



**DIABETES
AWARENESS
TRUST**

DAT NEWSLETTER

Advancing Health Through Food Systems and Community Action

April 2026

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Editor's Note

Dear Reader,

The first quarter of 2026 marked a period of execution and expansion for Diabetes Awareness Trust (DAT), as ongoing programs moved from design into structured implementation across community and health system levels. This phase focused on strengthening integrated approaches that connect nutrition, agroecology, primary healthcare, and community-based support systems.

This issue highlights key developments from the quarter, including the launch of Phase II of the Urban Nutrition Project in Viwandani, the rollout of the Food Farmacy Initiative in Murang'a anchored in baseline evidence, expanded engagement with young people living with Type 1 Diabetes in Thika, and continued participation in national and county policy and advocacy platforms shaping food systems governance. It also reflects internal strengthening through new staff recruitment and targeted capacity-building to improve delivery and sustainability.

The pages ahead unpack these milestones what we've learned, what the data tells us, and how partnerships are driving progress.

Sincerely,
Brenda King'ori,
Communications Officer

Building Momentum: Strengthening Food Systems for Better Health Outcomes.

Urban Nutrition Phase II: Expanding Reach and Deepening Impact in Viwandani, Nairobi County.

Building on the gains of Phase I, which connected vulnerable consumers in Nairobi with small-scale organic producers in Makueni County, DAT officially kicked off Phase II of the Urban Nutrition Project (2026–2028). A planning meeting with the Department of Health, Makadara Sub-County brought together key stakeholders to align on priorities and set the stage for implementation.

Phase II goes further and deeper. Activities will include training additional Community Health Promoters, strengthening the organic demonstration garden at Lunga Lunga Health Centre, engaging two public primary schools in Viwandani, rolling out structured household nutrition follow-ups, expanding cooking demonstrations, and implementing WASH and food safety trainings across the community.



Department of Health, Makadara Sub-County, DAT team, and Alliance Bioversity & CIAT representative during the Urban Nutrition Phase II planning meeting.

FoodFarmacy: Moving from Planning to Action in Murang'a County.

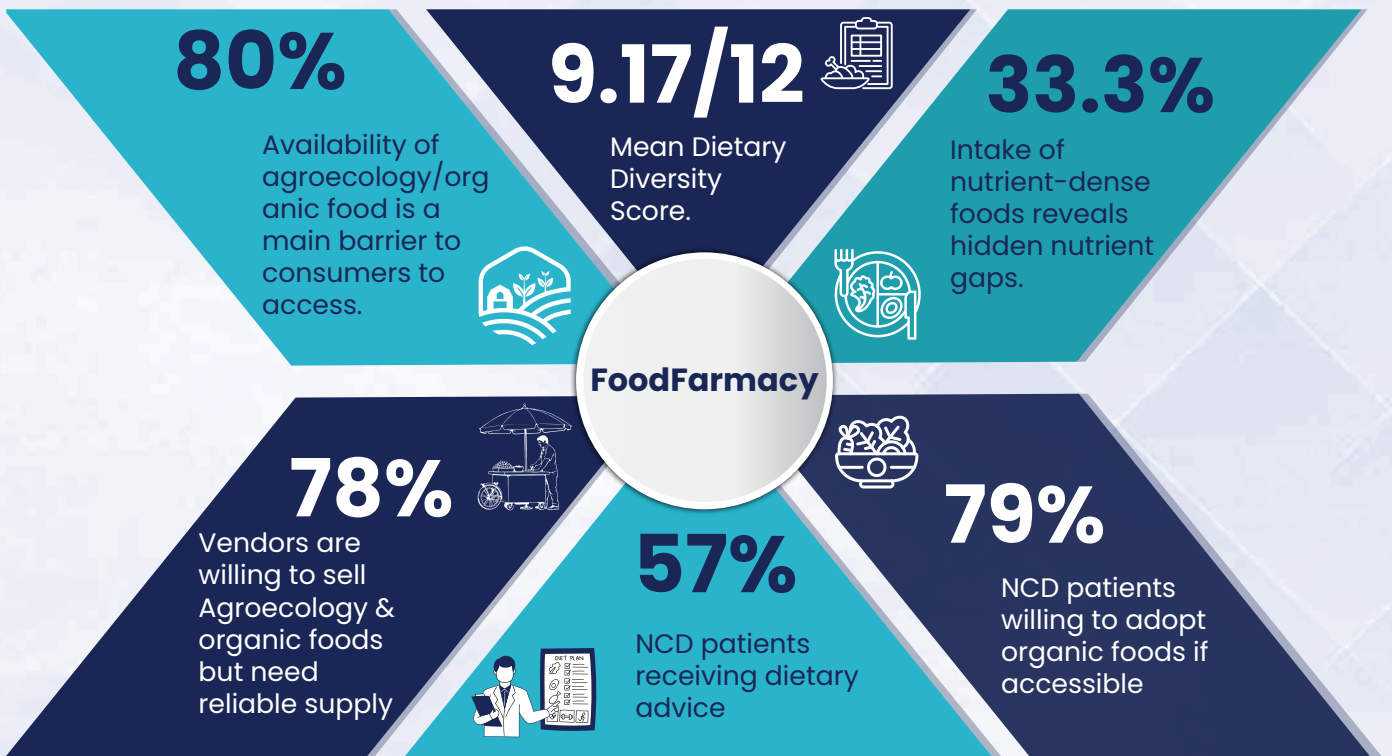
The FoodFarmacy Initiative, DAT's flagship program linking agroecology, nutrition advisory, and health systems in Murang'a County entered its implementation phase in Q1 2026. The shift was anchored by a rigorous baseline study conducted across Kangema and Kenol towns, which gave us the evidence we need to drive real, measurable change over the next four years.

What the Data Is Telling Us

The baseline surveyed **277 participants across Kangema and Kenol**; farmers, consumers, NCD patients, vendors, parents, and Community Health Workers and validated the findings at a stakeholder meeting in January 2026. The picture is clear: awareness of healthy eating exists, but access and affordability remain the real barriers.

While dietary diversity appears high, it does not translate into adequate nutrition. Diets are still dominated by starches, with limited intake of nutrient-dense foods. zero health workers presently recommend organic or agroecological foods, despite 72% of Community Health Workers being familiar with the concept.

The data points to a clear mandate: make safe, organic food affordable and accessible, integrate nutrition counselling into health systems, and connect farmers to reliable markets. That is exactly what the Food Farmacy is built to do.



Implementation Kicks Off

Following the baseline, DAT held a strategic engagement with the Murang'a County Department of Health led by the Director of Devolution to align activities with county health priorities. The focus: integrating nutrition education into primary healthcare and bridging the gap between local food producers and health facilities.

The initiative is co-funded by Biovision Foundation and Sustainable Agriculture Foundation Africa (SAF-A), implemented alongside GODAN and OACK, and supported in-kind by the Murang'a County Government.



FoodFarmacy Team and Murang'a County Department of Health during a planning meeting on collaboration in implementing the Initiative.

Expanding Awareness and Support for Type 1 Diabetes

Type 1 Diabetes Workshop held in Thika, Kiambu County

DAT, in collaboration with Thika Level 5 Hospital, convened a forum for young people living with Type 1 Diabetes (T1D) specifically those below 25 years and caregivers of children managing the condition. The session offered a safe, supportive space to build practical nutrition skills including carbohydrate counting, receive psychosocial support, and share personal journeys.

For many participants, simply connecting with others navigating the same daily challenges was transformative. The forum reinforced a message central to DAT's work: no one should face Type 1 Diabetes alone. Effective T1D management reaches beyond medication into nutrition, emotional wellbeing, and community and DAT's Healthy Living with T1D project, supported by Panorama Global through the T1D Fund, is designed with that in mind.

Watch the highlights of the workshop: [Type 1 Diabetes Workshop - Thika, Kiambu County, Kenya.](#)



Proceedings for the Type 1 Diabetes workshop.

TV Talk Show on Type 1 Diabetes

DAT further strengthened its public awareness efforts through a media engagement on NTV, where the Director represented the organization in a national conversation on Type 1 Diabetes (T1D), reaching a broad Kenyan audience with messages on early diagnosis, insulin management, and the daily realities faced by children and families living with the condition. The engagement reinforced the need for stronger public awareness, better health system support, and community education as a cornerstone of diabetes management.



Hannah Kigamba, Director DAT, speaking during a live NTV discussion on Type 1 Diabetes.

👁️ Watch full discussion: [Living With Type 1 Diabetes | Symptoms, Management |](#)

Advocacy, Policy and Partnerships: Influencing Policy and Strengthening Food Systems Governance

Agri-Expo

DAT participated in the 9th Africa Agri-Expo at the KICC in February, engaging with global agribusiness leaders and exploring innovations in food systems. Our presence ensured that the connection between sustainable agriculture and community health and the voices of people living with NCDs remained part of the national conversation on trade and food technology.



First and third from the right, respectively, are Rahab Wathithi and Elizabeth Njoka of DAT with exhibitors during the 9th Africa Agri Expo

Post-Harvest Workshop

DAT joined a national two-day consultative workshop, Horticulture Reimagined: Transforming Production, Post-Harvest and Market Access hosted by the World Vegetable Center. The workshop, supported by the IKEA Foundation and SNV, brought together NGOs, government agencies, and private institutions to advance regenerative agriculture and sustainable vegetable business models across Kenya and Ethiopia.

A key insight from the engagement: market access, not just crop yield, is the primary driver of higher household income for smallholder farmers. DAT's participation reinforced its role at the intersection of food systems and health and highlighted the importance of policy engagement at local level to institutionalize sustainable practices like agroecology.



Group discussion session during the Post-Harvest Workshop, with Rahab Wathithi, Project Administration Officer at DAT (Seated on right side), taking part.



Ms. Rahab at the Post-Harvest Workshop hosted by the World Vegetable Center.

Kiambu Public Participation

DAT participated in the Kiambu County Agroecology Bill Public Participation held at the Kiambu County Assembly on 21st January 2026. During the session, DAT submitted a petition outlining key recommendations for consideration in the Bill. The inputs emphasized the importance of integrating nutrition and health perspectives within agroecology policy, particularly the link between safe, sustainably produced food and the prevention and management of non-communicable diseases (NCDs). DAT also highlighted the need to strengthen consumer awareness, support local food systems, and ensure that agroecological approaches contribute to improved public health outcomes.



Hannah Kigamba, DAT Director participating in media interview after public participation outside Kiambu County Assembly.

Organizational Strengthening

Staff Capacity Building on Resource Mobilization and Reporting

In January 2026, DAT staff came together for a four-day institutional strengthening workshop, facilitated by Impact Africa Consulting. The training covered two complementary areas: strategic resource mobilization and results-based reporting and documentation.

On resource mobilization, participants shifted their thinking from short-term fundraising to long-term, impact-driven partnership building exploring donor mapping, competitive positioning, and a bold ambition to grow DAT's resource base tenfold by 2028. On reporting, the training reinforced a core principle: credible reporting starts with clear results, not just activities. Participants refined DAT's Theory of Change, developed standardized reporting templates, and committed to embedding reporting into program design from the start.

The workshop established a clear institutional logic: strong results drive credible reporting, credible reporting builds donor confidence, and donor confidence unlocks sustainable funding.



The 3rd Day of the Training workshop. This focused Reporting and Documentation.



Participants group photo together with the trainer from Impact Africa.

Growing the DAT Team

DAT strengthened its team in Q1 2026, welcoming two new members to support its expanding work:

- 🕒 A Communications Officer — to strengthen strategic communication, visibility, and knowledge dissemination
- 🕒 An Accounts Assistant — to support financial management and accountability

These additions reflect DAT's commitment to building the internal capacity needed to sustainably scale its programs, partnerships, and impact.

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)

04 Campaigns, Advocacy and Networking

02 Consumer Information and Nutrition Education

05 Research and Monitoring Systems of NCDs

03 Psychosocial Support and Knowledge Sharing

Implementing Partners:



Strategic Partners:



Funding Partners:





Arusha Street, Ngoigwa, Thika |
Elegant Court, Ground Floor, A1,
Kiambu County 01000, Kenya



+254 (0) 795 204 520



info@diabetesawarenesstrust.org



<https://diabetesawarenesstrust.org/>



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@diabetestrust