



LAKE VICTORIA BASIN COMMISSION

**INTEGRATED POPULATION, HEALTH AND ENVIRONMENT
(PHE)**

THE MINIMUM PACKAGE OF SERVICES

Healthy Families + Health Environment = Sustainable Livelihoods

INTEGRATED POPULATION, HEALTH AND ENVIRONMENT (PHE)

THE MINIMUM PACKAGE OF SERVICES – REVISION 1- 2016

Foreword

The East African Community in general and the Lake Victoria Basin Commission in particular recognize the strong inter-linkages and interrelationships between health and the environment. It is a known fact that people's health relies on the health of their environment and damage to or disruption of the environment can have severe consequences on human health. Likewise, poor health leads the people to destroy the environment on which they depend for their livelihoods. These multifaceted health and environmental challenges therefore call for integrated solutions.

The integrated Population, Health and Environment (PHE) approach is one of the key solutions to attaining sustainable development in the region. However, the need for guided PHE Programming is a fundamental requirement in order to ensure that the integrated services address the needs of communities and gaps in service delivery, hence the PHE Minimum Package of Services.

The PHE Minimum Package will therefore be used by Communities, Local Government level implementers and stakeholders to plan and set priorities for implementation of PHE activities. It is also a framework for accountability and performance measurement in PHE Programming.

We expect that the PHE Minimum Package of services will arouse healthy competition among communities and stakeholders and stimulate the thinking of governmental and non-governmental actors towards embracing other innovative and accountability tools at regional, national and sub-national levels in the EAC region and beyond.

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Background

Population, Health and Environment (PHE) is an approach to sustainable development that integrates health and environmental conservation initiatives in order to seek synergistic successes for greater conservation and human welfare outcomes than single-sector approaches. PHE operates with the assumption that people, their health, and the environment are interrelated and interdependent; changes in the number, state, and/or distribution of any of the above affects the other because human needs, their livelihood and a healthy environment are linked by chains of cause and effect.

PHE approaches represent a variety of efforts to bring a holistic, integrated set of activities and services to the communities. It refers to a flexible set of interventions or activities that communities, partner groups or non-governmental organizations adopt in response to unmet community needs for improved health services, livelihoods and natural resource management. PHE projects strive to simultaneously improve access to health services and assist communities to manage their natural resources in ways that improve their health and livelihoods and to conserve the critical ecosystems upon which they depend.

Purpose of the PHE Minimum Package

The PHE Minimum Package of Services (PMPS) is an innovative tool for guiding implementers of integrated PHE services in the region. It is built on the conceptual framework described by the three core sectors of Population, Health and Environment and the basic services that communities require under each of the sectors in order to enhance their livelihoods.

Selection of the PHE Minimum Package services

The Minimum Package services were selected from among key regional and national level priorities through a consultative process involving governmental and non-governmental stakeholders. They cover the entire spectrum from Population management and livelihood enhancement through health service delivery to environmental and natural resources conservation. The PMPS will be reviewed annually during meetings of experts in order to consider emerging and reemerging issues of concern.

Acknowledgements

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Regional PHE Technical Working Group

EAC National PHE Networks

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Population Activities	Health Care Activities	Environmental Conservation activities	Gender Empowerment and Livelihood Improvement activities
<p>Promote Voluntary Family Planning</p> <ul style="list-style-type: none"> • Offer full choice and access to short term methods, Long Acting Reversible Contraception (LARC) and permanent methods • Community distribution and promotion of family planning and referrals for clinical methods • Promotion of family planning at health facility, outreach and community levels through community health workers and other groups Promoting participation of men in family planning and reproductive health activities 	<p>Promote Integrated Reproductive Health & HIV management</p> <p>The goal of integration is to provide more comprehensive convenience acceptable, and cost-effective reproductive health and HIV services within the same setting.</p> <ul style="list-style-type: none"> • Counselling and testing (CT) services • Treatment of opportunistic infections (OI) • Referral services • Training of peer educators • Promotion of dual method use for family planning through condom distribution • Promote voluntary medical male circumcision (VMMC) 	<p>Protection and Conservation of Water</p> <ul style="list-style-type: none"> • Rain water harvesting in schools and homesteads • Spring protection • Climate resilient interventions including prevention of land degradation • Control of air and water pollution • Integrated Water Resource Management practices • Setting up of Natural Resource Management committees • Household water treatment and safe storage technologies • Promotion of good WASH practices 	<p>Gender Based Violence</p> <ul style="list-style-type: none"> • Education against Gender Based Violence (GBV) • Promotion of equality between boys and girls in gender roles. • Addressing gender norms in the community that promote positive images of masculinity • Promotion of Health Rights/Reproductive Rights e.g. children’s rights, sexual offences legislation etc.
	<p>Maternal Health/Safe Motherhood Services (facility-based and outreach)</p> <ul style="list-style-type: none"> • Planning for pregnancy/contraception • Four Focused Antenatal Care (FANC) visits • Skilled birth attendance • Focused Post-natal care (PNC) services 	<p>Sustainable Land Use Practice</p> <ul style="list-style-type: none"> • Zero-Grazing • Promotion of drought resistant crops • Agro-forestry • Fruit trees planting • Promotion of medicinal plants • Organic farming • Soil fertility management • Soil and water conservation e.g. terraces 	<p>Economic Empowerment</p> <ul style="list-style-type: none"> • Promoting and supporting Girl Child Empowerment • Supporting and promoting economic capacity of women and youth • Training of women and youth on leadership and decision making skills • Increasing credit access to women and youth

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	<ul style="list-style-type: none"> • Screening for and management for Reproductive Tract Cancers (including breast/cervical cancer) • Malaria screening and treatment in pregnancy • Referral services 	<ul style="list-style-type: none"> • Planting of drought and disease resistant crops 	<ul style="list-style-type: none"> • Establishment and sustenance of women led/focused Community Based Organizations, SACCOs/Village banks • Promoting participation of women in conservation of the environment and natural resources through by-laws • Promotion of youths' income generation activities
	<p>Neonatal Health (0-28 days)</p> <ul style="list-style-type: none"> • Neonatal resuscitation • Baby warmth/Kangaroo care for pre-term infants • Early initiation of breast feeding • Cord care • Management of Neonatal Sepsis/Infection • Immunizations 	<p>Conservation of the Environment and Natural Resources</p> <ul style="list-style-type: none"> • Tree planting/Reforestation • Promotion of payment for environmental services • Species protection and conservation • Protection of fish breeding habitats • Wetland protection and conservation 	<p>Improve livelihoods and Sustainable Development</p> <ul style="list-style-type: none"> • Apiculture/Bee keeping • Poultry keeping • Dairy farming • Value addition to all agricultural and fisheries products • Bamboo commercialization • Promotion of non-timber products • Micro-business enterprises • Tree nurseries • Community pharmacies • Vegetable gardens • Savings and Credit Cooperatives Organizations (SACCOs) • Commercial farming while using sustainable agricultural practices • Sustainable fisheries e.g. through fish ponds or protection of fish breeding sites • Soap making • Baking/pastry • Weaving/crafts
	<p>Child Health (< 5 years)</p> <ul style="list-style-type: none"> • Immunizations • Growth monitoring 	<p>Biotechnology and Innovation</p> <ul style="list-style-type: none"> • Energy saving stoves • Biogas generation 	

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	<ul style="list-style-type: none"> • Nutrition – exclusive breast feeding for 6 months, appropriate complimentary feeding; screening and management of malnutrition • Integrated Management of Childhood Illnesses (IMCI) • Treatment of minor ailments including deworming • Follow-up and referral services • Healthy timing and spacing of pregnancy through family planning 	<ul style="list-style-type: none"> • Solar energy 	
	<p>Family and Adolescent Reproductive Health</p> <ul style="list-style-type: none"> • Youth friendly reproductive health service centers • Prioritization of Youth Friendly Reproductive Health Services (YFS)² at appropriate sites to increase youth access to YFS • Creation of demand for YFS at national and sub-national levels; • Public-Private Partnerships (PPP)/collaboration to provide YFS • Support for provision of age-appropriate, comprehensive sexuality education (CSE) for young people in line with existing policies • Training of youth, adolescents and men, as SRH champions/ peer educators • Enhance public education on SRH, including management of infertility • Innovations that engage men as champions and promoters of FP³ 	<p>Use of Organic Technologies</p> <ul style="list-style-type: none"> • Organic technologies for water treatment • Household water and safe storage technologies • Promotion of natural mosquito replants 	<p>Promoting establishment and multiplication of model PHE homes that are practicing positive behaviour</p> <ul style="list-style-type: none"> • All under-fives immunized fully • Kitchen garden • Dish rack • Clean latrine with a structure and cover, hand washing facilities • Use of energy saving stove • Treating/boiling drinking water • Improved housing ventilation • Controlled tobacco and alcohol consumption • Household vector control measures • Household practices FP/expresses positive attitude towards FP/birth spacing • Sustainable agriculture practices • Sustainable fishery practices • Environmental hygiene at household level e.g. a soak pit/garbage pit • Household can receive visitors to learn about PHE

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			<ul style="list-style-type: none"> • Practicing WASH – Hygiene & sanitation practices • Alternative livelihoods engagement
	Control of Malaria <ul style="list-style-type: none"> • Indoor Residual Spraying • Clearing bushes • Distribution and use of insecticide treated nets • Management of malaria in pregnancy 	Conservation of Protected Areas (where applicable) <ul style="list-style-type: none"> • Conservation of Game Parks • Conservation of National and transboundary forests • Prevention and management of forest fires • Community anti-poaching strategies 	
		Sustainable Fishery Management <ul style="list-style-type: none"> • Protection of breeding and fish nursery grounds/habitats • Restriction on use of illegal fishing gears and fishing methods • Registration of boats to control entry into the lake and, hence, checking over fishing • Monitoring control and surveillance (MCS) to ensure that fisheries regulations are enforce and followed • Promoting closed season or fishing • Development of alternative sources of livelihood for income to reduce pressure on fisheries 	

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