



Clean Cooking Stoves in Rural Kenya: Longitudinal Energy Impact on Female Households

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Abstract

Clean cooking stoves (CCS) have been promoted as a solution to improve indoor air quality and reduce household energy costs in rural areas of Kenya. A mixed-methods approach was employed, including surveys and qualitative interviews to assess changes over a five-year period. Female participants reported an average annual reduction in cooking fuel expenses by 30% due to the adoption of CCS, with significant improvements in household energy efficiency noted. The longitudinal study underscores the effectiveness of CCS in reducing energy costs and improving health outcomes for female householder households in rural Kenya. Policy makers should prioritise continued support for CCS initiatives, particularly targeting female-led households to maximise benefits.

Keywords: *African Development, Energy Access, Gender Studies, Sustainable Practices, Anthropology, Household Economics, Social Policy*

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