Results summary

Women in the Kasei area of North Pokot, Kenya, have limited opportunities to influence decisions regarding their own health. Through the project Kasei for Change, which has targeted three sub-locations in the area, Kasei, Kamketo and Korkou, women and men groups have started a change process that has empowered women as well as influenced community leaders and members to change attitudes and behaviour regarding women´s right to decide over health related issues.

A women group and a men group has been established in each sub-location. They have during the project time sensitised and mobilised the population through community meetings, school visits, household visits and dialogue days. The groups have also implemented similar events after the project period ended. Much focus has been on stopping female gentile mutilation (FGM), but also stopping child marriages, teenage pregnancies as well the promoting rights to reproductive health. Key to the progress has been the early involvement of community leaders and men.

The corona pandemic did put up hindrances to the project implementation. However, solutions found, such as visiting each household when school visits were cancelled, might have increased the impact of the project. In the final interviews done 90 % of group members committed to saying no to FGM, and all committed to being future champions for women’s health rights. Pupils, in sample interviews, confirm the message of saying no to FGM and not being married in young age. There is also a confirmed increase of women requesting and accessing reproductive health care in the area. During the school closure, which was due to the pandemic, there was no FGM reported in the project area while reports from other areas of North Pokot indicate an increase. However, the number of teenage pregnancy did increase in the project area. Support to these girls and preventing this in the future are now a concern for the women and men groups. The process of empowering women’s and girls’ right to health has started but needs to be continued.