

About Kenya

"Haraka haraka haina baraka"

"Hurrying has no blessing" (Kenyan proverb)

PROFILE

Geography

Area: 582,646 sq. km. (224,960 sq mi.); slightly smaller than Texas.

Cities: Capital--Nairobi (pop. 1.4 million). Other cities--Mombasa (480,000), Kisumu (200,000), Nakuru (165,000).

Terrain: Kenya rises from a low coastal plain on the Indian Ocean in a series of mountain ridges and plateaus which stand above 3,000 meters (9,000 ft.) in the center of the country. The Rift Valley bisects the country above Nairobi opening up to a broad arid plain in the north. Mountain plains cover the south before descending to the shores of Lake Victoria in the west. The country's highest point is Mt. Kenya (17,060 ft.).

Climate: Varies from the tropical south, west, and central regions to arid and semi-arid in the north and the northeast.

People

Population (1996 est.): 28 million.

Annual growth rate (1996 est.): 2.7%.

Ethnic groups: African--Kikuyu 21%, Luhya 14%, Luo 13%, Kalenjin 11%, Kamba 11%, Kisii 6%, Meru 5%. Non-African--Asian, European, Arab 1%.

Religions: Indigenous beliefs 10%, Protestant 40%, Roman Catholic 30%, Muslim 20%.

Languages: English, Kiswahili, more than 40 local ethnic languages.

Education: Years compulsory--none, but first 8 yrs. of primary school are provided through cost-sharing between government and parents. Attendance--83% for primary grades. Literacy (in English)--59%.

Health: Infant mortality rate--58/1,000. Life expectancy--58 yrs.

Government

Type: Republic.

Independence: December 12, 1963.

Constitution: 1963.

Branches: Executive--President (chief of state, head of government, commander in chief of armed forces). Legislative--unicameral National Assembly (parliament).

Political parties: 26 registered political parties. Ruling party, Kenya African National Union.

Suffrage: Universal at 18.

Economy

GDP (1996): \$8.6 billion.

Annual growth rate (1996): 4.6%.

Per capita income: \$270.

Natural resources: wildlife, land.

Agriculture: Products--tea, coffee, sugarcane, horticultural products, corn, wheat, rice, sisal, pineapples, pyrethrum, dairy products, meat products, hides, skins. Arable land--5%.

Industry: Types--petroleum product, grain and sugar milling, cement, beer, soft drinks, textiles, paper and light manufacturing.

Trade (1996): Exports--\$2 billion: tea, coffee, horticultural products, petroleum products, cement, pyrethrum, soda ash, sisal, hides and skins, fluorspar. Major markets--Uganda, Tanzania, United Kingdom, Germany, Netherlands, Ethiopia, Rwanda, Egypt, South Africa, United States. Imports--\$3 billion: machinery, vehicles, crude petroleum, iron and steel, resins and plastic materials, refined petroleum products, pharmaceuticals, paper and paper products, fertilizers, wheat. Major suppliers--U.K., Japan, South Africa, Germany, United Arab Emirates, Italy, India, France, United States, Saudi Arabia.

PEOPLE

Kenya has a very diverse population that includes most major language groups of Africa. Traditional pastoralists, rural farmers, Muslims, and urban residents of Nairobi and other cities contribute to the cosmopolitan culture. The standard of living in major cities, once relatively high compared to much of Sub-Saharan Africa, has been declining in recent years. Most city workers retain links with their rural, extended families and leave the city periodically to help work on the family farm. About 75% of the work force is engaged in agriculture, mainly as subsistence farmers. The urban sector employs 0.9 million people. Only 25% of Kenyans live in large urban areas. The population is concentrated in the southern two-thirds of the country, with the majority residing in rural towns and villages. Urban women make up 30 percent of the workforce, one-third of college students, and up to half of all graduate students. In contrast, rural women are responsible for most agricultural output but own very little land themselves.

The national motto of Kenya is harambee, meaning "pull together." In that spirit, volunteers in hundreds of communities build schools, clinics, and other facilities each year and collect funds to send students abroad. Typically, family needs take precedence over personal interests. Individuals traditionally share their wealth with poorer family members.

Kenyans take pride in their efforts to preserve wildlife. Thirty percent of the wildlife lives on several million acres of national reserves. This wildlife preservation value is rooted in an ancient heritage that emphasized co-existence with animals.

The five state universities enroll about 38,000 students, representing some 25% of the Kenyan students who qualify for admission.

Briefs on customs

In greeting, a handshake is common and important. Supporting the right forearm with the left hand while shaking shows special respect for a leader or elder. People pass and accept items with the right hand or both hands. Pointing at someone with the index finger is rude. One beckons by waving all the fingers of the hand. Approval may be shown with both thumbs raised up. Eye contact is important in establishing trust.

Visiting friends and family is an important part of Kenyan culture. Enjoying afternoon tea is a tradition throughout the country, whether in a hospital or a home. Rushing around like mad to get things done is not as important in Kenya as spending a few extra minutes to visit with neighbors and friends, sit and have a cup of "chai," (tea), and enjoy a beautiful day.

Kenyan food

The most common meats in Kenya are goat, beef, lamb chicken and fish. Milk, ugali (a stiff dough made from cornmeal, millet or sorghum), uhi (porridge), red bean stew, kitumbua (fried bread), mandazi (donut-like), githeri (corn and beans), and chapati (flat bread) are staple foods. Sukuma wiki (collard greens) is a popular side dish to ugali. Abundant fruits and vegetables include

pineapples, mangoes, oranges, bananas, plantains, papaya, sweet potatoes, avocados, cassava, and arrowroot.

HISTORY

Fossils found in East Africa suggest that protohumans roamed the area more than 20 million years ago. Recent finds near Kenya's Lake Turkana indicate that hominids lived in the area 2.6 million years ago.

Cushitic-speaking people from northern Africa moved into the area that is now Kenya beginning around 2000 BC. Arab traders began frequenting the Kenya coast around the first century A.D. Kenya's proximity to the Arabian Peninsula invited colonization, and Arab and Persian settlements sprouted along the coast by the eighth century. During the first millennium A.D., Nilotic and Bantu peoples moved into the region, and the latter now comprises three-quarters of Kenya's population.

The Kiswahili language, a mixture of Bantu and Arabic, developed as a lingua franca for trade between the different peoples. Arab dominance on the coast was eclipsed by the arrival in 1498 of the Portuguese, who gave way in turn to Islamic control under the Imam of Oman in the 1600s. The United Kingdom established its influence in the 19th century.

The colonial history of Kenya dates from the Berlin Conference of 1885, when the European powers first partitioned East Africa into spheres of influence. In 1895, the U.K. Government established the East African Protectorate and, soon after, opened the fertile highlands to white settlers. The settlers were allowed a voice in government even before it was officially made a U.K. colony in 1920, but Africans were prohibited from direct political participation until 1944.

From October 1952 to December 1959, Kenya was under a state of emergency arising from the "Mau Mau" rebellion against British colonial rule. During this period, African participation in the political process increased rapidly.

The first direct elections for Africans to the Legislative Council took place in 1957. Kenya became independent on December 12, 1963, and the next year joined the Commonwealth. Jomo Kenyatta, a member of the predominant Kikuyu tribe and head of the Kenya African National Union (KANU), became Kenya's first president.

A small but significant leftist opposition party, the Kenya People's Union (KPU), was formed in 1966, led by Jaramogi Oginga Odinga, a former vice president and Luo elder. The KPU was banned and its leader detained after political unrest related to Kenyatta's visit to Nyanza Province. No new opposition parties were formed after 1969, and KANU became the sole political party. At Kenyatta's death in August 1978, Vice President Daniel arap Moi became interim President. Moi became President formally after he was elected head of KANU and designated its sole nominee.

In June 1982, the National Assembly amended the constitution, making Kenya officially a one-party state. However, in December 1991, parliament repealed the one-party section of the constitution. By early 1992, several new parties had formed, and multiparty elections were held in December 1992. Parliamentary reforms in November 1997 enlarged the democratic space in Kenya, including the expansion of political parties from 11 to 26. President Moi won re-election as President in the December 1997 elections, and his KANU Party retained its parliamentary majority.

POLITICAL CONDITIONS

Since independence, Kenya has maintained remarkable stability despite changes in its political system and crises in neighboring countries. Particularly since the re-emergence of multiparty democracy, Kenyans have enjoyed an increased degree of freedom.

A bipartisan parliamentary reform initiative in the fall of 1997 revised some oppressive laws inherited from the colonial era that had been used to limit freedom of speech and assembly. This

significantly improved public freedoms and assembly and made for generally credible national elections in December 1997. Kenya is now focusing on a comprehensive review of the national constitution.

ECONOMY

After independence, Kenya promoted rapid economic growth through public investment, encouragement of smallholder agricultural production, and incentives for private (often foreign) industrial investment. Gross domestic product (GDP) grew at an annual average of 6.6% from 1963 to 1973. Agricultural production grew by 4.7% annually during the same period, stimulated by redistributing estates, diffusing new crop strains, and opening new areas to cultivation.

Between 1974 and 1990, however, Kenya's economic performance declined. Inappropriate agricultural policies, inadequate credit, and poor international terms of trade contributed to the decline in agriculture. Kenya's inward-looking policy of import substitution and rising oil prices made Kenya's manufacturing sector uncompetitive. The government began a massive intrusion in the private sector. Lack of export incentives, tight import controls, and foreign exchange controls made the domestic environment for investment even less attractive.

From 1991 to 1993, Kenya had its worst economic performance since independence. Growth in GDP stagnated, and agricultural production shrank at an annual rate of 3.9%. Inflation reached a record 100% in August 1993, and the government's budget deficit was over 10% of GDP. As a result of these combined problems, bilateral and multilateral donors suspended program aid to Kenya in 1991.

Kenya now faces a growing budget deficit, high interest rates, rising inflation, and deteriorating infrastructure. Although many economic reforms put in place in 1993-94 remain, further reforms, particularly in governance, are necessary if Kenya is to increase GDP growth and combat poverty among the majority of its population. Corruption and inefficient use of government funds remain problems. Vital tourism receipts fell by 70 percent in 1997 due to violence.

Kenya's economy continues to be based on agriculture, which provides nearly 65 percent of all export earnings and employs 75 percent of the workforce. Nairobi is the primary hub of East Africa. It enjoys the region's best transportation linkages, communications infrastructure, and trained personnel. A wide range of foreign firms maintain regional offices in the city.

FOREIGN RELATIONS

Despite internal tensions in Sudan and Ethiopia, Kenya has maintained good relations with its northern neighbors. Recent relations with Uganda and Tanzania have improved as the three countries work for mutual economic benefit. The lack of a cohesive government in Somalia prevents normal contact with that country. Kenya serves as the major host for refugees from turmoil in Somalia.

Kenya maintains a moderate profile in Third World politics. Kenya's relations with Western countries are generally friendly, although current political and economic instabilities are often blamed on Western pressures.

U.S.-KENYAN RELATIONS

The United States and Kenya have enjoyed cordial relations since Kenya's independence. More than 6,000 U.S. citizens live in Kenya, and as many as 35,000 Americans visit Kenya annually. About two-thirds of the resident Americans are missionaries and their families. U.S. business investment is estimated to be more than \$285 million, primarily in commerce, light manufacturing, and the tourism industry.

U.S. assistance to Kenya promotes broad-based economic development as the basis for continued progress in political, social, and related areas of national life. U.S. aid strategy is

designed to achieve four major objectives--reduced population growth, increased agricultural productivity, increased role of private enterprise in the economy, and civic education to expand the knowledge of democratic institutions. It focuses on small farmers and the rural landless, a group that comprises more than four-fifths of Kenya's poorest citizens and accounts for about one-quarter of the population. The U.S. Peace Corps has more than 165 volunteers in Kenya.

The U.S. Embassy in Kenya: Tel. 334141; Fax 340838

BASIC INDICATORS

Rank, under 5 mortality rate (1 = world's worst, 145 = best)	50
Under-5 mortality rate, 1960 (per thousand)	202
Under-5 mortality rate, 1993 (per thousand)	90
Infant mortality rate (under 1), 1960 (per thousand)	120
Infant mortality rate (under 1), 1993 (per thousand)	61
Annual no. of births (thousands), 1993	1139
Annual no. of under-5 deaths (thousands), 1993	103
GNP per capita (US\$), 1992	310

Nutrition

Percent of infants with low birth weight, 1990	16
Percent of children (1986-93) who are:	
Exclusively breastfed (0-3 months)	17
Breastfed with complementary food (6-9 months)	97
Still breastfeeding (20-23 months)	54
Percent of under-fives (1980-93) suffering from:	
Underweight, moderate & severe	22.3
Underweight, severe	5.7
Wasting, moderate & severe	5.9
Stunting, moderate & severe	32.7

Health

Percent of population with access to safe water, 1988-93	
Total	49
Urban	74
Rural	43
Percent of population with access to adequate sanitation, 1988-93	
Total	43
Urban	69
Rural	35
Percent of population with access to health services, 1985-93	
Total	77
Urban	NA
Rural	40
Percent fully immunized, 1990-93	
TB (one year old children)	95
DPT (one year old children)	85
Polio (one year old children)	85
Measles (one year old children)	76
Tetanus (pregnant women)	72

ORT use rate, 1987-93	76
Education	
Adult literacy rate, 1970	
Male	44
Female	19
Adult literacy rate, 1990	
Male	80
Female	59
No. of sets per 1000 population, 1991	
Radio	86
Television	10
Percent of primary school children reaching grade 5 1986-92	67
Economic indicators	
Percent of central government expenditure allocated to:	
Health (1986-92)	5
Education (1986-92)	20
Defense (1986-92)	10
Women	
Contraceptive prevalence (percent), 1980-93	33
Pregnant women immunized against tetanus, 1990-93	72
Percent of births attended by trained health personnel 1983-93	54
Maternal mortality rate, 1980-92	170

Sources: United States Department of State; UNICEF's State of the World's Children Report; Culturgram, Brigham Young University; Peace Corps

The Luo of Kenya

Introduction

The Luo inhabit the Nyanza province of Kenya. Nyanza — a Swahili word for "lake" — is so named because Lake Victoria, the world's second largest fresh water lake, is situated here. Nyanza province is composed of six districts: Homa Bay, Kisii, Kisumu, Migori, Nyamira and Siaya. The Gusii and Kuria communities also live in Nyanza province. Kisumu, with a population of 200,000, is the third largest urban center in Kenya and a major lake port on Lake Victoria.

The Luo are the only Lake Western Nilotes ethnic group in Kenya. The Luo account for 13 percent of the 29 million Kenyan population. They are the third largest community in Kenya after the Kikuyu (21 percent) and Luhya (14 percent). The language spoken by Luo is known as dholuo — *luo* means *to follow* in dholuo. Other communities speaking dholuo are the Lango, Acholi and Padhola of Uganda.

Luo culture and tradition

The Kenyan Luo originally migrated from Sudan via Uganda from 1500 AD to 1800 AD, and today, some Luo are also settled in Tanzania. The Luo constitute 40 sub-groups, each being a political unit. In the past they were separated by tracts of unoccupied lands, and political boundaries of bush country known as *thim* that was as broad as 10 miles.

The most important of the Luo ritual leaders was known as the *jabilo*. His responsibilities entailed foretelling the outcome of battles, to "make magic" to ensure both safety and the victory of the warriors setting off to do battle, and to curse the enemy. A good service was always rewarded, thus a *jabilo* was also a *ruoth*, a man of wealth. *Thuon* is a distinguished warrior in the society; the term nowadays refers to a courageous individual in the Luo community.

In the past, the number of wives, children and amount of material wealth a man had, in terms of cattle herds in his possession, determined his status. Today, status is largely determined by material wealth and the quality of education a family's children have attained. Wife inheritance (Levite union) or *ter* has been an important part of the Luo culture and is still practiced by many rural Luos. The original purpose of wife inheritance was to provide women whose husbands had died with economic support and to ensure certain cultural rituals requiring a woman were fulfilled. Women originally had a choice as to who would inherit them.

Today, the practice has lost some of its original purpose. Some Luos practice a "purification" process where the elders, in-laws and other relatives select a man who will perform a sexual purification ritual on the woman as part of the inheritance process. After this ritual, a woman has the right to choose whether she will remain with the man or lead her own life. This ritual has helped greatly accelerate HIV transmission among the Luo, and is a major reason why Luo HIV rates are higher than most Kenyan tribes. The first wife, *mikai*, is still very important in the family structure, especially when there is a need to fulfill certain rituals.

The family's lineage — *dhoot* — owned the original land which has been passed on through each family unit, ultimately creating an extended family homestead. Traditionally, homesteads — or *dala* — were surrounded by circular earthwork (of mud) walls with an outer fosse. A tall and thick *ojuok*, euphorbia hedge or barricade, was planted just outside the walls. A husband built his wife her own house after she gave birth to their first child. A *dala* could contain from 12 to 60 people. Traditionally, unmarried girls lived in their grandmother's hut — a *suwidhi* — where they were taught how to prepare for marriage. This is not practiced much today. A more common

practice today finds boys living in a house — *simba* — which is normally located near the entrance of the homestead to protect the homestead dwellers — *jodala* — from enemies *wasigu*.

Luos normally neither circumcise nor perform clitoridectomy, although certain sects like *jolejo*, require their followers to circumcise. In the past, Luos practiced removal of the six lower incisors of both boys and girls, in a ritual known as *nagi*. The practice has faded though, for its sole purpose was to feed lockjaw patients via the gap in the mouth. Marriage was of two-types, *por* or elopement which was considered shameful, and *meko*, the approved form that consisted of ceremonies. A bride's wealth — *nyombo* — was traditionally given in cattle. Between 20 to 40 head of cattle were typically given in the last century before sickness depleted the herds. The *riso* ceremony is next to the last before a bride becomes a wife.

Luo traditional spiritual life was based on the Supreme Being *nyasi* and on the sun, *chieng*. Ancestral gods and spirits were also very important to the Luo. That is why Luos attach great respect to lineage and funerals, which are marked with the decorative ceremony *tero-buru*. If an important man died, every person rode his special decorated companion ox to his funeral, dressed up as if going off to war. Today, the majority of Luos are Christians, but incorporate elements from their traditional beliefs.

Economic activities

Traditionally, Luos have been very skilled artisans, making everything from small pots, *osiglo*, to the large pot, *dak*. There were at least 16 types of pots — each with a specific job. For example, pots were used for cooking fish, storage, fermenting *busaa*, local liquor and fetching water. Calabash — *agwata* — was used for tapping liquids and drinking water or porridge. Potters also made clay bowls and pipes. In the past, almost all the Luo smoked pipes, *kwesi*. Blacksmithing and basketry were other important vehicles for producing products.

Luos largely used to depend on cattle for milk, butter, gee, mats, sandals, drumskins and shield covers. They used tendon strings for harps — *nyatiti* — and bowstrings, and used dung for fuel and wall plaster, scapulas for butter scoops, hoofs for drug storage containers, railhairs for bird traps and scrota for purses. Luo traditional dress was very decorative, and their creativity manifested itself in their artistry, smithing and basketry.

Fishing and farming are the major economic activities in the region today, although it is supplemented with weaving and pottery. The most important cash crops are sugarcane, tobacco and groundnuts. The food crops, which thrive in Luo regions, are maize, millet, sorghum, cassava and rice, grown in Ahero and Bunyala swamp. The Luo staple food is "*ugali*" or *kuon*, which is made out of maize, millet or cassava flour. *Kuon* is normally served with fish stew, *rech*.

Luo leaders and the future

Nowadays, Luos have been stereotyped as the most educated community in Kenya due to some renowned elites, like Argwings Kodhek, the first lawyer in Kenya, and Professor Wasawo, a famous scientist. Some of the most influential Luos were Oginga Odinga, the father of opposition politics in Kenya, and Tom Mboya, the architect of modern Kenya democracy and economy. The key political figures today among the Luo are Raila Odinga, James Orengo and Professor Anyang' Nyong'o. Another Luo, Dr. Richard Muga, formerly the director of health in Nyanza Province, now serves in one of the top positions — director of national health services — in the Kenya Ministry of Health. Dr. Muga was very supportive of SHARE Kenya program activities in 1997 and continues to be an important advisor to the program.

The Luo community has lagged behind in national development partly because its previous leaders were not in support of the government. The majority of Luo Nyanza population is living

below the poverty line. Kisumu town population has about 47 percent of its inhabitants below the poverty line, thus making it the poorest urban area in Kenya. The wrath of HIV/AIDS pandemic has not spared the population, with prevalence rates being as high as 30 percent among pregnant women in Kisumu town, according to the United Nations Joint Commission on HIV/AIDS. Eradication of poverty, improved educational opportunities, and the elimination of certain cultural rituals which increase vulnerability to disease are among the key factors that will lead to better health and economic conditions in Luo Nyanza.

By Jaja Yogo and Gary Snyder: ©1999

English	Dholuo	Kiswahili
General language	Dhok mapile	Lugha ya kawaida
Hello/high	msawa	habari
Hello	osaore	hujambo
Hello/greetings	amosi	salamu
How are you?	idhi nade?	unaendeleaje?
Good morning	oyaore	habari za asubuhi
Good evening	oimore	habari za jioni
Thank you	ero kamano	ahsante
Welcome	ruako/aruaki/waruakou	karibu
It is okay	onge wach	hamna shida
Goodbye	oriti	kwaheri
Verbs (general)	Tim	Kitenzi
swallow	muony	meza
take	kaw	chukua
times	ndalo	mara
apply	wir	paka
drink	madh	kunywa
sleep	nind	lala
walk	wuoth	tembea
tell	wach	ambia
eat	cham	kula
burn	wang	(choma)chomeka
Nouns (general)	Nying	Jina
house	yot	nyumba
water	pi	maji
food	chiemo	chakula
fruits	olemo	matunda

milk	chak	maziwa
beer	bia/kong'o	bia
soda	soda	soda
chicken	gweni	kuku
fish	rech	samaki
potatoes	rabuon	viazi
bread	makati/mkate	mkate
toilet	choo	cchoo/msalani
bathroom	baf/karluok	bafu
bus	bas	basi
car	mtokaa	motokaa/gari
insect	kudni	mdudu
Period/Time		
Period/Time	Ndal o/Saa	Wakati/Saa
morning	okinyi	asubuhi
daytime	onyango	mchana
afternoon	odhiambo	jioni
night	otieno	usiku
today	kawuono	leo
tomorrow	kiny	kesho
yesterday	nyoro	jana
week	juma	wiki/juma
month	dwe	mwezi
year	higa	mwaka
Days of the week		
Days of the week	Odie chienge mag juma	Siku za Wiki
Monday	Wuok-tich	Jumatatu
Tuesday	Tich-ariyo	Jumanne
Wednesday	Tich-adek	Jumatano
Thursday	Tich-angwen	Alhamisi
Friday	Tich-abich	Ijumaa
Saturday	Ng'eso	Jumamosi
Sunday	Jumapil	Jumapili
Months of the year		
Months of the year	Dweche mag higa	Miezi ya mwaka
January	Januar	Januari
February	Februar	Februari
March	Mach	Machi

April	April	Aprili
May	Mei	Mei
June	Jun	Juni
July	Julai	Julai
August	Agast	Agosti
September	Septemba	Septemba
October	Oktoba	Oktoba
November	Novemba	Novemba
December	Desemba	Desemba
Numbers		
Numbers	Namba	Nambari
1	achiel	moja
2	ariyo	mbili
3	adek	tatu
4	ang'wen	nne
5	abich	tano
6	auchiel	sita
7	abirio	saba
8	aboro	nane
9	ochiko	tisa
10	apar	kumi
11	apar-gachiel	kumi na moja
20	pier-ariyo	ishirini
21	pier-ariyo gachiel	ishirini na moja
30	pier-adek	thelathini
31	pier-adek gachiel	telathini na moja
40	pier ang'wen	arobaini
41	pier ang'wen gachiel	arobaini na moja
50	pier-abich	hamsini
51	pier-abich gachiel	hamsini na moja
60	pier-auchiel	sitini
61	pier-auchiel gachiel	sitini na moja
70	pier-abirio	sabini
71	pier-abirio gachiel	sabini na moja
80	pier-aboro	themanini
81	pier-aboro gachiel	themanini na moja
90	pier-ochiko	tisaini
91	pier-ochiko gachiel	tisaini na moja

100	mia achiel	mia moja
1000	eluf achiel/ogwang	elfu moja
10,000	eluf apar	elfu kumi
100,000	eluf mia achiel	laki moja
1,000,000	milion achiel	milioni moja
Person/People		
Person/People	Ng'ato/Ji	Mtu/Watu
mother	Mama/minwa	mama
father	baba/wuonwa	baba
grandfather	kwara	babu
grandmother	dana	nyanya
aunt	waya	shangazi
brother	owadwa	kaka
sister	nyaminwa	dada
uncle	nera	mjomba
old-man/elder	jaduong	mzee
youth	rawera	kijana/vijana
child	nyathi	mtoto
woman/women	dhako/mon	mwanamke/wanawake
man/men	dichwo/chwo	mwanaume/wanaume
parent/parents	janyuol/jonyuol	mzazi/wazazi
leader	jatelo	kiongozi
patient	jatuo	mgonjwa
doctor	daktar	daktari
medical personnel	jathieth	tabibu
nurse	nas	nesi
mr.	migosi	bwana
mrs.	mikai	bibi
girl	nyako	msichana
boy	wuoyi	mvulana
Health Related		
Health Related	Kor ka ngima	Kuhusu afya
hospital	sibtal	hospitali
drugs	yath	dawa
injection	(chuoyo) sindan	(dungwa) sindano
wound	adhola	kidonda
sickness	tuo	maradhi
disease	tuo/yamo	ugonjwa

medication	thieth	tiba
parasite	kudni/kute	viini
worms	njoka	minyoo
clean water	pi maler	maji masafi
dirt	chilo	uchafu
hot	liet	joto
cold	koyo/ng'ich	baridi
Symptoms	Ranyisi	Dalili
fever	winjo marach	kuhisi vibaya/maumivu
stomach ache	ich ram	kuumua na tumbo
itching	ilo	mwasho
headache	wich bar	kuumua na kichwa
bleeding	chuer remo	kutoka damu
cough	fuolo	kukohoa
difficulty in breathing	gamo yueyo	kupumua kwa shida
chills	koyo	baridi
shiver	tetni	tetema/tetemeka
pain	lith	u/chungu
sleep	nindo	lala
Conditions/disease	Tuoche	Hali/Magonjwa
malaria	malaria	malaria
cholera	kolera	kipindupindu
AIDS/HIV	ayaki	ukimwi
sexual intercourse	ng'eruok/nindo	kujuana kimwili
gonorrhoea	nyach	kisonono
venereal disease	tou chodo	magonjwa ya zinaa
measles	tuo nyithindo	ukambi
fracture	tur	kuvunjika
sprain	wil/ng'ikni	kuteguka
asthma	athma/athung'a	pumu/athma
pneumonia	nemonia	nemonia
malnutrition	tuo chiemo morem	ukosefu wa chakula(bora)
tuberculosis	tuo kor	kifua kikuu
jaundice	tuo wang	ugonjwa wa macho
flu	homa	homa/mafua
appendicitis	tuo dhoklichin	ugonjwa wa matumbo

food poisoning	tuo chiemo marach	ugonjwa wa chakula mbaya
surgery	yengo	kupasuliwa/kukatwa
headache	wich bar	kuumwa na kichwa
allergic	yamo/ chiemo mok winjre gi remo	mavimbe/ damu kutosikizana na vyakula fulani
cancer/ulcer/non-healing wound	adhola mokchang	iri/donda ndugu
injection	chwoyo sindan	kudugwa sindano
operation	yengo/baro	kupasuliwa na kushonwa
blood transfusion	luoko remo	kuosha damu
anesthetic	yadh kwe rem	dawa ya kupunguza uchungu
bed	otanda	kitanda
thermometer	rapim liet	kipima joto
Where does it hurt?	Kanye marami?	Ni wapi pana kuuma?
How long have you felt this way?	Isewinjo kama chakre kara ang'o?	Umehisi/umesikia hivi tangu lini?
Have you had ___ before?	Isewinjo kama ___ chon?	Umewahi hisi hivi ___ awali?
How many times?	Kuom ndala di?	Mara ngapi?
When did you first start feeling sick, in pain?	Nichako tuo kara ang'o, to rem?	Ulianza kuwa mgonjwa lini, na uchungu?
Is anyone else in your family feeling like this?	Nitie ng'at moro eyodi/umawinjo (matuo) kama?	Kunayeyote katika familia yako anaye hisi hivi?
Are you taking any medications now?	Lyudo thieth mora mora(kamoro) sani?	Unapata matibabu yoyote sasa?
Have (you, child) received immunizations?	Be Be, (in kata, nyathi /ni) osechwo sindan mar geng'o tuo (osechanj)?	Je, (wewe,mtoto wako) amepata chanjo/amechanjwa?
Roll up your sleeve, please.	Banane bad sati/blaus.	Kunja mkono wa shati/blausi.
Please lie down over there.	Nindane kacha.	Hebu lala pale tafadhali.
Open your mouth	Yawane dhogi	Fungua kinywa/mdomo
Breathe deeply	Gamane yueyo matek	Pumua kwa nguvu
Cough, please	Fuolane	Hebu kohoa
This is infected.	Ma/ka ni gi tuo.	Hapa pamepta ugonjwa.
You have a _____.	In gi _____.	Una _____.
I want you to go to hospital for a general check-up.	Adwaro mondo idhi e sibtal, mondo orang tuoni.	Natakauende hospitali ili uangaliwe/utazamwe.
I want you to see a _____	Adwaro mondo ine _____.	Nataka umwone _____.
Urinate	La/layo	Kojoa/ enda haja ndogo.
To go to the rest room	dhi oko	Enda haja kubwa

Have you ever had surgery?	Bende oseyang'i?	Je, umeshapasuliwa/oparetiwa?
What operation did they perform?	Kanye mano yang?	Niwapi palioparetiwa/pasuliwa?
Have you ever been pregnant?	Bende, isegamako ich?	Je, Umeshawahi pata mimba?
How many times?	Ndala di?	Mara ngapi?
How many times did you give birth?	To, nikonyri/nyuol ndala di?	Na ulizaa mara ngapi?
Can you point to where you are having pain?	Inyalo nyisa kama rami?	Waweza nionyesha pale panakuuma?
Are you allergic to any medications?	Nitie yien mok winjre gi rembi/dendi?	Je, kuna dawa ambazo hazisikizani na mwili wako?
Do any medications make you sick?	Nitie thieth mora mora ma medo kata keloni tuo?	Kuna tiba yoyote hukufanya uwe mgonjwa?
I would like to examine you again. Please come back ____.	Daher mondo arangi/aneni kendo. Ibi duog ka tarik ____.	Ningependelea nikuone tena. Tafadhali, rudi hapa tarehe ____.
Diarrhea	Dieo	Kuhara
What makes this feel better?	Ang'o momiyi ihero ma?	Kwa nini hivi ni vizuri kwako?
What makes this feel worse?	Ang'o momiyi okihero ma?	Kwa nini hivi si vizuri kwako?
Anatomy/Parts of the body		
Anatomy/Parts of the body	Kuonde dend dhano	Sehemu za mwili
body	del	Mwili
eye	wang	jicho/macho
ear	ith	ma/sikio
mouth	dhok	kinywa
heart	adundo	roho
arm	bat	mkono
leg	tielo	mguu
abdomen	ich	tumbo
head	wich	kichwa
penis (manhood)	duong/duk dichwo	utupu/uchu wa mme
vagina (womanhood)	“ “ dhako	“ “ “ mke
skin	pien	ngozi
chest	kor	kifua
hair	yier	nywele
nose	um	pua
finger	ching	kidole
nail	kok	kucha
cheek	pind	shavu
feces/shit	oko	choo/haja

urine	lach	mkojo
Prevention Tips	Geng'o tuo	Kuzui ugonjwa
Boil water	Chuak/o pi	kuchemsha maji
Immunization	chanjo	chanjo
Wash hands	luoko lwedo	kuosha mikono
Wash dishes	luoko sende	kuosha vyombo
Good sanitation	dhi oko e choo	kwenda haja chooni

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