Community sensitisation using participatory arts-based methods for the research study Tupumue

Dr Cressida Bowyer
Senior Research Fellow, University of Portsmouth

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Tupumue

Research study to find out how many children in two communities in Nairobi, Kenya have lung problems

Compared lung health and air pollution exposures in children aged 5-18 years attending school in Mukuru (an informal settlement) and Buruburu (a planned settlement)
Community consultation

Stakeholders and beneficiaries were actively involved in the design of the Tupumue study protocols.

5 days of workshops with children, community representatives, chiefs, project partners, policy makers.
Sensitisation

The community highlighted the need for a robust sensitisation campaign

Public Engagement Funding
‘Clean air, good health Nairobi: creative, participatory lung health research’
Sensitisation co-design

10 day workshop with UK sensitisation team and community champions including local artists and musicians

Santa in the Ghetto event to pilot activities
Sensitisation - visual arts
Sensitisation - games
Sensitisation - music

Come one come all let's join hands to
Yes. The teacher told me to go and see you.
Ah, so you've come from class? Yes.
Sensitisation - in the community
Sensitisation - in Tupumue schools
After only a few weeks of sensitisation ......

...... the project was paused

COVID!!!
Post-COVID re-sensitisation

Billy’s day out, games, visual arts, music video, even the logo were all redesigned, embedding COVID guidelines and protocols into the content

New protocols for in-school activities

Reassured the community that still safe to participate in the study

Opportunity to promote COVID safe behaviours in the communities
Post-COVID sensitisation - murals
Post-COVID sensitisation - Pumua Fiti music video
Post-COVID sensitisation - Billy’s Day Out
Recruitment

The study recruited >2,000 primary and secondary school children despite the majority of it being conducted during COVID-19 (n=2,403)

Many of the children and parents reported that they were familiar with the Tupumue project and the data collection process as they had heard all about it at school
Evaluation of sensitisation

- more knowledgeable about Tupumue and majority were keen to participate

- enjoyed seeing and taking part in the class-based sensitisation activities

- knew more about lung health after the sensitisation activities
Key findings

High levels of pollution in Mukuru and Buruburu, higher than WHO safe limits. Much higher in Mukuru than Buruburu.

Higher levels of asthma symptoms in Mukuru than in Buruburu, symptoms appear to be more severe and problematic in Mukuru.

Minority of children with asthma symptoms diagnosed with asthma and treated, worse in Mukuru.
Dissemination of results to schools, communities and policy makers
Community-focused participatory approaches enable integration of local and expert knowledge.

Arts-based sensitisations are highly effective, inclusive, culturally and socially appropriate, and reinforce key messages in novel and familiar ways.

Co-design sensitisations with trusted local CBOs, musicians and artists – identify champions and pay them!
Asante sana
Pumua Fiti Ishi Fiti