

Non-Governmental Organizations' (NGOs) Participation in Empowering HIV/AIDS Orphaned Children through Dietary Support in Njoro District

Authors

**Nyangena Emily Moraa
(Egerton University)**

&

**Dr. Erick K. Bor
(Egerton University)**

Introduction

- This study examined empowerment as a mean of enabling HIV/AIDS orphaned children to access socio-economic opportunities in order to make personal choices and have control over their own lives.
- The physical needs of HIV/AIDS orphans, such as nutrition are important. The objective of this article was to examine how NGOs participate in empowering the HIV/AIDS orphaned children in Njoro District through dietary support.

Introduction

- The literature review analyzed various studies carried out on how Food and Nutrition play part in empowering HIV/AIDS Orphaned Children.
- Theory: empowerment theory, which proposes that When HIV/AIDS orphaned children in Njoro District are empowered by NGOs to access their basic needs, they acquire skills like high self esteem that is likely to impact positively in their lives.

Methodology

- This study adopted descriptive research design which involved interviewing and observing the behavior of respondents without influencing them in any way.
- The purposive sampling method was used to get the sample size of 47 participants.
- Primary data was obtained through the respondents and key informants while secondary data was obtained from reports, theses, books and other relevant documents, which were maintained by NGOs under study.
- The researcher then processed the collected data and analysed it using qualitative analysis.
- The data was taken through open coding, axial coding and selective coding.

Main interests

- Demographic Characteristics of the Respondents
- Age Distribution of Respondents
- Gender of Respondents
- Assistance Received by HIV/AIDS Orphaned Children from the NGOs
- Frequency of Aid
- Dietary Support Received by HIV/AIDS Orphaned Children from the NGOs
- Sufficiency of the Food Given to the Respondents
- Empowerment Means given by NGOs to Respondents to acquire their Own Food
- Healthy Feeding

Summary of Findings

- Majority of the respondents confirmed that the NGOs donate food to them but the staff linking the top most management and the respondents is not faithful. Some of these people sell part of the donations so that some respondents miss them or receive little than what was donated.
- Protein and carbohydrate nutritious foods are supplied to the respondents but vitamin foods are not supplied. The protein foods provided are second class proteins except powder milk and Soya meals.
- The food support given to the respondents by the NGOs is not sufficient for their upkeep.

Conclusions

- Some respondents do not benefit nutritionally from their respective NGOs although they are supposed to
- Some respondents do not access vitamin foods. Vitamin foods are a necessity to the respondents because they are growing and need them to resist disease and more especially the HIV positive respondents (Ndungo, 2002).
- Although the key informants intervened to argue that they have empowered the respondents to grow their own vitamin foods, there is need to follow up and ensure they grow them.
- The NGOs do not provide the respondents with adequate first class proteins. First class proteins are more nutritious as compared to second class proteins.
- The NGOs do not feed the respondents basing on their ages.

Recommendations

- There is need for the respective NGOs to strategize new methods of delivering the donations to the respondents. If the community health volunteers have to continue taking the donations to the respondents, measures should be laid out to ensure that these Community Health Volunteers deliver the right proportions to the right beneficiaries.
- The NGOs should empower the respondents on how to access food and more especially vitamin foods regularly. Although the key informants claimed that they have empowered the respondents and their caregivers to grow fruits and vegetables, they should make follow ups to ensure this is done.

Recommendations

- NGOs should implement extra empowerment programs to the respondents on how to obtain extra food for their upkeep. Although these NGOs have implemented some programs like linking the respondents to bee keeping projects, there is need to implement more of those programs.
- These NGOs should put into consideration the aspect of age when empowering the respondents on the feeding habits. Actually the respondents' ages vary from infants, toddlers to adolescents. Each of this group requires a unique diet.

End

Thank you