vida Kari
11	Alfred Kari	14	Daniel Kari
8	Keith Kari	11	Jepkoech Kari
11	Miriam Kari	12	Rachel Kari
11	Jepkoech Kari	10	Kirimo Kari
11	Kiprot Kari	10	Glenn Kari
12	Edith Kari	11	Jesse Kari
12	Edith Kari	12	Jesse Kari
12	Cynthia Kari	12	Jepkoech Kari
11	Jepkoech Kari	11	Edith Kari
10	Jepkoech Kari	11	Kiprot Kari

Students		ST03	
Age:	Name:	Age:	Name:
10	Abigail Serep	9	Jepkeris Rotich
10	Anthony Kiptum	9	Jarotich Ruto
8	Joseph Kibet	8	Gratia Kibet
9	Jepkurusai Kibet	12	Wanjiku Wangari
10	Harrison Kibrot	10	Nydia Ruto
11	Brian Kamboi		
11	Vincent Koir		
9	Jebet Nairo		
8	Faith Kibet		
9	Jebichii Kuru		
9	Kiplimo Koir		
10	Kiprotich Kibor		
9	Wincam Chepkumba		
9	Amita Kuter		
9	Gratia Kamken		
9	Edmin Kiplagat		
9	Kipkurui Kach		
11	Kipchirchir Ngatorosi		
10	Jelinet Rotich		
9	Jebet Kiptoo		
9	Victor Kagei		
9	Jepkurui Kiptoo		
8	Jebet Ngletida		
8	Jebiwott Kiprop		
8	Mercy Kiptoo		

Students		STD 4	
Age:	Name:	Age:	Name:
9	Shelina Jepkemoi	9	Hilda Jepkoech
9	Christina Jemeli	9	Queen Kutto
8	Caran Mutui	12	celastine Jeruto
10	Kipchirchir Kiprono	9	Harrison Kibet
13	Jovanui Koeh	12	Jepko chupkairar
10	Dannais Jelogat	11	Jelogat Kipkibet
9	Rodrig Kiplamai	8	Enoch Kiptoo
11	Nathan chekin	10	Sheila Koin
12	Kipkogei Kunui	9	villa chekinott
12	Kiptoo Kiprono	8	Brenda Jeruto
13	kelvin kibwott	11	Kiprono maina
11	Bernard koge	13	Edwin Kogoi
11	Christina Chekinott	13	Kipkunei Koin
12	Jebet Rotich	12	Edwin Kipchirchir
12	Jepkoech Kiplogat	10	Kipruto Kibet
10	Zeddy Jelogat		
10	Christina Jepkoech		
12	Jepchirchir Kibet		
10	Sharon Cherop		
10	Kipkogei Koeh		
10	Bernard chekin		
11	Kipkogei Kibet		
12	Winnie Cherop		
11	Immaculate Cheritich		
11	Jebet Rotich		
11	Jepkoo kimutai		

Students sign endorsement of Health for Life's proposal: Metkei School, Elgeyo Marakwet County

Students

Health For Life:
Metkei School Supporters

Grade	Name	Grade	Name
3. South	Jackline Maimet	JASCA KIMUTHI	3 SOUTH
3 South	Mercy kibet	Faith meringich	" "
3 south	Brenda Savem	3 south	Valary Biwott
3 South	Linda Jorop	3 south	Winnie Kimeli
3 south	Caroline chengany	3 south	Dorcas Chanyalo
3south	Valentine Joroya	3 south	Sharon Siptienai
3south	Dorcas Kiplagat	3 south	Cynthia Kiptoo
3south	Mercy Kembai		
3south	Euphonia To	3 South	KIMWELCH JAMUI
3south	Angela Daisy	3 south	Grace Chanyoo
3south	Joyce Jelimo	3 South	Cynthia Kiptoo
3south	Mercy kibet	3 south	Leonida Jeruto
3 south	Conchata chengany	3south	Faith Jeterkeny
3south	Rilha Jelagat	3 south	Mercy Chanyot
3south	Eurida Biwott	3 south	Lilian Kimeli
3south	Nancy Kooch		
3south	Sylvia Retch	3 South	FAITH KIPTOO
3south	Daisy Sambu	3 South	HILDA KIMUTHI
3 south	Winnie Jagan	3 South	Juno Kiptoo
3south	Catherine Maik		
3south	Millicent Kogoi		
3south	Hivieno Cheptoo		
3south	Faith Chanyot		
3south	Judith Jagan		
3 south	Diana Kibicho		
3 south	Sharon Chanyot		
3 south	Sheila Koros		
3 South	Winnie Chebet		
3 south	Dannien Kiptoo		
3 south	Bridget Kiptoo		
3 South	Pharice Burchilei		
3 south	Janeth Kembai		
3 south	Philomena Chebet		

Students

Health For Life:
Metkei School Supporters

Grade	Name	Grade	Name
Form 4 South	Mbatha Triano	4 south	Nadim Kibul
Form 4 South	Immaculate Koach	"	Joy Jobet
4S	Nancy Kember	"	Flora Tononi
4S	Kiplui Sheila	"	Sheila Kiptoo
4S	Kember Patricia	"	Sheila Kangai
4S	Gloria Kember	"	Ketton Mercy
4S	Lint Kiplagat	"	Jepchenan Moneen
	Purity Kiplagat	"	Lydia Kibet
	Mary Risch	"	Judy Kipsang
	Taxita Tamai	"	Nancy Kember
	Beth Kipyegat	"	Subith Jerechich
4 South	Winnie Lela	"	Miriam Sarawatu
	Abigail Kurui	"	Sheila Tarui
	Maxiphane Kangogo	"	Brittan Koach
	Caren Kiptoo	"	Kipungu Mburien
	Tabitno chumo	"	Nancy Sang
	Fiona Jomoti	"	Purity Malakua
	Judy Tamui	"	Sheila Kiplagat
	Sheila Janno		
	Betty Kipsang		
	Gloria Kember		
	Eustah Kember		
	Evel Kibet		
	Joyce Bandolich		
	Winy Kiprotich		
4 south	Mausen Kimani		
	Mausen-Lima		
	Joyce Koach		
4 south	Lydia Cheboi		
	Soun Abubakar		

Students

Health For Life:
Metkei School Supporters

Grade	Name	Grade	Name
3 NORTH	CAROLINE KIMAYO	3 NORTH	Fialimat Lino
3 NORTH	FANCY JANE	"	ROSE OAHU
"	DORCA JIAGAT	"	SHARON MBOU
"	LYDIA CHEBI	"	Hilda Jephona
"	MERCY KIPLAGAT	"	Fridah Jebal
"	MERCY KORIR	"	Cynthia Jephona
"	FAITH KORIR	"	Journine Kipkach
"	JOYCE JOLIMO	"	Stenila Neken
"	BONICE KWAMBAI	"	Philine herabai
"	FAITH KIPLAGAT	"	Quady Hentan
"	CINDY SAUAI	"	Sharon Lino
"	MERCY CHRI	"	Sharon Jekop
"	CAREN KIPKEMBO	"	Glady Koch
"	MERCY KAPTAI	"	Winnie Jemali
"	RUTH KIMUTAI		
"	GLORIA KIPKANG		
"	WILHUMA MERCY		
"	LYDIA JEPKEME		
"	HARRIET NG'ENGE		
"	KIMAYO LEAH		
"	ALICE KANDA		
"	KORIR NONNO		
"	BARTILE BEVLINE		
"	RUPER KENBI		
"	SIEM ROTCH		
"	LIDIA KIRUTO		
"	NAOM KOSGEI		
"	FAITH KORIR		
"	CAROLINE CHEBI		
"	MERCY KIPLAGAT		
"	Mercy Kimutai		
"	ANN Kiplagat		
"	Glancy Kiplagat		
"	FAITH KOSGEI		
"	SHARON KIBET		
"	MERCY JEROP		
"	Aisha A. Noor		
"	Gerudo Jerop		
"	Kaiti Kosgei		

Health for Life survey Kenya Fluorspar Primary School students (Girls)

Health For Life
Kenya Fluorspar Company School Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.
Age: 12 years old

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		Eating foods like mango, mandazi etc.
Do you know how one gets malaria? If yes explain	X		One can get malaria by sleeping under the mosquito net.
Do you think that all bacteria are bad? Explain	X		All bacteria are bad and harmful because it makes one sick.
Can your environment affect your health? If so how?	X		A can affect one if one does not make sure that the surrounding is clean.
Do you know what is depression? Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		Eating too much food that contains fat.
Do you know how much water one should drink a day? Explain	X		One must take ten times a day or more.
How much sleep do you get a night on average? (Answer in the "explanations" column)		X	
Do you exercise on a regular basis? How often?	X		Yes I exercise regularly to keep myself more healthier.
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?			If I have stress I go under a tree and read a book or listen to music.
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect one's health? Explain	X		It can affect one because of the carbon dioxide etc.
Do you know how you purify water?	X		Yes
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important.		X	
Is the sun important to your health? If so why			It helps me, for me to feel warm and prevent other diseases.
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important.		X	
Do you think a social life is necessary and important for your health?	X		Yes
Do you think hygiene is important? Explain!			It is important for me to keep me clean.
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant? Do you know what menstruation is?	X		When a girl gets pregnant by having sex with a boy. Menstruation is when a girl has her periods.
Do you know what toxic shock is? Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life		X	
Additional Comments on the FGM Documentary (if applicable) or general comments:			

Health For Life
Kenya Floorpaper Community School, Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 14 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	<input checked="" type="checkbox"/>		Having teeth problems.
Do you know how one gets malaria? If yes explain	<input checked="" type="checkbox"/>		When bitten by female anopheles mosquito
Do you think that all bacteria are bad? Explain	<input checked="" type="checkbox"/>		
Can your environment affect your health? If so how?	<input checked="" type="checkbox"/>		If the environment is unhygienic
Do you know what is depression?		<input checked="" type="checkbox"/>	
Is there any illness or condition that you are worried/curious about? If so what is it?	<input checked="" type="checkbox"/>		Cholera
Do you know what causes obesity? Explain	<input checked="" type="checkbox"/>		eating alot of fats and oil
Do you know how much water one should drink a day? Explain	<input checked="" type="checkbox"/>		eight glasses
How much sleep do you get a night on average? (Answer in the "explanation" column)			8 hours
Do you exercise on a regular basis? How often?	<input checked="" type="checkbox"/>		Every day at games and P.E.
Do you know what diabetes is? If so, how does one get it?	<input checked="" type="checkbox"/>		having alot of sugar in our body
Do you feel stressed? If yes, what causes stress in your life?	<input checked="" type="checkbox"/>		
What do you do to relieve stress?	<input checked="" type="checkbox"/>		
Do you think that your posture is important to your health? If so why?	<input checked="" type="checkbox"/>		

Do you think industrialization can affect ones health? Explain	<input checked="" type="checkbox"/>		
Do you know how you purify water?	<input checked="" type="checkbox"/>		Boiling
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	<input checked="" type="checkbox"/>		5
Is the sun important to your health? If so why	<input checked="" type="checkbox"/>		
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			
Do you think a social life is necessary and important for your health?	<input checked="" type="checkbox"/>		
Do you think hygiene is important? Explain?	<input checked="" type="checkbox"/>		It is health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		<input checked="" type="checkbox"/>	
Do you know how a girl gets pregnant?	<input checked="" type="checkbox"/>		By sexual intercourse
Do you know what menstruation is?	<input checked="" type="checkbox"/>		release of egg from ovary
Do you know what toxic shock is?		<input checked="" type="checkbox"/>	
Do you want to be circumcised? Why yes or why no?		<input checked="" type="checkbox"/>	
From the documentary what did you find to be the most surprising? (if applicable)		<input checked="" type="checkbox"/>	
Make a priority list of the 3 most important things in life			

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Floorspar Community School, Kiambu District

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		eat 100 g of maize - 3 chapoti rice
Do you know how one gets malaria? If yes explain	X		If you don't drink stagnant water near your house -
Do you think that all bacteria are bad? Explain		X	they help us to decompose and make manure
Can your environment affect your health? If so how?	X		when industries release waste/chemicals they mix with oxygen if affect you
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		eating too much food -
Do you know how much water one should drink a day? Explain	X		two jugs of water - because all of us are waste water.
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		6 hours
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?	X		enjoy life
Do you think that your posture is important to your health? If so why?	X		you will live a happy life

Do you think industrialization can affect ones health? Explain	X		when chemicals are released they can mix with air.
Do you know how you purify water?	X		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	4	X	4 - it is life they give vitamins
Is the sun important to your health? If so why?	X		
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?	X		
Do you think hygiene is important? Explain?	X		they will not catch diseases
Do you know the difference between malnutrition and under nutrition? If yes, define the terms.		X	
Do you know how a girl gets pregnant?	X		if she is involved in sexual misuse
Do you know what menstruation is?	X		
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	F-G-M can cause death because you can loose alot of blood
From the documentary what did you find to be the most surprising? (if applicable)			
Make a priority list of the 3 most important things in life	X		water education good life

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life
Kenya Flourpa Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 14 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	✓		Problems: example
Do you know how one gets malaria? If yes explain	✓		by some animals like mosquitoes
Do you think that all bacteria are bad? Explain	✓		because they are harmful
Can your environment affect your health? If so how?	✓		when
Do you know what is depression?		✓	
Is there any illness or condition that you are worried/curious about? If so what is it?	✓		bilharzia
Do you know what causes obesity? Explain	✓		when you eat fast and not eat fresh it is not good
Do you know how much water one should drink a day? Explain	✓		8 glasses
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		8 hours
Do you exercise on a regular basis? How often?	✓		during PE lessons
Do you know what diabetes is? If so, how does one get it?	✓		it is a disease cause by your milk
Do you feel stressed? If yes, what causes stress in your life?	✓		sometimes due to my results
What do you do to relieve stress?	✓		i go to the gym or play
Do you think that your posture is important to your health? If so why?	✓		

Do you think industrialization can affect one's health? Explain	✓		
Do you know how you purify water?	✓		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important			✓
Is it so important to your health? If so why	✓		produces vitamin C
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			✓
Do you think a social life is necessary and important for your health?			✓
Do you think hygiene is important? Explain?	✓		for good health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			✓
Do you know how a girl gets pregnant?	✓		by having sex
Do you know what menstruation is?	✓		it is fluids produced by girls
Do you know what toxic shock is?			✓
Do you want to be circumcised? Why yes or why no?			✓
From the documentary what did you find to be the most surprising? (if applicable)			✓
Make a priority list of the 3 most important things in life			✓

Additional Comments on the FGM Documentary (if applicable) or general comments:

it is not good for girls but good for boys due to hygiene

Health For Life

Kenya Flourmop Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes gives an example		X	
Do you know how one gets malaria? If yes explain	X		through mosquito bite
Do you think that all bacteria are bad? Explain		X	not all are bad like penicillin which is used to cure disease
Can your environment affect your health? If so how?	X		the dirt you eat you drink water you have in your area
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		Ebola
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain			at least four glasses
How much sleep do you get a night on average? (Answer in the "explanation" column)			8 hours
Do you exercise on a regular basis? How often?	X		
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	X		when I talk in my exam
What do you do to relieve stress?		X	I usually pray with my friends
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain		X	
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why	X		gives me enough vitamin
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?		X	
Do you think hygiene is important? Explain?	X	X	gives us good health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		doing sex with boys
Do you know what menstruation is?		X	it is the passing out of ovum
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	because I will have less of pain when I go to school
From the documentary what did you find to be the most surprising? (if applicable)			
Make a priority list of the 5 most important things in life			life health education

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Fluorinar Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12 yrs

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		Elad off the table, close your mouth
Do you know how one gets malaria? If yes explain	X		By mosquito bites female (and other malaria)
Do you think that all bacteria are bad? Explain	X		They will make u sick.
Can your environment affect your health? If so how?	X		slamming water from (shower) (shower stall)
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		malaria stomach aith
Do you know what causes obesity? Explain	X		eatng too much and not exercising
Do you know how much water one should drink a day? Explain	X		eight becuase if u will make your skin soft and hps.
How much sleep do you get a night on average? (Answer in the "explanation" column)			8 hours. sleep 9:00 Wake up 8:00
Do you exercise on a regular basis? How often?	X		five hour every day. on Saturday/Sunday
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	X		
What do you do to relieve stress?			you go and ride outside.
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X		like dirty water going to a well and you use the water
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important			
Is the sun important to your health? If so why		X	
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			
Do you think a social life is necessary and important for your health?		X	
Do you think hygiene is important? Explain?	X		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant? Do you know what menstruation is?	X		when you see with a male having a blood of girls.
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)			
Make a priority list of the 3 most important things in life			My health & Nutrition

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Fluorspar Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		
Do you know how one gets malaria? If yes explain	✓		By not drinking stagnant water around the house
Do you think that all bacteria are bad? Explain	✓		
Can your environment affect your health? If so how?	✓		if it is polluted
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	✓		Typhoid
Do you know what causes obesity? Explain	✓		A lot of junk food because one uses a lot of water when sweating
Do you know how much water one should drink a day? Explain	✓		FOR eight hours.
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		
Do you exercise on a regular basis? How often?	✓		Four times a week
Do you know what diabetes is? If so, how does one get it?	✓	X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?	✓		exercise the body
Do you think that your posture is important to your health? If so why?			

Do you think industrialization can affect ones health? Explain	✓		
Do you know how you purify water?	✓		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	✓	X	
Is the sun important to your health? If so why	✓		TO MAKE US warm
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?			
Do you think hygiene is important? Explain?	✓		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	✓		
Do you know what mensturationis?	✓		
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)			
Make a priority list of the 3 most important things in life		X	

Additional Comments on the FGM Documentary (if applicable) or general comments:

10 yrs old

Health For Life

Kenya Floorspar Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 10 yrs

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	✓		sorting a mixture of food.
Do you know how one gets malaria? If yes explain	✓		When the plasmodium attacks the red blood cells.
Do you think that all bacteria are bad? Explain		X	Some are used in making of medicine.
Can your environment affect your health? If so how?	✓		When it is dirty these causes illness.
Do you know what is depression?	✓		When someone is sad.
Is there any illness or condition that you are worried/curious about? If so what is it?	✓		Skin infection.
Do you know what causes obesity? Explain	✓		alot of fat and oil.
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		Eight hours
Do you exercise on a regular basis? How often?	✓		each and every day.
Do you know what diabetes is? If so, how does one get it?	✓		taking alot of sugar.
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?		X	
Do you think that your posture is important to your health? If so why?			

Do you think industrialization can affect ones health? Explain	✓		
Do you know how you purify water?	✓		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	✓		
Is the sun important to your health? If so why	✓		It helps me to the health of my body.
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?	✓		
Do you think hygiene is important? Explain?	✓		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			
Do you know how a girl gets pregnant?	✓		
Do you know what menstruation is?	✓		Release of unfertilized eggs.
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life			

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life
Kenya Fluorapat Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.
 Age: 15 years old

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		
Do you know how one gets malaria? If yes explain	X		through mosquito bite
Do you think that all bacteria are bad? Explain			
Can your environment affect your health? If so how?	X		
Do you know what is depression?	X		
Is there any illness or condition that you are worried/curious about? If so what is it?	X		
Do you know what causes obesity? Explain	X		
Do you know how much water one should drink a day? Explain	X		
How much sleep do you get a night on average? (Answer in the "explanation" column)			
Do you exercise on a regular basis? How often?	X		4-5 times in a week
Do you know what diabetes is? If so, how does one get it?	X		when alot of sugar in the
Do you feel stressed? If yes, what causes stress in your life?			
What do you do to relieve stress?		X	
Do you think that your posture is important to your health? If so why?			

Do you think industrialization can affect ones health? Explain	X		Because it pollutes the air
Do you know how you purify water?	X		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		
Is the sun important to your health? If so why	X		Provides vitamin D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			
Do you think a social life is necessary and important for your health?			
Do you think hygiene is important? Explain?	X		because it makes for body health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			
Do you know how a girl gets pregnant?	X		
Do you know what menstruation is?	X		
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)			
Make a priority list of the 3 most important things in life			

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Fluorapat Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11 YEARS

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		If you want to eat you cant eat
Do you know how one gets malaria? If yes explain	X		By not using treated nets
Do you think that all bacteria are bad? Explain	X		Because it can do to your body
Can your environment affect your health? If so how?	X		If you dont take care of it
Do you know what is depression?	X		something which is sad
Is there any illness or condition that you are worried/curious about? If so what is it?	X		AIDS and sexually diseases
Do you know what causes obesity? Explain	X		Eating too much food
Do you know how much water one should drink a day? Explain	X		You must drink 8 glasses a day
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		You must sleep a maximum of 7 or 8 hrs
Do you exercise on a regular basis? How often?	X		yes, I do when we normally go for a run
Do you know what diabetes is? If so, how does one get it?	X		Eating too much sugary food
Do you feel stressed? If yes, what causes stress in your life?	X		when I don't pass exams
What do you do to relieve stress?	X		you just do something
Do you think that your posture is important to your health? If so why?		X	or when I'm given punishment which you do a day

Do you think industrialisation can affect ones health? Explain	X		the air that comes out from industries wash ourselves by boiling the water
Do you know how you purify water?	X		by boiling it with chlorine
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why? How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		to make your bones strong especially children
Do you think a social life is necessary and important for your health?		X	
Do you think hygiene is important? Explain?	X		because it keeps you healthy
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant? Do you know what menstruation is?	X		when a woman has babies in her uterus
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	I don't want because it can cause for much bleeding
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life	X		food, shelter and clothing

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Finorspar Community School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 19

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	/	/	one dont keep mosquito nets
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	/		
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	/		Typhoid Bilazia
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	/		
How much sleep do you get a night on average? (Answer in the "explanation" column)	/		
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?	/		
Do you feel stressed? If yes, what causes stress in your life?	/		
What do you do to relieve stress?	/		
Do you think that your posture is important to your health? If so why?	/		

Do you think industrialization can affect ones health? Explain	/		
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why (How important do you feel dental health is? Rate its importance on a scale from 1-3, 3 being very important and 1 being not important)	/		
Do you think a social life is necessary and important for your health?	/		
Do you think hygiene is important? Explain? Do you know the difference between malnutrition and under nutrition? If yes, define the terms	/		
Do you know how a girl gets pregnant? Do you know what menstruations?			by using sex
Do you know what toxic shock is? Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life			

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Fluorapat Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	✓		someone can cough you know
Do you think that all bacteria are bad? Explain	✓		it can give someone a disease
Can your environment affect your health? If so how?		X	
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain.	✓		it can give you healthy
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		20 hours
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	✓		
What do you do to relieve stress?		X	
Do you think that your posture is important to your health? If so why?			you can eat any fruit

Do you think industrialization can affect ones health? Explain		X	
Do you know how you purify water?	✓		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why			
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?	✓		
Do you think hygiene is important? Explain?	✓		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	✓		by doing sex
Do you know what menstruation is?		X	
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life		X	

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Fluorspar Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	✓		by not sleeping in a mosquito net
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	✓		
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	✓		Bilharzia Typhoid Cholera
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		8 hours
Do you exercise on a regular basis? How often?	✓		during P.E and games lessons
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?	✓		Play
Do you think that your posture is important to your health? If so why?	✓		

Do you think industrialization can affect ones health? Explain	✓		
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why? How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	✓		because of vitamin D
Do you think a social life is necessary and important for your health?	✓		
Do you think hygiene is important? Explain?	✓		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	✓		by doing sex
Do you know what menstruation is?		X	
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	because it is agim
From the documentary what did you find to be the most surprising? (if applicable)	✓		
Make a priority list of the 3 most important things in life	✓		

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Fluorapat Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X		when a mosquito bites you
Do you think that all bacteria are bad? Explain	X		by keeping not self clean
Can your environment affect your health? If so how?		X	
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		
Do you know how much water one should drink a day? Explain	X		Every time
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		We sleep around 9 to 10 hours
Do you exercise on a regular basis? How often?			
Do you know what diseases is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	X		when somebody stresses you
What do you do to relieve stress?	X		by being happy every time.
Do you think that your posture is important to your health? If so why?	X		

	Yes	No	
Do you think industrialization can affect ones health? Explain	X		
Do you know how you purify water?	X		by boiling it
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		
Is the sun important to your health? If so why	X		for vitamin D.
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		
Do you think a social life is necessary and important for your health?	X		
Do you think hygiene is important? Explain?	X		by keeping your self clean
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		by doing sex
Do you know what menstruation is?		X	
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?	X		
From the documentary what did you find to be the most surprising? (if applicable)	X		
Make a priority list of the 3 most important things in life		X	

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Floorspace Company School; Female Staff

Mark your answer with an X in the columns. If applicable answer the question further in the explanation column.

Age: 10 Vivien

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	✓		
Do you think that all bacteria are bad? Explain	✓		because they kill
Can your environment affect your health? If so how?	✓		because if your environment is dirty
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	✓		cholera and Aids
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		8 hours
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?		X	
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain			X	
Do you know how you purify water?			X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important			X	
Is the sun important to your health? If so why	✓			because it gives vitamin D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			X	
Do you think a social life is necessary and important for your health?			X	
Do you think hygiene is important? Explain?	✓			because it makes you sick
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			X	
Do you know how a girl gets pregnant?	✓			by doing sex
Do you know what menstruation is?			X	
Do you know what basic check is?			X	
Do you want to be circumcised? Why yes or why no?			X	because it will lead to infection and will die
From the documentary what did you find to be the most surprising? (if applicable)	✓			Playing
Make a priority list of the 3 most important things in life				water food & and hygiene

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Elmsway Compound School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes give an example	X		an eating disorder is eating without habit many
Do you know how one gets malaria? If yes explain	X		it is got through a small animal mosquito
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?		X	
Do you know what is depression?	X		
Is there any illness or condition that you are worried/curious about? If so what is it?	X		polio
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	X		a person is supposed to drink 8 glass of water a day
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		a person is supposed to sleep about 8 hour a night
Do you exercise on a regular basis? How often?	/	X	
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	yes a stress books
What do you do to relieve stress?	X		
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain			X	
Do you know how you purify water?			X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important			X	
Is the sun important to your health? If so why	X			it makes my body strong
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			X	
Do you think a social life is necessary and important for your health?			X	
Do you think hygiene is important? Explain?			X	
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			X	
Do you know how a girl gets pregnant?	X			engaging with sex
Do you know what menstruation is?			X	
Do you know what toxic shock is?			X	
Do you want to be circumcised? Why yes or why no?	X			no because it will bring problem during birth
From the documentary what did you find to be the most surprising? (if applicable)			X	
Make a priority list of the 3 most important things in life	X			clothes a shelter a good

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Flourmop Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 101 yrs

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X	X	
Do you know how one gets malaria? If yes explain	X	X	By not keeping the environment clean
Do you think that all bacteria are bad? Explain	X	X	
Can your environment affect your health? If so how?	X		By the water you drink
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	X		We must drink 8 cups a day
How much sleep do you get a night on average? (Answer in the "explanation" column)		X	
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?		X	
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect one's health? Explain		X	
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important			
Is the sun important to your health? If so why	X		It give warmth
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?		X	
Do you think hygiene is important? Explain?	X		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			
Do you know how a girl gets pregnant?		X	
Do you know what menstruation is?		X	
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?	X		It may lead Pregnant
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life		X	

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health For Life

Kenya Floorspar Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	✓		one gets malaria from mosquito because some are good
Do you think that all bacteria are bad? Explain	✓		
Can your environment affect your health? If so how?	✓		because the environment does not affect
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	✓		when I am very ill
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	✓		one should drink 8 glasses
How much sleep do you get a night on average? (Answer in the "explanation" column)	✓		I sleep for 8 hours at night
Do you exercise on a regular basis? How often?	✓		I exercise my body every time for 1/2 hr
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	✓		when I am alone and to be with friends
What do you do to relieve stress?	✓		
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain		X	
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why	✓		It gives us light.
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?		X	
Do you think hygiene is important? Explain?	✓		it is part of our body
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?		X	
Do you know what menstruation is?		X	
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	because girls must not be circumcised
From the documentary what did you find to be the most surprising? (if applicable)		X	
Make a priority list of the 3 most important things in life		X	
Additional Comments on the FGM Documentary (if applicable) or general comments:			

Health For Life

Kenya Fluorspar Company School: Female Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		like mango oranges
Do you know how one gets malaria? If yes explain	X		drinking dirty water
Do you think that all bacteria are bad? Explain	X		
Can your environment affect your health? If so how?	X		because of beautiful
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		It is bad diseases
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	X		8 and above CUP
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		10 hours wake up at 5:00
Do you exercise on a regular basis? How often?	X		7 time
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve stress?		X	
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X		
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why	X		it help to our light
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health?	X		
Do you think hygiene is important? Explain?	X		collecting water can be dirty
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?		X	
Do you know what menstruation is?		X	
Do you know what toxic shock is?		X	
Do you want to be circumcised? Why yes or why no?		X	
From the documentary what did you find to be the most surprising? (if applicable)	X		
Make a priority list of the 3 most important things in life			Water Food healthy

Additional Comments on the FGM Documentary (if applicable) or general comments:

Health for Life survey Kenya Fluorspar Primary School students (Boys)

Health For Life

Kenya Fluorspar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 13

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		
Do you know how one gets malaria? If yes explain	X		sleeping without mosquito net
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	X		If you stay in conducive environment
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?			
Do you know what causes obesity? Explain	X		
Do you know how much water one should drink a day? Explain	X		seven glasses of water
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		9-10 hours
Do you exercise on a regular basis? How often?	X		almost everyday
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve that stress?			To remove out of your mind
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain			
Do you know how you purify water?	X		to make it clean
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important.			
Is the sun important to your health? If so why?	X		It helps in vitamin D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health? Explain	X		
Do you think hygiene is important? Explain	X		to keep you help good
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			
Do you know how a girl gets pregnant?	X		unprotected sex
Do you know what menstruation is?	X		A period where girls
Make a priority list of the 3 most important things in life			

Additional comments:

Health For Life

Kenya Flourmopar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 14.05

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		
Do you know how one gets malaria? If yes explain	X		by a parasite called Anopheles
Do you think that all bacteria are bad? Explain	X		Not all are bad
Can your environment affect your health? If so how?	X		
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		Overeating without play
Do you know how much water one should drink a day? Explain			12 glasses
How much sleep do you get a night on average? (Answer in the "explanation" column)			from 8:00pm to 5:00am (9hrs)
Do you exercise on a regular basis? How often?	X		twice in a day
Do you know what diabetes is? If so, how does one get it?			
Do you feel stressed? If yes, what causes stress in your life?	X		When I overcome many problems
What do you do to relieve that stress?			think about the future
Do you think that your posture is important to your health? If so why?			

Do you think industrialization can affect ones health? Explain	X		By inhaling the fumes produced by industries
Do you know how you purify water?			
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		
Is the sun important to your health? If so why?	X		To avoid vitamin D deficiency
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important			X
Do you think a social life is necessary and important for your health? Explain			
Do you think hygiene is important? Explain	X		It
Do you know the difference between malnutrition and under nutrition? If yes, define the terms			X
Do you know how a girl gets pregnant?	X		By having sexual intercourse with a boy
Do you know what menstruation is?	X		Flowing of blood from girls body
Make a priority list of the 3 most important things in life			

Additional comments:

Health For Life

Kenya Fluorspar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X		After being bitten by a female mosquito
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?		X	
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?			Hiv and Aids
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)			An average of 50
Do you exercise on a regular basis? How often?	X		
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	X		the bad results which improve in my marks
What do you do to relieve that stress?			
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X		Because when there is a factory there is a factory and will cause some disease.
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why?	X		because it gives vitamin D.
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health? Explain		X	
Do you think hygiene is important? Explain	X		because when you are clean you will not get disease
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		After unwanted sex with a man
Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		It is the stage which people goes through. Shelter and food.

Additional comments:

Health For Life

Kenya Flouropar Computer School Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 13

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes give an example		X	
Do you know how one gets malaria? If yes explain	X		when bitten by a mosquito
Do you think that all bacteria are bad? Explain	X		Some bacteria are harmful
Can your environment affect your health? If so how?	X		when there is pollution
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		
Do you exercise on a regular basis? How often?	X		Ouring, walking
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	X		when I get annoyed
What do you do to relieve that stress?	X		Play
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X	/	the harmful smoke
Do you know how you purify water?		/	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important.		/	
Is the sun important to your health? If so why?	X		Prevents me from cold
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		/	
Do you think a social life is necessary and important for your health? Explain		/	
Do you think hygiene is important? Explain	X		It protects my health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		/	
Do you know how a girl gets pregnant?	X		when she has late sex
Do you know what menstruation is?	X		stage of growth body starts change
Make a priority list of the 3 most important things in life	X		1- water 2- hygiene 3- Air

Additional comments:

Health For Life

Kenya Florisspar Company School; Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 14

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes give an example		X	
Do you know how one gets malaria? If yes explain	X		It is a parasite lives near stagnant water
Do you think that all bacteria are bad? Explain	X		They harmful to our health and may cause D.
Can your environment affect your health? If so how?			
Do you know what is depression?	X		It is a common part of the earth
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain			
Do you know how much water one should drink a day? Explain	X		eight glasses of water per day
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		8 hrs a sleep to get our minds relaxed
Do you exercise on a regular basis? How often?	X		three to 3 days
Do you know what diabetes is? If so, how does one get it?	X		It is a disease cause by sugar
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve that stress?		X	
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain		X	
Do you know how you purify water? Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		5
Is the sun important to your health? If so why?	X		It provide our bodies with vitamin D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health? Explain		X	
Do you think hygiene is important? Explain	X		It determine our bodies and environment if clean or dirty
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		either pregnancy or get into sexual intercourse
Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		period when bleed

Additional comments:

Health For Life

Kenya Flourispar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X		Through a mosquito from a place called plasmodia
Do you think that all bacteria are bad? Explain	X		They can make you look ugly eg: for example
Can your environment affect your health? If so how?	X		eg: water which attracts mosquito to
Do you know what is depression?			
Is there any illness or condition that you are worried/curious about? If so what is it?	X		It is the water borne diseases eg: Malaria, typhoid
Do you know what causes obesity? Explain	X		By eating much food
Do you know how much water one should drink a day? Explain	X		Seven glasses per day
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		For 5 hours 30 minutes
Do you exercise on a regular basis? How often?	X		Three per day
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?	X		If I fail my examination
What do you do to relieve that stress?			I go to play and keep myself busy to
Do you think that your posture is important to your health? If so why?	X		

Do you think industrialization can affect ones health? Explain	X		
Do you know how you purify water?	X		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why?	X		
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health? Explain		X	
Do you think hygiene is important? Explain	X		To keep your body clean and safe from diseases
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		By undergoing sexual intercourse
Do you know what menstruation is?	X		
Make a priority list of the 3 most important things in life			Keeping cleanliness, food, clothes, shelter

Additional comments:

Health For Life

Kenya Fluorspar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 17

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	✓		through a malarial parasite
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	✓		Dry places like rubbish heap
Do you know what is depression?		X	
Is there any illness or condition that you are worried/concerned about? If so what is it?	✓		HIV/AIDS
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	✓		one three litres
How much sleep do you get a night on average? (Answer in the "explanation" column)			9 hours
Do you exercise on a regular basis? How often?	✓		thrice a week
Do you know what diabetes is? If so, how does one get it?			
Do you feel stressed? If yes, what causes stress in your life?	✓		loneliness
What do you do to relieve that stress?	✓		Play and watch
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	✓		By the dirty air polluted
Do you know how you purify water?	✓		filter and then boil
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important.	✓		
Is the sun important to your health? If so why?	✓		If you bask under the sun
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health? Explain		X	
Do you think hygiene is important? Explain	✓		It makes your body clean and prevent disease
Do you know the difference between malnutrition and under-nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	✓		through sex
Do you know what menstruation is? Make a priority list of the 3 most important things in life	✓		the release of mature ovum after 28 food, clothes shelter

Additional comments:

Health For Life

Kenya Fluorspar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 13

Questions	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		eating too much
Do you know how one gets malaria? If yes explain	X		by mosquito bites
Do you think that all bacteria are bad? Explain	X		Other bacteria spoil the food
Can your environment affect your health? If so how?	X		by bad hygiene and dirty environment
Do you know what is depression?	X		When you are worried
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		by eating fast food
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)		X	
Do you exercise on a regular basis? How often?	X		3 days in a week
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve that stress?	X		by doing other things everyday
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect one's health? Explain	X		by pollution
Do you know how you purify water?	X		to make it clean
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		to help in your body to grow well
Is the sun important to your health? If so why?	X		getting vitamins D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X	X	
Do you think a social life is necessary and important for your health? Explain		X	
Do you think hygiene is important? Explain	X		it is important to your health to keep you safe
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		by sexual intercourse
Do you know what menstruation is?	X		A period when a woman is bleeding
Make a priority list of the 3 most important things in life	X		Water, Air, Shelter, food, clothing

Additional comments:

Health For Life
Kenya Fluorspar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X	-	if you bite by a mosquito.
Do you think that all bacteria are bad? Explain	X		
Can your environment affect your health? If so how?		X	
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		
Do you know what causes obesity? Explain			
Do you know how much water one should drink a day? Explain		X	
How much sleep do you get a night on average? (Answer in the "explanation" column)		X	
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?		X	
Do you feel stressed? If yes, what causes stress in you life?	X		
What do you do to relieve that stress?	X		
Do you think that your posture is important to your health? If so why?	X		

Do you think industrialization can affect ones health? Explain		X	
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important		X	
Is the sun important to your health? If so why?		X	
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important		X	
Do you think a social life is necessary and important for your health? Explain		X	
Do you think hygiene is important? Explain	X		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		
Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		

Additional comments:

Health For Life

Kenya Ethnicity Community Schools Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 11

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X		through a female mosquito
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	X		
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		Aids/ Cancer
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	X		Six cups to eight
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		8 hours
Do you exercise on a regular basis? How often?	X		twice a day
Do you know what diabetes is? If so, how does one get it?	X		
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve that stress?	X		by playing
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X		bad smoke
Do you know how you purify water?		X	
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		to avoid diseases example cholera
Is the sun important to your health? If so why?	X		from vitamin D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		
Do you think a social life is necessary and important for your health? Explain	X		away from stress
Do you think hygiene is important? Explain	X		to avoid illness
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		through sex
Do you know what menstruation is?	X		the periods of cycle
Make a priority list of the 3 most important things in life		X	

Additional comments:

Health For Life

Kenya Fluorapatite Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 14 yrs

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes give an example	X		Eating too much
Do you know how one gets malaria? If yes explain	X		through mosquito bites
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	X		
Do you know what is depression?	X		
Is there any illness or condition that you are worried/curious about? If so what is it?	X		getting HIV/AIDS
Do you know what causes obesity? Explain	X		caused by lack of exercise
Do you know how much water one should drink a day? Explain	X		at least eight glasses
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		eight hours
Do you exercise on a regular basis? How often?	X		five times in a week
Do you know what diabetes is? If so, how does one get it?	X		
Do you feel stressed? If yes, what causes stress in you life?	X		failure
What do you do to relieve that stress?	X		play and exercise
Do you think that your posture is important to your health? If so why?	X		

Do you think industrialization can affect ones health? Explain	X		
Do you know how you purify water? Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		filtering & boiling
Is the sun important to your health? If so why? How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		in formation of strong bones
Do you think a social life is necessary and important for your health? Explain	X		helps to know each other
Do you think hygiene is important? Explain	X		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms.		X	
Do you know how a girl gets pregnant? Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		through sexual intercourse
	X		
		X	

Additional comments:

Health For Life

Kenya Fluorapat Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 14 yrs

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X		A bite from a female mosquito
Do you think that all bacteria are bad? Explain		X	
Can your environment affect your health? If so how?	X		-A polluted environment can harbor bacteria
Do you know what is depression?	X		
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		Including too much fat in diet
Do you know how much water one should drink a day? Explain	X		-8 glasses (dehydration)
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		-8 hours every night
Do you exercise on a regular basis? How often?	X		3 times
Do you know what diabetes is? If so, how does one get it?	X		-too much of too less sugar
Do you feel stressed? If yes, what causes stress in your life?		X	
What do you do to relieve that stress?	X		-social activities
Do you think that your posture is important to your health? If so why?	X		

Do you think industrialization can affect ones health? Explain	X		-Emission of harmful gases
Do you know how you purify water?	X		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important.	X		5
Is the sun important to your health? If so why? How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		provision of vitamin D
Do you think a social life is necessary and important for your health? Explain	X		4
Do you think hygiene is important? Explain	X		-relation to other things lowers depression
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	-It good causes good health
Do you know how a girl gets pregnant?	X		
Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		-female monthly period -Exercise -Food

Additional comments:

15 y

Health For Life
Kenya Fluorapat Company School, Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 15 years

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		Eating without table Manner
Do you know how one gets malaria? If yes explain	X		if one does not sleep under a mosquito net
Do you think that all bacteria are bad? Explain	X	/	Have never had of a helpful one
Can your environment affect your health? If so how?	X		
Do you know what is depression?	X		
Is there any illness or condition that you are worried/curious about? If so what is it?		X	
Do you know what causes obesity? Explain	X		Eating too much fat
Do you know how much water one should drink a day? Explain	X		Seven glasses to prevent dehydration
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		at least 8-9 hours
Do you exercise on a regular basis? How often?	X		3 times a week
Do you know what diabetes is? If so, how does one get it?	X		by too much of sugar etc
Do you feel stressed? If yes, what causes stress in you life?		X	
What do you do to relieve that stress?		X	
Do you think that your posture is important to your health? If so why?	X		

Do you think industrialization can affect ones health? Explain	X		
Do you know how you purify water?	X		By Boiling etc
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		
Is the sun important to your health? If so why?	X		gives us vitamin D
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		5
Do you think a social life is necessary and important for your health? Explain	X		It makes us socialize with others
Do you think hygiene is important? Explain	X		It keep us Healthy
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		
Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		is the period in girl -food -water -home

Additional comments:

AMUR 12 10/14/13

Health For Life

Kenya Flowerpot Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age:

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		-Obesity
Do you know how one gets malaria? If yes explain	X		-Mosquito bites.
Do you think that all bacteria are bad? Explain	X		-They cause diseases
Can your environment affect your health? If so how?	X		-Poor environment then will be diseases
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		-Mumps
Do you know what causes obesity? Explain		X	
Do you know how much water one should drink a day? Explain	X		-Eight glasses per day.
How much sleep do you get a night on average? (Answer in the "explanation" column)			-Eight hours.
Do you exercise on a regular basis? How often?	X		-twice a week.
Do you know what diabetes is? If so, how does one get it?	X		-It is a condition where a person has
Do you feel stressed? If yes, what causes stress in your life?	X		glut of sugar or less in the body
What do you do to relieve that stress?			-Do something outdoors
Do you think that your posture is important to your health? If so why?			

Do you think industrialization can affect ones health? Explain	X		-Harmful gases.
Do you know how you purify water?	X		-boiling
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important			5
Is the sun important to your health? If so why? How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important.	X		-Helps me with vitamins
Do you think a social life is necessary and important for your health? Explain	X		-You get
Do you think hygiene is important? Explain	X		-to help you with better health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		
Do you know what menstration is?	X		
Make a priority list of the 5 most important things in life			

Additional comments:

Health For Life

Kenya Flourespar Company School: Male Survey

Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 12

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example		X	
Do you know how one gets malaria? If yes explain	X		
Do you think that all bacteria are bad? Explain		X	penicillin provides medicine
Can your environment affect your health? If so how?	X		
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X		HIV, Cancer
Do you know what causes obesity? Explain	X		eating a lot of food without doing exercises
Do you know how much water one should drink a day? Explain	X		
How much sleep do you get a night on average? (Answer in the "explanation" column)			9 hours
Do you exercise on a regular basis? How often?		X	
Do you know what diabetes is? If so, how does one get it?	X		eating a lot of sugar
Do you feel stressed? If yes, what causes stress in your life?	X		Failing in examinations
What do you do to relieve that stress?			Play a sport to someone else
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X		By releasing harmful gases
Do you know how you purify water?	X		
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		
Is the sun important to your health? If so why?	X		It gives us vitamin D to strengthen bones
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		
Do you think a social life is necessary and important for your health? Explain	X		
Do you think hygiene is important? Explain	X		
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		
Do you know what menstruation is? Make a priority list of the 3 most important things in life	X		the health of an own self ever 25 days Education, Food, Shelter

Additional comments:

Health For Life

Kenya Fluorapat Company School: Male Survey

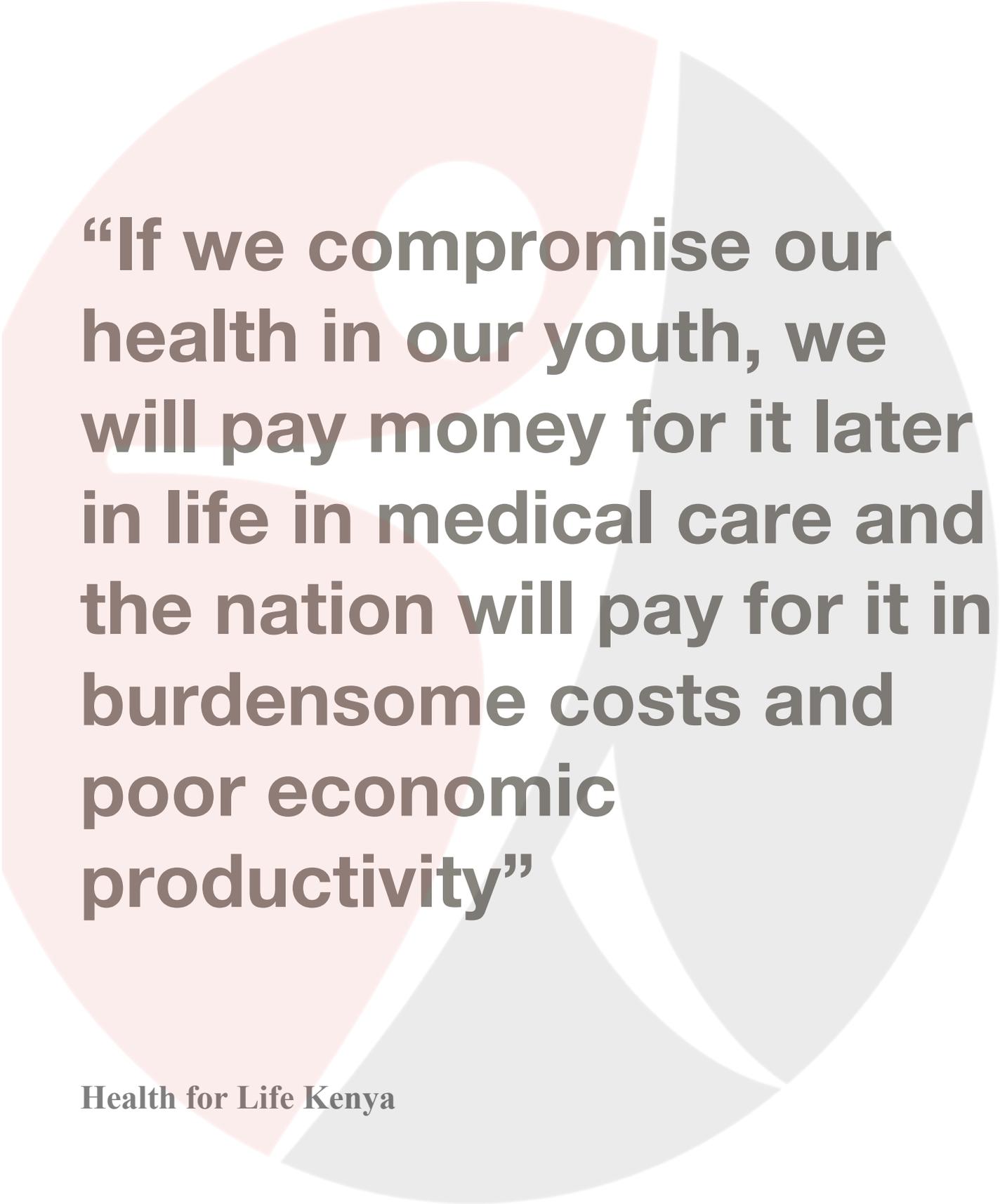
Mark your answer with an X in the column. If applicable answer the question further in the explanation column.

Age: 13 yrs

Question	Yes	No	Explanation (if applicable)
Do you know what an eating disorder is? If yes given an example	X		Eating too much
Do you know how one gets malaria? If yes explain	X		Through coughing because mosquito
Do you think that all bacteria are bad? Explain	X	*	because it can fall on the
Can your environment affect your health? If so how?	X		because I am used to.
Do you know what is depression?		X	
Is there any illness or condition that you are worried/curious about? If so what is it?	X	*	because I am too healthy
Do you know what causes obesity? Explain	X		taking too much fat in a diet
Do you know how much water one should drink a day? Explain	X		at least eight glasses of water
How much sleep do you get a night on average? (Answer in the "explanation" column)	X		Eight hours.
Do you exercise on a regular basis? How often?	X		by playing football
Do you know what diabetes is? If so, how does one get it?	X		Using or eating too much sugar.
Do you feel stressed? If yes, what causes stress in your life?	X		when I fail exams
What do you do to relieve that stress?	X		by feeling at home!
Do you think that your posture is important to your health? If so why?		X	

Do you think industrialization can affect ones health? Explain	X		Release of harmful gases.
Do you know how you purify water?	X		by boiling it
Do you think water sanitation is important? Rate its importance on a scale of 1-5, 5 being very important and 1 being not important	X		5
Is the sun important to your health? If so why?	X		because it gives me vitamin D.
How important do you feel dental health is? Rate its importance on a scale from 1-5, 5 being very important and 1 being not important	X		4
Do you think a social life is necessary and important for your health? Explain	X		because I don't want to get many diseases.
Do you think hygiene is important? Explain	X		it causes a good health
Do you know the difference between malnutrition and under nutrition? If yes, define the terms		X	
Do you know how a girl gets pregnant?	X		becoming contact with a boy
Do you know what menstruation is?	X		female monthly
Make a priority list of the 3 most important things in life	X		Exercise Food Smiles

Additional comments:



“If we compromise our health in our youth, we will pay money for it later in life in medical care and the nation will pay for it in burdensome costs and poor economic productivity”

Health for Life Kenya

