

Diabetes Awareness Trust



Annual Report 2024

www.diabetesawarenesstrust.org

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Acronyms

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
CNAP	Nairobi County Nutrition Action Plan
KRA	Key Result Area

Message from the Director.



“

I reflect year 2024 with pride and gratitude on the progress we have made at Diabetes awareness Trust (DAT) in advancing our mission to prevent and manage diabetes and other non-communicable diseases (NCDs) through healthy living and safe food systems. This year has tested our resilience, deepened our community roots, and reaffirmed our belief that health is not just a medical issue, it is a food and lifestyle too.

The communities we serve, particularly in Viwandani, continue to inspire us. Their willingness to learn, adapt and take charge of their well-being has been the true engine of change. From small kitchen gardens blooming in urban plots to grassroots leaders standing up for food safety, we have witnessed firsthand what empowerment looks like when knowledge meets opportunity.

In our efforts, we have seen the importance of partnerships, not just with institutions, but with people. Whether it is the dedicated community health promoters, the supportive government officials, or our visionary collaborators and funders, every step forward has been a shared achievement. Together, we are slowly transforming perceptions and practices around food, nutrition and chronic illness.

Yet, challenges remain. The persistence of misinformation around organic food and the limited access to diabetes diagnostics underscore the urgency of our work. These are not just obstacles, they are calls to action that shape our priorities in 2025.

As we build on the gains made in the year, DAT remains committed to expanding awareness, strengthening community systems and influencing policy for healthier futures. Thank you to all our supporters, partners and community members who made this journey worthwhile.

Let us keep walking this path together, towards a healthier, more informed, and more resilient Kenya.

Happy reading!

Hannah Kigamba.
Director

Executive Summary

In 2024, Diabetes Awareness Trust (DAT) made notable strides in advancing food safety, promoting organic foods, and raising awareness on non-communicable diseases (NCDs), particularly diabetes. Working in close partnership with the Nairobi County Department of Health, DAT led impactful community initiatives including action days, dialogue forums, and medical camps across Makadara Sub-County. These engagements extended to Jericho Health Centre, enhancing outreach and sensitization efforts.

DAT's influence on policy and stakeholder engagement grew through active participation in key forums such as the Nairobi County Nutrition Action Plan finalization workshop (organized by GAIN) and the Central Kenya and Nairobi Conference on Agroecology and Indigenous Foods held in Nyeri organized by BIBA Kenya. At these events, DAT shared practical insights from its organic food initiatives in Viwandani, reinforcing its role as a leader in community-driven health and food systems transformation.

A major highlight was the Walk for Diabetes Awareness and free medical camp at Jericho Health Centre, which provided health screenings, consultations, and nutrition education. The event attracted widespread media coverage, amplifying DAT's advocacy for safe food practices and healthy lifestyles.

Under the Consumer Information and Nutrition Education program, DAT trained community health promoters, conducted household-level nutrition counselling, led cooking demonstrations featuring indigenous foods, and established the Network for Safe Foods and Health in Viwandani. This platform has strengthened coordination among CBOs, FBOs, and local leaders in advancing food safety and public health.

Community interest in organic farming grew significantly, with more households adopting small-scale urban gardens for their own consumption. However, persistent challenges remain. Misinformation and mistrust around organic foods continue to hinder full adoption, while limited access to affordable diabetes diagnostic tools in Viwandani restricts early detection and effective condition management.

Despite these challenges, 2024 marked a year of deepened community ownership, strategic partnerships, and evidence-driven advocacy for healthier food environments and improved NCD prevention.

Misinformation and mistrust around organic foods continue to hinder full adoption, while limited access to affordable diabetes diagnostic tools restricts early detection and effective condition management.

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 (NCDs).

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 leading source of trusted information and guidance on diabetes and other NCDs, and healthy living, empowering communities to achieve better health and well-being.



Mission:

To reduce suffering and prevent new cases of diabetes and other NCDs by promoting healthy lifestyles through information dissemination and experience-sharing platforms.



Core values;

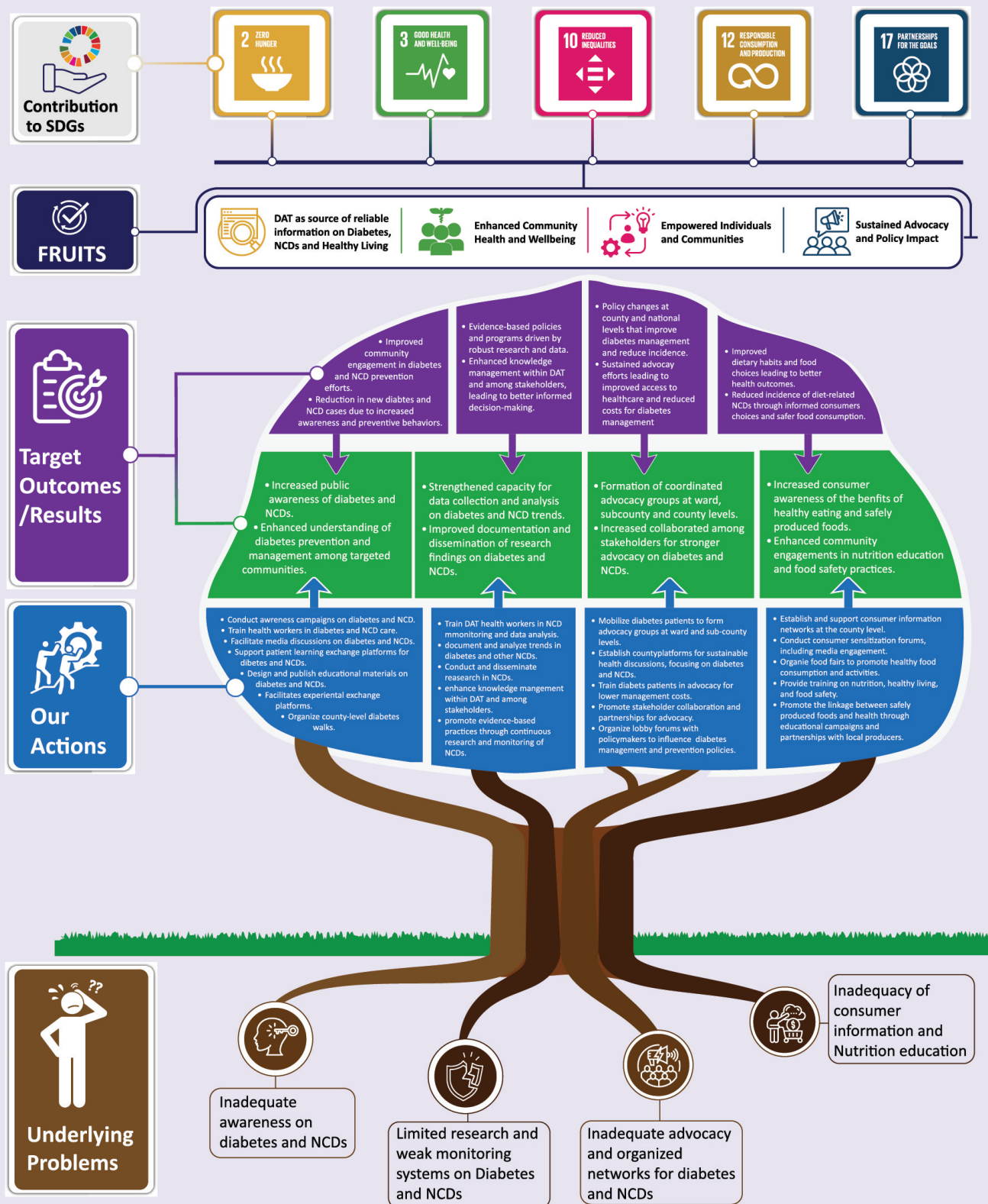
In order to deliver on its mandate DAT is guided by the following principles:

- 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.

DAT Strategic Direction



Key Achievements

Campaigns, Advocacy and Networking.

DAT organized three community dialogues in 2024 reaching out to 325 participants, including youth and representatives of people living with disabilities. These dialogues focused on food safety, hygiene, agroecological practices, and the role of safely produced foods in managing diabetes and other NCDs. On World Diabetes Day, DAT organized a walk for diabetes awareness and a free medical camp at Jericho Health Center, reaching out to 150 participants with health assessments, consultations, and nutrition counselling. The event garnered significant attention, with various media outlets covering it in prime-time news, further amplifying the advocacy for safe food practices and healthy lifestyles.

DAT also participated in the middle term review of the Nairobi County Nutrition Action Plan (CNAP) as a key stakeholder on KRA 3(Key Result Areas) in evidence-based references, which pertained matters on NCDs nutrition management with emphasis on consumption of safe produced foods, awareness creation and sensitization on NCDs.

DAT held a stakeholders meeting bringing on board 26 leaders from 8 CBOs and other NGOs working on food security and health in Viwandani to sensitize about project initiatives and introduce the new grassroots consumer network established in 2024, which is a loose network, dubbed "Network for Safe Foods and Health in Viwandani", to serve as an advocacy platform addressing health and food safety concerns.

DAT held monitoring visits to selected beneficiaries and also held a focus group discussion with representatives of groups engaged

in implementation for purpose of reviewing the project this revealed a growing commitment among beneficiaries, with some establishing small kitchen gardens to organically grow vegetables despite limited space. While these gardens cannot sustain families year-round, they demonstrated a significant shift towards prioritizing and consuming safe foods.





Awareness Creation on Diabetes and other NCDs.

DAT collaborated with department of Health to organize a walk for diabetes awareness and other NCDs, a free medical camp at Jericho Health Center, to sensitize the public on diabetes—its symptoms, management, and the advantages of incorporating organic foods into diabetes care and other NCDs. Also, DAT collaborating with community health promoters conducted household visits trainings at the village level, to address specific nutritional needs within households making the total number of households visited 213 for 2024.



Community Sensitization on NCDs



Consumer Information and Nutrition Education

Under the Consumer Information and Nutrition Education program, DAT made significant strides in promoting healthier eating habits and enhancing food safety awareness within the community. Through a series of training and awareness campaigns promoting healthy eating, DAT also emphasized on the importance of food safety, distributing educational materials on safe food storage and handling.

Community Health Promoters and Community Health Assistants sensitization:

CHPs sensitization of refresher training was organized to equip the 50 community health promoters and the 4 community health assistants with a deeper understanding of the link between safe food production and health as previously trained. The diverse consumer outreach activities by DAT collectively reached 641 participants in 2024 (473 females and 168 males, of which 359 were youths, equivalent to 56% under 35 years), equipping poor urban consumers with practical knowledge and skills, driving improvements in food choices, safer preparation methods, and healthier dietary practices within the community.

- **Family Counseling on Nutrition and Food Safety:** DAT in collaboration with CHA/CHPs and nutritionists reached out to 213 households providing counseling on food safety, hygiene and nutrition. Through monitoring efforts, it became evident that beneficiaries were increasingly committed to healthier practices, with some even creating small kitchen gardens to grow vegetables organically, despite having limited space. While these gardens may not be able to supply food throughout the year, they reflect a notable shift toward valuing and consuming safe, home grown produce.

- **Cooking Demonstrations:** DAT hosted four cooking demonstrations in Viwandani, emphasizing the use of organic vegetables and showcasing different cooking techniques. These sessions aimed to teach community members how to prepare nutritious meals using locally grown produce. Participants learned practical skills to incorporate healthier food choices into their daily routines, fostering a deeper understanding of food preparation and nutrition.

- **Training on Regenerative Agriculture and Establishing of Kitchen Gardens:** DAT organized a two-day training, facilitated by FttF's Thiong'o Gachie, on organic regenerative agriculture, including biological pest management, was conducted at the demo farm established at Lunga Lunga Health Centre which equally comprised an element of food safety and nutrition in regards to community acquisition of food and nutrition management of NCDs.

- **Exposure Visits:** Two exposure learning visits were organized in June and August in Kiambu and within Viwandani where selected consumers who included community health promoters visited organic and conventional farms in Lari, Kiambu County and also two organic gardens within Viwandani feed back to the future and ghetto shiners demo farms to understand the differences between organic and conventional farming and their impacts on health.

- **Promoting Sustainable Farming and Indigenous Food Systems:** DAT took part in the Central Kenya and Nairobi conference on agroecology and indigenous foods held in Nyeri, where they shared insights and experiences from the organic food project implemented in Viwandani. Their participation contributed to discussions on sustainable farming practices, the promotion of organic food, and the importance of preserving indigenous food systems. This platform allowed DAT to showcase the impact of their initiatives and exchange knowledge with other stakeholders in the field of agroecology.





Publications and Visibility;

World diabetes day walk and medical camp.

- https://youtu.be/mGg8UBd_cPQ?si=xHsNEaynSdQdeW/cC
- https://youtu.be/n1LA_2kGU38

Links of Articles published;

- <https://www.the-star.co.ke/counties/central/2024-11-27-chronic-illness-patients-opt-for-organic-foods-to-boost-immunity>
- <https://www.kenyanews.go.ke/healthy-nutrition-key-in-diabetes-prevention-and-management/>
- https://youtu.be/mGg8UBd_cPQ?si=xHsNEaynSdQdeW/cC
- <https://www.facebook.com/K24TVNews/videos/2837911756382079/>
 - https://youtu.be/n1LA_2kGU38?si=UqjiyPFXpe1qKPCG
 - https://youtu.be/fQCqEXw6aVo?si=2CHGj4dVF_8lqe5U
- https://www.youtube.com/live/c3UMJF-GoUg?si=xfSqk8vYHhO_Ayd7
- <https://www.facebook.com/100066969311216/posts/pfbid02yPi2TVx2B6RPfqp6d68TtYWz6MRG3bmzDSx1uoyuSBxvhQaur5MYaESG4AfmcDQQL/?app=fbl>
- <https://www.facebook.com/100066969311216/posts/pfbid0q4UK1vgTa5nZanUvLp3Ps6g87wFLHJ3c5ZdL1P42BQqMUHGhwBX5rF8NV1rHdcNsl/?app=fbl>
- <https://www.facebook.com/100066969311216/posts/pfbidowKvUzPuRBmwErdpF6CmFKHRBUvZ6mxW8KPQ5jW/HJ2VLDryDX1hpms3MromgvBwUL/?app=fbl>
- <https://www.facebook.com/100066969311216/posts/pfbid02LjJ5sMW/FtdTP8hqPS3cAutqaCm8ZvfNqC3apN2JprEs7trqHX7dGDoruCtRYSuDyl/?app=fbl>

Key Milestones and contribution in realization of set strategic objective as per strategic plan

Enhanced County Engagement for Agroecology;

Strategic collaboration with the Nairobi County Department of Health led to the institutional recognition of agroecology, evidenced by the allocation of space at Lunga Lunga Health Centre for DAT's organic demonstration garden. This has strengthened integration between public health and nutrition-focused organic farming approaches.

Strengthened Community Food Resilience;

Viwandani households increasingly adopted home gardening and safe food practices, reflecting a positive shift in consumer behavior. Community-level data showed a rise in food self-reliance and heightened awareness of food safety, contributing to local nutrition security.

Elevated Public Awareness and Community Empowerment;

World Diabetes Day 2024 was marked through participatory community dialogues and a medical camp, replacing traditional roadshows. This approach deepened public understanding, empowered residents to initiate advocacy efforts, and attracted media coverage that amplified DAT's call for healthy food systems nationally.

Increased Community Knowledge on Agroecology and Regenerative Agriculture;

Learning activities at the Lunga Lunga demonstration garden and exposure visits to organic farms in Kiambu and Viwandani significantly enhanced practical knowledge of organic food production among local residents, including health promoters and household caregivers.



Improved Health Service Delivery through Trained Health Workers;

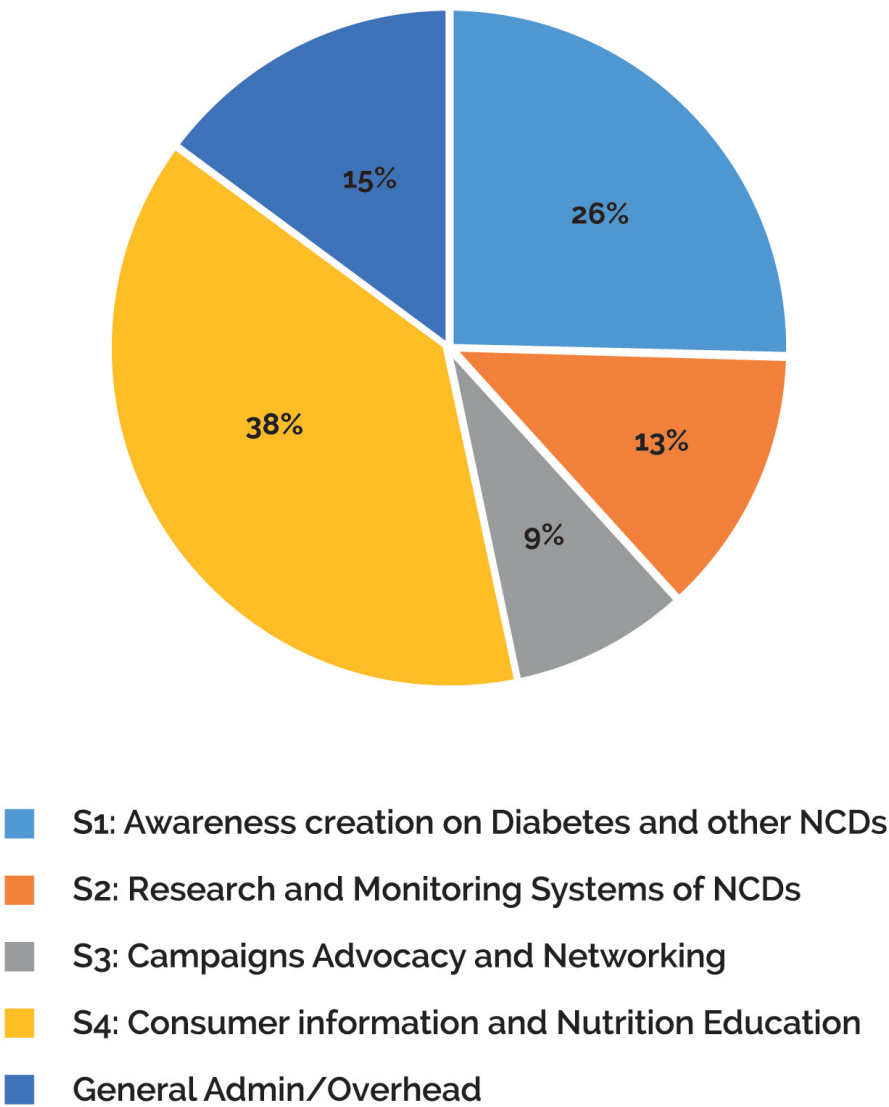
Retraining of Community Health Promoters (CHPs) and Community Health Assistants (CHAs) led to strengthened level 1 services in Viwandani. These frontline workers demonstrated improved capacity to guide households on safe, nutritious diets and the health risks of poor food choices.

Improved Household Nutrition and Revival of Traditional Food Practices;

DAT's engagement at household level reached 691 participants, resulting in increased adoption of healthier, balanced diets rooted in locally available and culturally appropriate foods. Cooking demonstrations featuring indigenous leafy vegetables revitalized interest in traditional eating habits, leading to greater consumption of nutrient-dense local foods and improved household nutrition outcomes.

Financial Statements

2024 Financial Presentation



Challenges and Lessons Learned

Key Lessons:

- Community dialogue forums have proven effective in building residents' capacity to understand and advocate for safe food.
- Increased support from the Department of Health, exemplified by the provision of space at Lunga Lunga Health Centre for an organic learning garden.
- Establishing the Network for Safe Foods and Health in Viwandani has created a platform for mapping key actors, including CBOs, FBOs, and community leaders, fostering collaboration and building synergies in addressing food safety and health concerns.

Challenges:

- Misinformation and Mistrust Around Organic Foods; Some community members still perceive organic food as expensive or unnecessary. Misinformation from unverified sources has made it harder to build widespread trust and sustained demand for agro-ecologically produced foods.
- Limited Access to Diagnostic and Monitoring Tools for Diabetes; Many community members in Viwandani lack access to affordable diabetes testing kits and monitoring tools. This limits early detection and regular monitoring, making it harder to manage the condition effectively at household level.

Acknowledgments

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 Biodiversity 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. Biodiversity and Biosafety Association of Kenya (BIBA Kenya): Your collaboration has promoted biodiversity and biosafety within our programs. 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.

Together, we have made significant strides in enhancing food safety, nutrition education, and health awareness in Viwandani and beyond. We look forward to continuing this journey with all of you.

THANK YOU.



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LinkedIn: Diabetes Awareness Trust – DAT

YouTube: @diabetesawarenesstrust

OUR PARTNERS



A future for all, naturally



NAIROBI CITY COUNTY
HEALTH, WELLNESS AND NUTRITION

