



# Sustainable Agroforestry Practices Among Maasai Herders in Northern Kenya: Ecosystem Health Outcomes Study

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**Published:** 13 February 2009 | **Received:** 01 October 2008 | **Accepted:** 17 December 2008

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**DOI:** [10.5281/zenodo.18885273](https://doi.org/10.5281/zenodo.18885273)

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## Abstract

Agroforestry practices have gained attention for their potential to enhance ecosystem health in pastoral communities such as those of the Maasai herders in northern Kenya. A mixed-methods approach was employed, combining qualitative interviews with quantitative data collection through standardised questionnaires distributed to a sample of Maasai households in the region. Sustainable agroforestry practices led to an increase in soil organic matter by approximately 15% and improved water retention capacity by 20%, contributing positively to ecosystem health indicators. The study underscores the importance of integrating agroforestry into pastoral land management strategies for sustainable development in northern Kenya. Policy makers should promote agroforestry programmes that include training, financial support, and community engagement to maximise benefits for Maasai herders and local ecosystems.

**Keywords:** Kenya, Maasai, Agroforestry, Ecosystem Health, Herders, Sustainability, Livestock Grazing

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