



Eco-Friendly Construction Materials Among Women Builders in Nairobi: A Two-Year Case Study

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Abstract

Eco-friendly construction materials have gained increasing attention for their environmental benefits and health impacts in urban areas, particularly among women builders who often face challenges with traditional building practices. A mixed-methods approach was employed, including interviews, focus groups, and observational studies among a sample of 50 women builders from various neighborhoods in Nairobi. Women builders reported significant challenges with cost and access to eco-friendly materials but also noted improved health benefits and community support as key motivators for adoption. The most common eco-materials used were bamboo and recycled aggregate. The findings underscore the need for targeted policy interventions focusing on material availability, affordability, and awareness campaigns to accelerate the transition to sustainable building practices among women builders in Nairobi. Policy recommendations include subsidies for eco-friendly materials, community engagement programmes, and education initiatives aimed at promoting sustainable construction methods.

Keywords: *Sustainable Development, Urban Planning, Gender Studies, Construction Management, Material Science, Ecological Engineering, Sustainability Practices*

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