



Health Systems Resilience in African Epidemics: Comparative Insights from Kenya

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Abstract

Health systems in Africa have faced significant challenges during epidemics such as the HIV/AIDS pandemic and more recently, the COVID-19 outbreak. Understanding resilience mechanisms can inform policy and resource allocation for future outbreaks. Literature review, case studies of specific epidemics, expert interviews, and comparative analysis of policy documents from historical and contemporary sources. Kenyan health systems exhibited varying degrees of resilience depending on the epidemic's intensity and timing. For instance, HIV/AIDS response was more resilient due to earlier interventions compared to COVID-19 where resources were stretched thin. This study highlights the importance of context-specific strategies in responding to epidemics and suggests targeted investments for future health crises. Investment in early warning systems and community engagement is recommended to enhance resilience against emerging infectious diseases.

Keywords: *African Geography, Health Systems Theory, Epidemic Response, Resilience Metrics, Comparative Analysis, Anthropology of Disease, Public Health Policy*

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