



**DIABETES  
AWARENESS  
TRUST**

# **DAT NEWSLETTER**

**Issue 03**

**Putting Safe Food at the Center of Healthy Living**



**January 2026**

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## EDITOR'S NOTE

The final quarter of 2025 marked an important period of momentum and consolidation for Diabetes Awareness Trust (DAT). During this period, DAT moved decisively from learning and piloting into scaling action, strengthening integrated approaches that link health, nutrition, safe food systems, and consumer empowerment.

Across community, county, national, and global platforms, DAT deepened its engagement to demonstrate that effective prevention and management of non-communicable diseases (NCDs) require more than clinical responses alone. They depend on safe and accessible food environments, informed consumers, responsive health actors, and enabling policies that translate evidence into practice.

This issue of our newsletter highlights key developments from the last quarter of 2025, including strategic global engagements, national leadership spaces, completion of our first consortium project, the launch of major initiatives, strengthened partnerships, and sustained community outreach. As we look ahead to 2026, DAT remains focused on deepening impact, strengthening systems, and working collaboratively to build healthier communities.

Sincerely,  
Secretariat Team!



# Global Learning & Strategic Engagement

## DAT at the Biovision Symposium – Switzerland (November 2025)

DAT participated in the Biovision Foundation Symposium in Switzerland, a global platform convening researchers, practitioners, policymakers, civil society organizations, and funders working to advance agroecology, sustainable food systems, and human health.

At the symposium, DAT shared practice-based evidence from its Urban Nutrition Project in Viwandani, Nairobi, highlighting how unsafe food environments, limited dietary diversity, and low consumer awareness are directly contributing to the rising burden of diabetes and other NCDs in urban informal settlements.



*Hannah Kigamba , Director DAT making presentation during symposium*

DAT emphasized that while nutrition advice is widely promoted, access to safe, diverse, and affordable food remains a critical gap, particularly for low-income households and people living with NCDs.

The symposium also provided valuable learning on scaling agroecological innovations, strengthening policy–practice feedback loops, and using community-level evidence to influence food and health policy. These insights directly informed the design of DAT;s Programmes, reinforcing the importance of linking health systems, food environments, and consumer empowerment.



*Pannel discussion on Urban Nutrition Project during the symposium.*

## Strategic Visit to Swiss TPH – Switzerland



From Left to Right; Séverine Erisman (Biovision Foundation), Helen Prytherch (SWISS TPH), Hannah Kigamba (DAT), Mélanie Surchat (Biovision Foundation), and Cornelia Speich (SWISS TPH).

While in Switzerland, DAT also held strategic engagements with the Swiss Tropical and Public Health Institute (Swiss TPH).

Discussions focused on:

- Strengthening nutrition and NCD prevention within health systems
- Bridging research and implementation, ensuring community experiences inform evidence generation
- Exploring opportunities for technical exchange and joint learning

This visit reinforced a shared commitment to integrated approaches that connect food environments, nutrition, and health outcomes, and opened pathways for continued collaboration in research, learning, and policy engagement.

## National Leadership & Programmatic Milestones

### DAT at the 1st National NCDs Conference in Kenya



Proceedings during the 1st National NCDs conference.



DAT participated in the 1st National NCDs (Non-Communicable Diseases) Conference in Kenya held in Nairobi County for three days from 19<sup>th</sup> to 21<sup>st</sup> November 2025. A milestone national platform convening government institutions, health professionals, researchers, civil society organizations, and development partners to address the growing NCD burden. DAT's engagement emphasized perspectives grounded in community realities, calling attention to:

- The central role of nutrition and safe food environments in preventing and managing NCDs
- The disconnect between clinical advice and food availability, especially among low-income households.
- The urgency of linking health systems, food systems, and consumer education.

Participation in the conference strengthened DAT’s national visibility and affirmed its role as a bridge between public health, nutrition education, and food systems transformation in Kenya.



On left Dr. Catherine Karekezi, Executive Director NCD Alliance Kenya and Rahab Wathithi of DAT during the 1st National NCDs Alliance

## Completion of DAT’s First Consortium Project (2023–2025)

DAT successfully finalized its first-ever consortium project, coordinated by Alliance Bioversity & CIAT (ABC). The consortium brought together complementary strengths, with DAT leading consumer engagement and integration of health actors, Feedback to the Future (FtF) focusing on farmer-centered interventions, and ABC providing research leadership and learning documentation.

The project demonstrated that transforming food systems requires coordinated action across consumers, producers, health actors, and researchers. Lessons generated through this collaboration have directly informed DAT’s subsequent programming and partnership approaches.

### Key Reach and Results (Phase I)

**3,487**



**General consumers** reached through nutrition education forums, cooking demonstrations, exposure learning visits, and household follow-ups.

**50**



**Community Health Workers** trained on the link between agroecology and human health and actively engaged throughout the project, including household-level follow-up.

**35**



**Stakeholders** engaged, including County Government representatives and Civil Society Organizations (CSOs)

**17,610**



**Indirect beneficiaries reached**, based on conservative assumptions that each direct beneficiary shared information with at least three others, alongside additional reach through public awareness events, media engagement, and social media platforms.



*Images of various activities under Urban Nutrition Project*

## **New Projects, Partnerships & Community Action** **Healthy Living with T1D – Thika Sub-County, Kiambu County**

In 2025, DAT onboarded Healthy Living with T1D, implemented with support from Panorama T1D. The project expands DAT’s Community Diabetes Support Network (CDSN) by Strengthening clinical self-management and psychosocial support Improving access to safe and nutritious foods.

Empowering patients, caregivers, and health actors as core partners in care. The initiative places people living with Type 1 Diabetes at the center of resilient care systems, recognizing that effective management goes beyond medication to include nutrition security, emotional support, and community empowerment.



*DAT at the DMI Walk ; standing with children living with Type 1 Diabetes.*



*Under the T1D project, DAT is partnering with IFIAD to establish an organic demo garden at Thika Level 5 Hospital to support access to safe vegetables for patients including children with Type 1 diabetes*



*T1D project, DAT is partnering with IFIAD: progress of vegetables at the organic demo garden at Thika Level 5 Hospital*

## Launch of the Food Farmacy Initiative – Murang’a County.

DAT officially launched the Food Farmacy Initiative on 5 November 2025 in Murang’a County.

The initiative is co-funded through a collaborative model by Biovision Foundation and Sustainable Agriculture Foundation Africa (SAF-A). In-kind Murang’a County Government is providing support through (staff time & regulatory backing). The project is implemented in collaboration with Global Open Data for Agriculture and Nutrition (GODAN) and Organic Agriculture Center of Kenya (OACK).



Food Farmacy responds to Murang’a’s intertwined challenges of food insecurity, malnutrition, and rising NCDs by linking agroecology, nutrition advisory, and health systems. It brings safe, diverse foods closer to households while strengthening local markets and policy implementation.

## World Diabetes Day – Community Campaign in Viwandani (14 Nov 2025)



DAT marked World Diabetes Day through a community-based campaign in Viwandani, Makadara, reaching vulnerable urban households with Diabetes awareness Nutrition education Practical guidance on safe and healthy food choices.

The campaign reinforced DAT's commitment to meeting communities where they are, translating global awareness days into meaningful local action.

- ▶ Link aired at NTV 1pm news: <https://www.youtube.com/watch?v=igk8s6oJK4I>
- ▶ Link by tv 47: [https://www.youtube.com/watch?v=q691dmq\\_sz4](https://www.youtube.com/watch?v=q691dmq_sz4)
- ▶ Link by KBC: <https://www.youtube.com/watch?v=IKRtqNwA-N8>

## Looking Ahead: Priorities for 2026 and Beyond

With strengthened partnerships, flagship initiatives, and growing national and global engagement, Diabetes Awareness Trust (DAT) is well positioned to advance its work in 2026. Following completion of the baseline, full implementation of the Food Farmacy Initiative will kick off from February 2026, translating evidence and planning into on-the-ground action. At the same time, DAT will begin Phase II of the Urban Nutrition Project in Viwandani, Nairobi, building on earlier gains to further address unsafe food environments, nutrition education, and NCD prevention in urban informal settlements.

In 2026, DAT will also strengthen its communication and visibility, including the production of quarterly e-newsletters, expanded media engagement, and deeper networking and partnership building.

In parallel, the organization will initiate the development of its Second Strategic Plan (2027–2031), informed by a review of the first strategic plan and lessons from implementation. As DAT moves forward, its focus remains clear: informed consumers, safe food environments, responsive health systems, and policies that work for people.

## About Diabetes Awareness Trust (DAT)

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). DAT focus areas include;

**01** Awareness Creation on Diabetes and other (NCDs)

**02** Consumer Information and Nutrition Education

**03** Psychosocial Support and Knowledge Sharing

**04** Campaigns, Advocacy and Networking

**05** Research and Monitoring Systems of NCDs

## Our Partners



## Our Donors





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