

Empowering children  
through 'green' education



# Health and Environmental Training workshop

## 6 - 7 February 2017 Nairobi - Kenya

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## Health and environmental education and awareness program

First health and Environmental training workshop was held with the joint effort of Green Africa Global Foundation, and Iran Medical Clinics in Nairobi, Kenya. The workshop started with teachers introducing themselves and the classes they represent. They briefly talked about the importance of the environment and the initiative they have taken in preserving it.

Hamideh Hashemi from Green Africa Global Foundation started the workshop with some important points; Teachers should be effective

ambassadors concerning health and environmental management to their students and the community at large. They were



**Planning dialogue between NGOs and teachers**

asked to pick two students from each class to be group leaders. She played a short video regarding environmental management in particular of the Kenyan waste management.

She explained the program and the activities involved, and informed the students will participate to conserve their ecosystem and solve environmental problems leading to significant improvements with their own efforts. The school will be a Nature Protection Center and each of them will be a member of the center as well as a Guardian of Nature.

This project is expected to increase the number of children, parents and teachers in the community based conservation initiative through edu-

## COMMUNITY COOKER

Mercy Wamaitha representative of community cooker explained about The Community Cooker activities, this is an initiative about practical waste to energy stove that has tremendous potential for the environmental, and economic

change in low resource settings around the world. The community collects and burns rubbish to generate low cost heat that can be used for cooking, baking, heating, and boiling water.



## Environmental problems and challenges



David Wandabi ,  
Kenya Organization  
for Environmental  
Education

*"This project is expected to increase the number of children, parents and teachers in the community based conservation initiative through education"*

Teacher  
from  
children  
Garden  
home



She mentioned the potential benefits of using such cookers, they include:

- Reduced deforestation
- Carbon emissions and pollution
- Improved health and reduced levels of violence
- Lower costs
- Better energy access can also create livelihood opportunities and could improve relations between displaced people and local populations by supporting enterprise or generating benefits for both communities.

The Community Cooker is not only a viable solution for multiple environmental & health issues in informal settlements, but also provides valuable and innovative ways at tackling similar issues in refugee camps worldwide.

### Some Benefits of Community Cooker

- ◆ Cooking and baking
- ◆ Hot water- daily capacity of 800 liters
- ◆ Clean water

This community has run different cookers as Mark1(Kibira 2008)

Mark2 (lower kabete, 2011)

Mark3 (Karagita, 2012)

Mark4 (Kawangwar, 2013)

Mark5( Lower Kabete,2015)

## Kenya Organization for Environmental Education

David wandabi from Kenya Organization for Environment Education (KOE) trained teachers about sustainable development and explained that The environment is composed of three types:

- ◆ Social
- ◆ Economic
- ◆ natural

He planned an activity in two groups for teachers about discussion on education for sustainability.

- Developing environmental challenges they encounter in their schools/community

- How can the challenges be solved, groups to present the findings and summaries of the discussion

Further he Addressed some



sustainability challenges such as :Water sanitation and hygiene, Waste management , food security , conservation biodiversity and energy conservation.

## Teachers Discussion on Environmental challenges

Group 1 the secretary was from children garden school	Group 2 the secretary was from Dagoretti primary school
<b>Social</b> Drainage Lack of dumping sight	<b>Social</b> Pollution Sewage
<b>Economic</b> Lack of personnel Lack of transport	<b>Economic</b> Poverty Poor hygiene
<b>Environmental</b> Deforestation	<b>Environmental</b> Garbage Lack of transport

# Importance of food composition data to environment



Ann Nduta from Green Africa Global Foundation trained the teachers about different kind of waste and the different methods of managing waste like Compost making.

**Ann Nduta  
from Green  
Africa Global  
Foundation**

She explained Composting is a simple way of adding nutrient rich humus which fuel plant growth, she advised on how to have a better compost like if it's too wet add more browns and if it's too dry add some greens.

She mentioned there are two types of waste: solid and liquid

In liquid part there is a capacity for making compost. Composting add carbon, nitrogen, oxygen and minerals to the soil which is important for plant growth.

Benefits of composting

- Soil conditioner
- Recycling
- Kitchen and yard waste management
- Introduces beneficial organisms to the soil
- Good for the environment

***“To catch the reader's attention, place an interesting sentence or quote from the story here.”***

## IR.Iran Red Crescent Society

### Water, sanitation and hygiene in health care facilities

Elizabeth Wambui from Iran medical Clinics trained them about health care and hygiene and sanitation .

Her topic was:

- hand washing , drinking clean water, sanitation and nutrition

She explained Hand washing- its the main pathway of germ transmission, whereby children com-

ing into contact with germs become infected. Good hand washing is the first line defense against the spread of many diseases.

The health effects of drinking contaminated water can range from no physical impact to severe illness or even death.

Some of the effects of drinking contaminated water can be immediate, or not noticed for many

years. They include gastrointestinal and stomach illnesses like: nausea, vomiting, Stomach ache, diarrhea. Some Benefits of a good sanitation , Effective learning, Increases enrolment of girls, Environmental cleanliness and Implementing children's rights educes incidence of diseases and warm infection

## Healthy Diet

She also spoke about a healthy balanced diet for children provides essential vitamins, minerals and other nutritional goodies that kids need for healthy growth and development. Vitamins and min-

erals are vital for our bodies to function properly and each one plays a specific role in the body.

A healthful diet and good nutrition are crucial in preventing some of the issues our body face. Inadequate nutrition may affect us in various ways such as; short stature and delayed puberty, nutrient deficiencies and dehydration, menstrual irregularities,

poor bone health, increased risk of injuries, poor academic performance and increased risk of eating disorders. Teaching children the importance of good nutrition throughout childhood will lay the foundation for a healthier life.



**Elizabeth Wambui from Iran medical Clinics**

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IR.Iran Red Crescent Society



Iran Medical Clinics

Nairobi- Kenya



## Why slum areas ?

Kawangware and Dagoretti are slum areas in Nairobi Kenya, about 15 km west of the city Center.

These areas experience a scarcity of safe drinking water. Water supplied by the city authority is not available every day and is otherwise expensive. As a result, these areas are plagued with waterborne diseases, cases of respiratory pneumonia among the inhabitants, malaria as well as an increase in cases of airborne diseases due to the poor sewerage system.

Many residents from different parts of Kenya migrate to the slums be-

cause they cannot afford better housing and are unable to keep up with the high costs of living in the city. The overall environment in the slums is unhygienic and smells of sewage and garbage and the roads are impassable as they are heavily polluted.

In order to improve the state of the environment in these area, waste management measure must be taken. The residents must be taught the importance of the 3 R's, Reduce, Reuse and Recycle. It is important to educate the children in these areas on the importance of living in

clean surroundings. This will in turn work towards reducing soil, air and water pollution which goes a long way in eradicating diseases brought about by poor living conditions.

In addition, lack of knowledge on proper use and disposal of pesticides and other house hold pest control chemicals, create a threat to children and animals in the community. So with education Children of the schools will participate to conserve their ecosystem and solve environmental -problems with their own efforts .