



Newsletter



ISSUE 195 | 27TH - 31ST OCTOBER, 2025 | WWW.NYERI.GO.KE | 0721 019 019

Enhancing Primary Healthcare To Combat NCDs



Story by Governor's Press Unit | Compiled by Muthoni Kanja

While Nyeri County continues to bear the burden of non-communicable diseases (NCDs), it goes without saying that the same is felt at the personal level with many patients striving to navigate through this silent battle.

Through Public - Private

Partnership, the County Government of Nyeri, through the Department of Medical Services & Public Health in conjunction with its partners, continues to implement a wide range of interventions to ensure they reduce the burden. These include preventive approaches, upscaling facility readiness, capacity building and

policy planning.

In line with this, PATH Kenya, has joined hands with the County Government of Nyeri through Department of Medical Services to implement a Non-communicable Diseases (NCD) project on Cardiometabolic diseases specifically on Diabetes, Hypertension, Obesity and

Dyslipidemia. The project, which was launched in 2024 is being operationalized in 40 health facilities; 6 level IV hospitals, 26 health centers and eight dispensaries across all the 8 Sub Counties. This is part of a broader effort to strengthen the County's Primary health care system in ensuring communities have access to quality and

continuous care.

At the first glance, the 61-year-old Mary Kinani Wahome by nature seems bubbly and not in any way living with the silent weight of Diabetes and Hypertension. Her social personality has seen her now become a champion of advocating for a healthy lifestyle in her community.

18 years ago, Mary who resides in Kabendera village in Kieni East Sub-County life's changing journey began by a sharp abdominal pain on the left side of her abdomen. She didn't give it much thought but went to a local clinic where she was given medication and discharged.

"Two days later, I went back to the hospital since the pain had progressed and had started experiencing extreme dizziness. I decided to visit a higher-level Hospital but before getting there, I felt weak and went into a nearby local clinic.

Continued on page 2

DOWNLOAD
Our **WEEKLY NEWSLETTER**
+254 721019019 | www.nyeri.go.ke

NYERI COUNTY WEEKLY
Newsletter
How Nyota bean is transforming lives in Kieni



The doctor ran a Random Blood Sugar test and the levels were dangerously low; I was attended to and referred to the County Referral Hospital,” she longingly recalls when she was confirmed to be Diabetic. For several days, I was in denial, I could not believe it,” she says.

Later, Mary embraced her condition and started the medication and became a champion. Currently, she attends her clinic at Kiamathaga Dispensary for monthly review and drugs refill.

“All of us who had been booked for the clinic were attended to by a physician from Naromoru Hospital. I am delighted that anyone who needed further review has been attended to without travelling to Naromoru or the Nyeri County Referral Hospital. I fully support this initiative by PATH,” she notes with a smile of satisfaction.

faction.

Wilson Mwangi Nderi is 58 years and has been a patient at Kiamathaga Dispensary for the last three years. He had come for the routine



clinic today. “This facility has helped our community. The day I was diagnosed I was at the farm when I felt uneasy, I was treated in Naromoru Level IV Hospi-

tal and the County Referral Hospital where I was admitted for three weeks. I was later referred back to Kiamathaga dispensary for my clinics.”

and share coping strategies to his condition.

“I would like to sincerely thank the County Government of Nyeri and PATH for bringing the physician in Kiamathaga to attend to the patients. This saves us time and the cost of travelling to Naromoru for the same.”

As part of this effort, a 58-member Diabetes and Hypertension patient support group was officially inaugurated as one of the project’s components in NCD management. The group brings together patients living with Diabetes and Hypertension. 26 patients who had been booked for the Diabetes and Hypertension clinic were attended to by a physician, receiving personalized care plans.

Martha Kamau, the nurse in charge of the NCD clinic noted the progress of this initiative and expressed her

hope that this and more will continue being implemented to ensure that all patients experience a good quality of life while receiving care and managing their conditions.

PATH’s support to Nyeri County has additionally been instrumental in strengthening NCD clinics through building the capacity of healthcare workers, data management system [manual and digital] with a current enrollment of over 8,500 patients for easy monitoring and management. Additionally, the project is also supporting Community Health Promoters (CHPs) in community NCD management.

In the improvement of laboratory services, the project has strengthened the lab capacities through the purchase of NCD test equipment including total cholesterol machine and HbA1C test to serve the support sites.

“I wish to sincerely thank the County Government of Nyeri under the stewardship of H.E Governor Dr. Mutahi Kahiga, EGH and the entire Department of Medical Services for providing us with a conducive environment to implement this project towards its success.” Lawrence Maimba - NCD Liaison officer, PATH Kenya.

This project is a perfect model of how the strengthened PCN model ensures that patients receive timely and quality care at the community level.

Youth Summit Stakeholders’ Engagement Forum

Story - Priscilla Muthoni
Photo - Kennedy Karanja

Deputy Governor H.E David Kinaniri represented H.E Governor Mutahi Kahiga at the Youth Summit Stakeholders’ Engagement Forum held in Nyeri County. The forum brought together key partners and stakeholders to introduce and align efforts toward the upcoming Youth Summit, scheduled for 10th–11th December 2025.

During the session, they explored the Summit’s key components, including its theme: ‘Ignite Your Potential: Youth Shaping Nyeri’s Tomorrow’ and slogan: “Innovate, Lead, Thrive.”

The Summit aims to create a platform that empowers young people to participate actively in shaping policy, champion innovation, and drive sustainable development. Stakeholders were also briefed on the thematic areas that would guide discussions and activities, including:



- Health and Well-being;
- Education, Training, and Skills Development;
- Labour and Employment;
- Entrepreneurship Development; and,
- Arts, Sports, Culture, Talent Development, and the Creative Economy, among others.

Stakeholders were given a preview of the pre-Summit activities scheduled for November 2025, that is aimed

at creating awareness of the Summit as well as showcasing the talents and products produced by the youth.

The engagement underscored stakeholders’ critical role in ensuring the Youth Summit’s success and sustainability.

Deputy Governor Kinaniri emphasized the need for partners to support the process through technical expertise, financial backing,

mentorship, and policy dialogue facilitation.

Their continued involvement will be key to the successful delivery of the event and fostering long-term impact by integrating youth perspectives into institutional strategies and county development plans.

By investing in youth-led spaces, co-creating solutions, and committing to follow-up actions after the

summit, we can transform this initiative from a one-time event into a catalyst for sustained youth engagement and empowerment.

The County Government of Nyeri remains steadfast in its commitment to creating an enabling environment where young people can thrive, lead, and contribute meaningfully to the county’s socio-economic growth and transformation.

Health Services Fund (HSF) Board Support Supervision



Story & Photo - Catherine Muthoni

The Department of Medical Services and Public Health, in partnership with the Health Services Fund (HSF) Board, is currently under-

taking a support supervision exercise across Nyeri County Hospitals and various rural health facilities. The supervision seeks to as-

sess the utilization of HSF funds and identify key areas that require intervention through the Fund.

Established under the Health Services Fund Act of 2021, the HSF Board has been instrumental in strengthening healthcare de-

livery across Nyeri County. Through the Fund, health facilities are able to access financial resources in a timely manner, enhancing their capacity to respond efficiently to medical and public health emergencies.

One of the supervision exercises focused on Nyeri County Referral Hospital and Nyeri Town Health Centre guided by key thematic areas including Governance, Customer Care and Public Relations, Financial Management, Health Management Information Systems (HMIS), Innovations, and Service Delivery.

The Department recognized and appreciated H.E. Dr. Mwalimu Mutahi Kahiga, Governor Nyeri County, for his visionary leadership and unwavering support to the Department and the Health Services Fund.

The Governor has witnessed the Fund’s birth and growth, and his continued commitment has been pivotal in ensuring strengthened health systems and improved service delivery across the County.

Special appreciation also went to HSF Board Chairperson, Amb. Josephine Gaita, for her instrumental role in steering the Board towards achieving its deliverables and ensuring that the Fund continues to make a tangible impact in Nyeri’s health facilities.

This ongoing supervision is expected to reinforce accountability and efficiency in the use of HSF funds, promote best practices in facility management, and ultimately improve the quality of healthcare services across all levels of care in Nyeri County.

Nyeri County to receive Kshs. 37.5 Million after Meeting KDSP II Level 1 Minimum Requirements



Story - Carol Nderi
Photo - Peter Wangari

What gets measured gets done – Peter Drucker

Win For Nyeri County
On a remarkable high note, Nyeri County has successfully met all Level 1 Minimum Conditions under the Second Kenya Devolution Support Program (KDSP II), as outlined in the program guidelines and independently verified by the Independent Verification Agent (IVA) from the State

Department for Devolution. This is the second time Nyeri has qualified for level one grant which amounts to Ksh. 37.5 million. A team of Independent Verification Analysts from the KDSP II Secretariat visited Nyeri County to conduct a rigorous verification of the county's compliance with the Minimum Access Conditions for the level 1 grant. The mission, led by Dr. Benjamin Karume and six more staff members, engaged members of the County Program Implementation

Unit (CPIU) in a comprehensive assessment process. During the exercise, the analysts meticulously examined critical parameters, including the signing of Participation Agreements and the establishment and functionality of key institutional structures — the County Program Steering Committee (CPSC), the County Program Technical Committee (CPTC), and the County Program Implementation Unit (CPIU) amongst other documents. The verification team sought verifiable evidence

to confirm not only that these structures exist but that they are fully operational and effectively discharging their mandates. Additionally, they thoroughly reviewed essential planning and financial documents — including budgets, work plans, cash flow projections, the Annual Development Plan (ADP), and the County Integrated Development Plan (CIDP) — to ensure alignment with the principles of transparency, accountability, and sound financial management.

The team further verified that these key documents have been duly uploaded to the official Nyeri County website, underscoring the county's commitment to openness and good governance. The Level 2 assessment will be conducted in January-February, and the qualified county will receive a reward of Ksh. 352.5 million. In KDSP 1, the county constructed a level IV hospital in Naromoru which has promoted health care services in Nyeri County.

Spotlight On Radiology : Nyeri County Referral Hospital CT Scan Centre



We proudly shine a light on one of the most advanced diagnostic facilities in the region - the CT Scan Centre at Nyeri County Referral Hospital, under the Department of Medical Services and Public Health. Our Radiology Department is equipped with a high-end, state-of-the-art 164-slice CT Scan machine, setting new standards for diagnostic imaging in Central Kenya. Why we're proud of it:

- AI-Driven Technology – Enhances image quality, reduces scan time, and minimizes patient radiation dose.
- Unmatched Image Resolution – Produces clear, detailed diagnostic images for accurate results.
- Comprehensive Imaging Capability – From head, neck, chest, abdomen, pelvis, and spine to specialized angiograms all under one roof.
- Cancer Diagnosis & Monitoring – Accurately detects, stages, and tracks treatment progress.
- Contrast-Enhanced Imaging - Supported by automated contrast injection for precise examinations.
- Reduced Image Noise & Artefacts - Ensures clinicians get the clearest view for informed medical decisions.

Key Note:
CT Scan services at Nyeri County Referral Hospital are 100% catered for under the Social Health Authority (SHA) for a sum of Ksh 6,900. For non-registered SHA clients, services are available at an affordable Ksh 6,500 cash. The County Government of Nyeri remains committed to delivering trusted, cutting-edge healthcare services for the people of Nyeri and beyond. Visit us today for reliable, safe, and high-quality imaging services - where technology meets compassionate care.

Official opening of the modern kitchen at Nairutia Polytechnic



Story - Sheila Indusa
Photo - Kennedy Karanja

H.E Deputy Governor David Kinaniri was honoured to represent H.E Governor Dr. Mwalimu Mutahi Kahiga during the official opening of a Modern Kitchen at Nairutia Polytechnic, Mugunda Ward, Kieni West Sub County. The event marked a proud moment for Nyeri County as the County continue to

strengthen technical and vocational education for our youth. He was deeply inspired by the transformation that has taken place at this institution, thanks to the partnership between the County

Government of Nyeri and Goal Smiles Onlus, which has completely modernized Nairutia Polytechnic. Every department is now equipped with up-to-date tools and essential training equipment, giving our trainees a truly hands-on learning experience. Goal Smiles Onlus has also established specialized twin workshops for Fashion and Design, Electrical, and ICT, and also developed a thriving agribusiness unit complete with a greenhouse, farm machinery, and a drip irrigation system. This collaboration not only builds technical capacity but also nurtures entrepreneurship and self-reliance among our youth. Goal Smiles Onlus remains dedicated to its mission of offering professional skills and changing lives — one student and one project at a time. Their aim is to make Nairutia financially independent, with a multi-million investment that spans across both health and education. In addition, they support the installation of vital infrastructure, including water tanks and a 10KVA solar power system. In addition, they also support the ongoing construction of a multi-purpose hall and the full equipping of modern food and beverage training kitchens. The Deputy Governor also appreciated the KCB Foundation for sponsoring 105 trainees, as well as partners Zin Afrique and Love in Action Mission for their continued collaboration. With 492 students currently enrolled across 13 market-relevant courses, Nairutia Polytechnic stands as a model of innovation, empowerment, and opportunity for our youth.

67th International Annual Scientific Conference and AGM 2025



Story - Imelda Kinogu / Photo - Kennedy Karanja

Nyeri Deputy Governor H.E David Kinaniri flagged off a team of nurses who were departing for Kisumu County to attend the 67th International Annual Scientific Conference and AGM 2025. The event, hosted by the National Nurses Association of Kenya (NNAK), was themed “Nursing Power to Change the World: A Call to Transformative Healthcare.” Leading the Nyeri delegation was Thomas Kabanya, Chairman of NNAK Nyeri Branch, alongside Eunice Wachira, the County Nursing Officer.

The team comprised of 51 nurses drawn from various health facilities across Nyeri County, who took part in the three-day conference running. The Deputy Governor extended his heartfelt appreciation to our nurses—the backbone of our health system—who tirelessly shoulder immense responsibilities to ensure that our people receive compassionate, efficient, and quality care. In both urban and rural facilities, their dedication continues to make recovery possible and comfort attainable. They are truly a goldmine in our healthcare sector and deserve every ounce of recognition. As they embarked on their journey to Kisumu, he wished them a safe journey and a fruitful conference, one filled with new knowledge, collaboration, and innovation. The County Government of Nyeri remains steadfast in ensuring that every opportunity for growth is embraced for the benefit of our people.

Nyeri South Sub-County Launches Breast Cancer Awareness Month



The Department of Medical Services and Public Health – Nyeri South Sub-County, in partnership with Amref Health Africa (Project Thrive), officially launched Breast Cancer Awareness Month at Kagonye Dispensary, Othaya. The event was held as part of the ongoing in-reach program, where community members benefited from a wide range of health services including:

- General medical consultation
- Nutrition counseling and assessment
- Breast and cervical cancer screening
- Physiotherapy review
- Eye and dental screening
- ENT review
- Mental health counselling and treatment

Community members were sensitized on breast cancer awareness, the importance of early cancer screening. Discussions also highlighted the “triple threat” facing adolescents during the school closure period. The event was graced by members of the Sub-County Health Management Team (SCHMT) led by the Sub-County Medical Officer of Health (SCMOH), alongside health care workers (HCWs) and community health promoters (CHPs). Together, we continue to champion early detection, preventive health, and community wellness across Nyeri County.

Consultative meeting on land matters held in Magutu ward, Mathira East

Story - Priscilla Muthoni
Photo - Kenneth Ngatia

Building on the momentum from a recently convened consultative meeting, stakeholders and residents of Ndumanu Settlement, Magutu Ward, Mathira East Sub-County concluded a successful public participation forum on land ownership matters. The meeting, led by CECM Lands Ndirangu Gachunia, provided a platform to review and validate the resolutions reached during the previous session. All grievances raised were addressed, and the final list



of beneficiaries within the mapped area was read and confirmed. With the resolution of outstanding issues and agreement from all parties, the project now advances to the Fixed Survey stage, which involves the physical placement of beacons to demarcate individual plots in line with the approved

settlement plan. The Fixed Survey will be undertaken once the plan receives approval from the County Assembly, after which the process will pave the way for the issuance of title deeds to rightful beneficiaries, formalizing land ownership and promoting secure tenure for residents of Ndumanu Settlement. Stakeholders reaffirmed their commitment to ensuring that the process remains transparent, inclusive, and aligned with the goal of fostering sustainable and equitable development within the area.