



**DIABETES
AWARENESS
TRUST(DAT)**

ANNUAL REPORT

2023





Nutrition for a Healthier You

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ACRONYMS

BiBA Kenya	Biosafety and Biodiversity Association of Kenya
DAT	Diabetes Awareness Trust
FttF	Feedback to the Future
NCDs	Non-Communicable Diseases
SDGs	Sustainable Development Goals

MESSAGE FROM THE CHAIRPERSON

``As we reflect on the past year, I am immensely proud of the strides Diabetes Awareness Trust (DAT) has made in promoting health and well-being within our communities. This year, we have strengthened our partnerships with key stakeholders, expanded our reach, and deepened our impact, particularly in the areas of food safety and diabetes awareness.

Our collaboration with Nairobi County's Department of Health and other partners has been instrumental in laying the groundwork for future initiatives that will benefit the people of Viwandani and beyond. We have seen firsthand the power of community engagement, whether through our roadshows, which brought crucial information on diabetes and safe food production to the public, or our workshops that empowered community health workers with the knowledge to lead change at the grassroots level



However, with progress come challenges. The increasing demand for organic produce in our communities underscores the need for continued advocacy and support for local farmers. We are committed to addressing these gaps and ensuring that everyone has access to safe, nutritious foods.

As we move forward, I am confident that with the support of our partners, community leaders, and the public, DAT will continue to be a catalyst for positive change. Together, we can build a healthier future for all.

Thank you for your unwavering support and dedication to our mission ``

Lynette Muthoki,

Chairperson, Diabetes Awareness Trust (DAT)

EXECUTIVE SUMMARY

During the year, Diabetes Awareness Trust (DAT) made significant progress in promoting food safety, organic foods, and awareness of non-communicable diseases (NCDs) like diabetes. DAT forged collaborations with Nairobi County's Department of Health, leading to a successful inception meeting with leaders from various ministries and the conducting a kick-off workshop in Nairobi. In Viwandani, DAT expanded its community engagement by working closely with LungaLunga Health Centre Facility.

DAT's participation in key events such as the Eastern African Agroecology Conference and the International Nutritional and Dietetics Conference strengthened its advocacy for agro-ecologically produced foods. Additionally, as a key stakeholder in the review of the Nairobi County Nutrition Plan, DAT lobbied for policies supporting safe food production and better access for residents.

A roadshow organized in collaboration with the Department of Health heightened public awareness about safe food production and diabetes management, significantly increasing DAT's visibility in Viwandani. The year also saw DAT's Consumer Information and Nutrition Education program achieve substantial impact, with initiatives such as community health worker training, family counseling, cooking demonstrations, and efforts to establish a consumer network.

However, the growing demand for organic produce in Viwandani highlighted challenges in meeting supply, prompting DAT to mobilize local farmers and advocate for better market support. Despite these challenges, DAT's activities demonstrated the power of community involvement and public engagement in advancing health and food safety initiatives.

ABOUT US

Diabetes Awareness Trust (DAT) is a non-profit organization established on March 2017 and formally registered in 2021. The organization was founded with a purpose to enlighten Kenyans on healthy living to enhance management and prevention of diabetes and other Non-Communicable Diseases (NCDs¹).

Whom DAT Works With

DAT primary beneficiaries are people living with Diabetes and other NCDs and people taking care of patients managing these conditions in Kenya. The public is the secondary beneficiary. In implementation of its Programmes, DAT endeavors to build and strengthen collaborations with relevant County and National government departments and agencies, like-minded CSOs and FBOs.

Purpose and Direction

Vision: To be a reliable center for information on Diabetes, NCDs and Healthy Living.

Mission: To alleviate suffering related to Diabetes and other NCDs and their complications through dissemination of information and provision of platforms for sharing experiences.

Core values; In order to deliver on its mandate DAT is guided by the following principles:

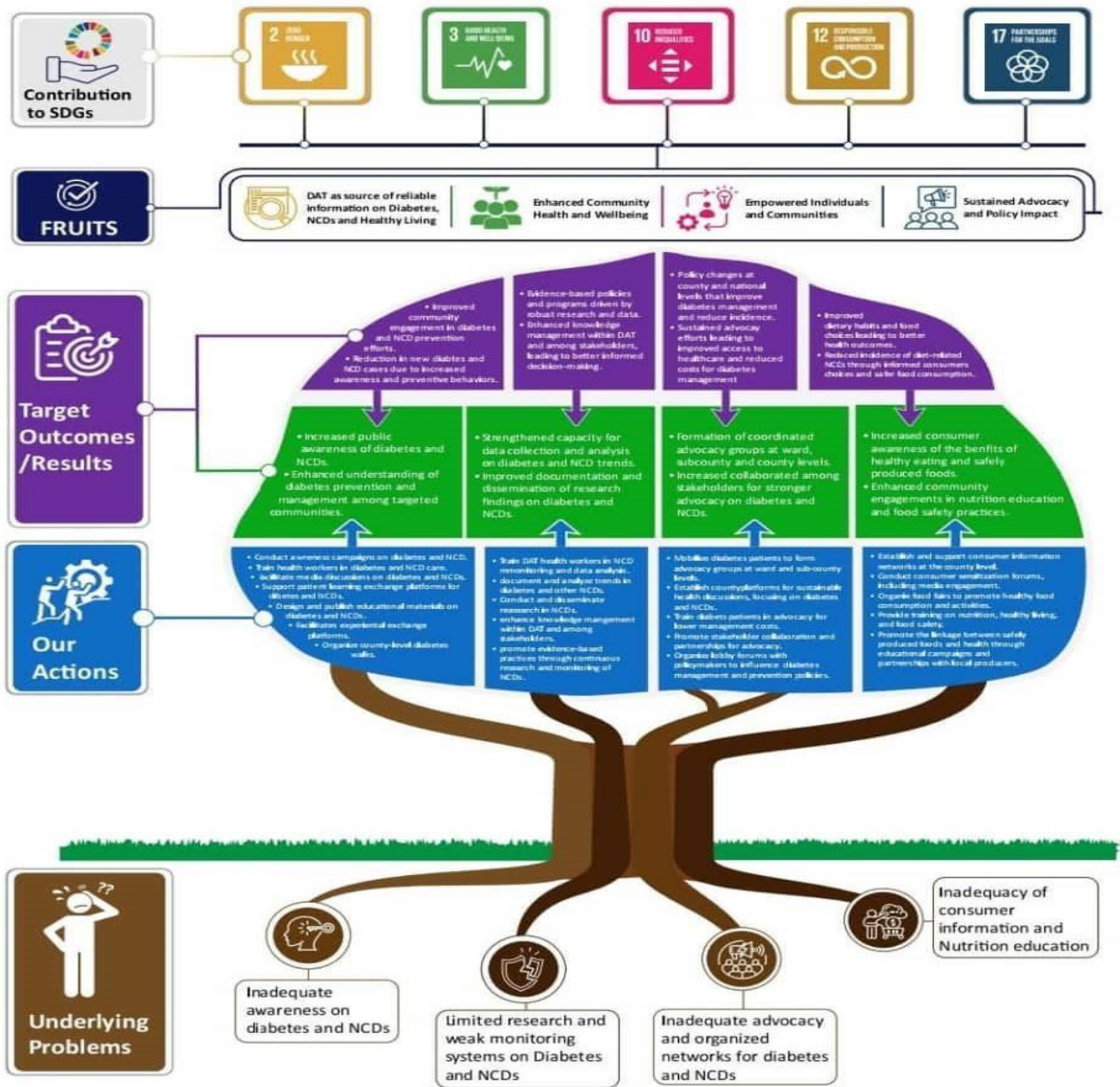
- a) Integrity: Do the right thing
- b) Transparency: Share information openly
- c) Excellence: Be the best
- d) Innovation: Be creative; think differently

DAT Thematic Programmes

- (1). Awareness Creation on Diabetes and other (NCDs).
- (2). Consumer Information and Nutrition Education
- (3). Psychosocial Support and Knowledge Sharing.
- (4). Campaigns, Advocacy and Networking.
- (5). Research and Monitoring Systems of NCDs.

The other NCDs DAT will focus are; cancers, hypertension & Arthritis.

DAT STRATEGIC DIRECTION



KEY ACHIEVEMENTS

Campaigns, Advocacy and Networking.

During the year, DAT engaged in several courtesy meetings with the Director of Nutrition, Department of Health, Nairobi County. In collaboration with CIAT, DAT presented project documents to enhance the County's understanding of the project and to foster collaboration, particularly in training Community Health Assistants (CHA) and Community Health Volunteers (CHV), now referred to as Community Health Promoters (CHP), and residents of Viwandani. As a result of these meetings, an inception/breakfast meeting conducted with leaders from the Health, Agriculture, and Trade departments to present the project, leading to the planning of a kick-off workshop for Nairobi. In Viwandani, DAT collaborated closely with local health officials and reached out to various organizations, including Red Cross Kenya and Lunga Lunga Health Facility, as part of networking efforts.

Additionally, DAT participated in the first Eastern African Agroecology conference hosted in Nairobi. The conference led to the development of a call for action to support Agroecology. DAT lobbied for support of consumer movements to promote agro ecologically produced foods. Furthermore, DAT attended the 3rd International Nutrition and Dietetics Conference themed "Sustainable Food Systems, Diet, Health Inequalities, and Policy," advocating for the recognition and support of agroecology and organic foods as safe foods linked to health, engaging with Nutritionists and Dieticians in Kenya. These forums enabled DAT to lobby for the support of safe produced foods and the structures needed to enable access for residents of Nairobi and in Kenya at large.



From left: Elizabeth Njoka, DAT Programme Officer, with Dr. David Okeyo, CEO of KNDI, at the 3rd International Nutrition and Dietetics Conference. On the right: Hannah Kigamba, DAT Co-Founder and Team Leader, speaking at the 1st East Africa Agroecology Conference, March 2023.

DAT conducted a meeting engaging key stakeholders from the health department, administration, and consumer support groups to review its activities. This evaluation aimed to provide feedback and collect priorities for the second year of the project. Extensive monitoring visits and interviews revealed a notable shift in consumer attitudes towards food safety, with many initiating small kitchen gardens.

DAT applied to join Non-Communicable Diseases Alliance (<https://ncdalliance.org/>) and the alliance approved DAT to be one of network member. This is a global alliance for organizations including funders working on NCDs. This will provide a platform for DAT to learn and network on latest information about the NCDs at the globe.

Awareness Creation on Diabetes and other NCDs.

DAT organized an awareness campaign through roadshow where it collaborated with department of Health in planning and executing to sensitize wide public on benefits of safe produced foods. The campaign not only heightened public awareness on the benefits of safe food production, but also focused on educating residents about diabetes—its symptoms, management, and the advantages of incorporating organic foods into diabetes care.

Beyond its educational impact, the roadshow significantly increased the visibility of DAT in Viwandani, Nairobi County, effectively reaching and informing a wide audience <https://www.youtube.com/watch?v=nP6zNTit67M>



Community sensitization on NCDs



Consumer information and nutrition education

Under the Consumer Information and Nutrition Education program, DAT made significant strides in enhancing awareness and promoting healthier dietary practices within the community. Overall, the program fostered greater community involvement in nutrition education and established a foundation for ongoing consumer engagement in food safety and healthy dietary practices through the following initiatives.

Community Health Workers Capacity Building: A two-day workshop equipped 50 community health workers (42 females, 8 males) with a deeper understanding of the link between safe food production and health. This led to organized outreach strategies at the unit level, resulting in 15 training sessions on food safety and healthy diets, reaching 550 participants (45% youth). The sessions also mapped out food preferences and challenges related to food safety in the community, with active participation from young mothers, highlighting the relevance of the topic.

Family Counseling on Nutrition and Food Safety: The trained community health workers provided counseling to 1,584 families, leading to a positive shift in attitudes and actions toward healthy diets. This impact was documented in DAT's newsletter, which featured success stories from the initiative.

Cooking Demonstrations: DAT organized cooking demonstrations in Viwandani, introducing community members to a variety of indigenous leafy vegetables and their preparation methods.

Consumer Network Development: DAT engaged community leaders through three meetings, focusing on the need to establish a consumer network that integrates food safety and healthy diets into existing community structures. The leaders acknowledged the importance of this initiative and agreed to report to their respective communities. Plans were made to formalize the consumer network in early 2024.



Nutrition education trainings including cooking demonstration

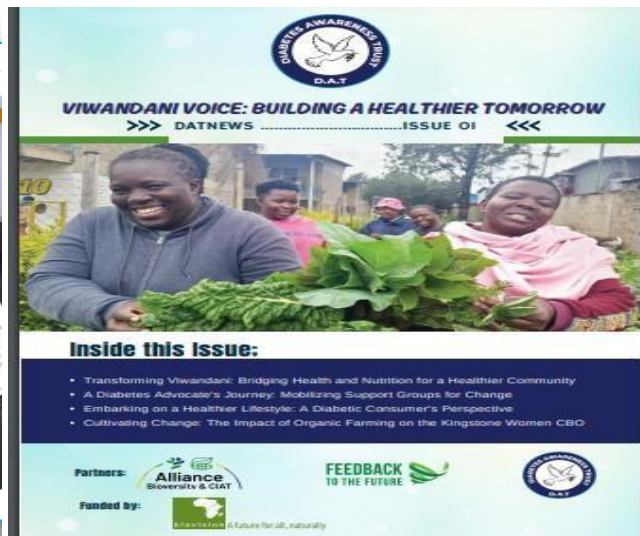
Publications and Visibility;

Campaign of diabetes awareness and consumption of safe produced foods.

<https://www.youtube.com/watch?v=nP6zNTit67M>

Issue one Newsletter

https://diabetesawarenesstrust.org/wp-content/uploads/2024/01/DATNEWS_Issue01_Dec-2023.pdf



Links of Articles published;

<https://diabetesawarenesstrust.org/2023/08/29/breakfast-meeting-with-nairobi-county-to-ignite-project-launch/>

<https://diabetesawarenesstrust.org/2023/10/17/world-food-day-2023-cultivating-health-and-equity-the-symbiotic-relationship-between-water-food-and-agroecology/>

<https://diabetesawarenesstrust.org/2023/11/14/world-diabetes-day-igniting-awareness-inspiring-change/>

<https://diabetesawarenesstrust.org/2024/05/17/measure-right-control-live-long-world-hypertension-day/>

<https://diabetesawarenesstrust.org/2023/04/07/dat-message-for-world-health-day-2023/>

KEY MILESTONES IN REALIZATION OF STRATEGIC OBJECTIVES 2022-2025

- ❖ **Enhanced County Collaboration:** As a result of strategic engagements with the Nairobi County Department of Health, DAT successfully positioned itself as a key partner in local health initiatives. This led to the integration of DAT's projects into county-level training programs for Community Health Promoters, enhancing their capacity to address food safety and health issues within Viwandani.
- ❖ **Increased Regional Influence:** DAT's participation in the 1st East Africa Agroecology Conference and the 3rd International Nutrition and Dietetics Conference resulted in heightened recognition of agroecology and organic foods within regional policy dialogues. This advocacy contributed to a broader commitment to sustainable food systems and influenced regional calls to action.
- ❖ **Impact on Policy Development:** DAT's involvement in the review of the Nairobi County Nutrition Plan and lobbied for inclusion of safe food production and access in the county's strategic priorities. This has set the stage for more focused interventions aimed at improving public health through better nutrition policies.
- ❖ **Strengthened Community Resilience:** Through targeted community engagement and evaluation, DAT observed a notable shift in consumer behavior towards prioritizing food safety, evidenced by increased home gardening initiatives in Viwandani. This shift reflects growing community resilience and self-sufficiency in food production.
- ❖ **Global Network Integration:** Joining the Non-Communicable Diseases (NCD) Alliance enabled DAT to tap into global best practices and resources, significantly boosting its capacity to address NCDs within Kenya. This integration has also expanded DAT's influence in global health discussions, aligning its work with international standards.
- ❖ **Widespread Public Awareness:** The roadshow campaign significantly elevated public understanding of the link between safe food production and diabetes management. The campaign's success is evident in the increased demand for organic foods and heightened community engagement in health promotion activities.
- ❖ **Empowered Health Workers:** The capacity-building efforts led to a measurable improvement in the effectiveness of community health workers, resulting in more informed and impactful

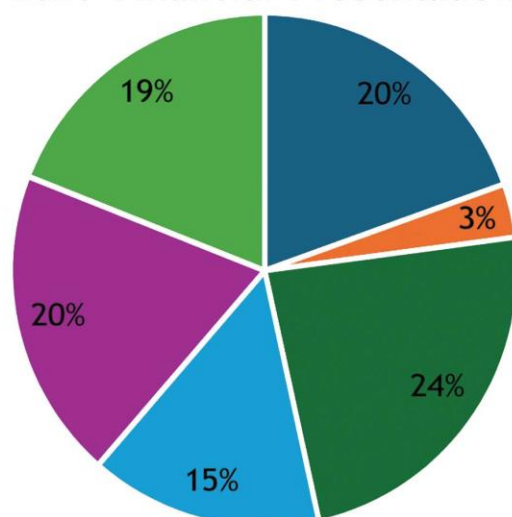
outreach. This empowerment has led to sustained community education on food safety and healthy diets, reaching a broader audience than before.

- ❖ **Positive Family Health Outcomes:** The family counseling initiative produced tangible results, with a significant proportion of the 1,584 families adopting healthier diets. This shift has contributed to improved overall community health and reduced risks associated with poor nutrition.
- ❖ **Revival of Traditional Diets:** The cooking demonstrations not only introduced indigenous leafy vegetables but also revived interest in traditional dietary practices. This has resulted in increased consumption of nutrient-rich indigenous foods, contributing to better nutritional outcomes in the community.
- ❖ **Formation of a Consumer Network:** The groundwork laid for a formal consumer network focused on food safety and healthy diets is a major step towards sustained community advocacy. This network is poised to play a crucial role in influencing local food policies and practices in the coming years.



Advocacy campaigns and trainings on linking safe produced foods (organic and agroecology) with health.

2023 Financial Presentation



- SO1: To raise awareness of diabetes through education on symptoms prevention and management of diabetes and NCDs
- SO2: To enhance evidence-based education on prevention and management of diabetes and other NCDs through monitoring and research.
- SO3: To be a powerful voice of people with diabetes by actively influencing policies and plans in Kenya.
- SO4: To protect consumer rights and promote consumer responsibility for general public to prevent and ease management of diabetes and NCDs in Kenya.
- Project Admin Expenses
- General Administration/Overheads

CHALLENGES AND LESSONS LEARNED

Key Lessons:

Community Involvement Enhances Impact: Collaborating with the Department of Health in implementation of project activities maximized outreach and effectively educated the public on diabetes management and the benefits of organic foods.

Visibility and Public Engagement:

The roadshow significantly increased DAT's visibility and engagement with the community, demonstrating the effectiveness of public events in raising awareness.

Challenges:

Difficulty in meeting the increased demand for organic vegetables and fruits in Viwandani.

To address this, DAT is mobilizing farmers and groups engaging in organic farming and linking them with consumers.

Regulatory Barriers: Lack of clear policies or regulations supporting organic food production and consumption. To address this, DAT has been lobbying for market development and support for access to safe foods in Viwandani.

ACKNOWLEDGEMENT

We extend our heartfelt gratitude to all who have contributed to our success during the year. First, we thank the residents of Viwandani Ward, Makadara Sub-County. Your active participation and commitment have been invaluable, driving the success of our programs.

We also deeply appreciate the Department of Health, Nairobi County Government, including teams from Makadara Sub-County. Your unwavering support and collaboration have been essential in implementing our initiatives effectively.

To our community health workers, your dedication in educating and supporting families on nutrition and food safety has made a significant impact. You are the backbone of our outreach efforts.

Our sincere thanks go to our project partners: Alliance Bioversity and CIAT: Your expertise and resources have greatly enhanced our projects and Feedback to the Future (FttF). Biovision Foundation: As our funding partner, your financial support has been crucial in achieving our goals.

We also acknowledge the contributions of Red Cross Kenya: Your partnership has strengthened our community outreach. Bioversity and Biosafety Association of Kenya (BIBA Kenya): Your collaboration has promoted biodiversity and biosafety within our programs.

Acknowledging the Muranga County Government partners and the Agroecology multi-stakeholder platforms for their collaboration, where DAT actively participated in various forums and activities aimed at learning and advancing the agroecology agenda.

Finally, to the DAT staff and Advisory Board, your tireless efforts and strategic guidance have been the driving force behind our achievements. Your hard work ensures we continue to make a positive impact in the community.

Our Partners;



A future for all, naturally

