

## Abstract

### Objectives:

The survey was carried out to determine the state of housing and sanitation in Githembe, and their association to gastro-intestinal and respiratory infection.

### Design:

A cross-sectional survey

### Setting:

A slum named Githembe in Nairobi

### Subjects:

85 households were selected by systemic method of sampling in the area. Households were sampled at an interval of every 3<sup>rd</sup> house.

### Main outcome measures;

Disease burden, relationship of over crowding to both respiratory and gastro-intestinal illnesses, risk factors such as eating food from kiosks, distance from source of water and closeness of latrine.

### Results:

Common diseases at the time of interview were; Malaria 32%, Respiratory infection 32% and Gastro-intestinal illness 13%. Longer distance from water source was found to be a risk factor (R.R.=1.19). 10.6% of the houses had no latrines (R.R=1.25 risk factor). While 38.5% of those who had dirty toilets suffered gastro-intestinal illness compared to 31% of those with clean toilets. Households, which disposed waste in refuse dumps, reported 42% incidence of disease compared to 18% for those with refuse pits. Presence of faecal matter in the compound was found to be a risk factor (R.R=1.16). 64% of houses were of temporary nature with 78% of those houses inadequately ventilated. In 69.2% of crowded houses, respiratory illnesses were reported, and consumption of cooked food from vendors and kiosks daily was found to be a predisposing factor to gastro-intestinal illness. Most household head were in the economically productive age group 25-44 years (61.2%) with 8% having no formal education.