



**DIABETES
AWARENESS
TRUST**



ANNUAL REPORT

2025

www.diabetesawarenesstrust.org

Table of Contents

Table of Contents	1
Acronyms	2
Message from the Chairperson	3
Message from the Director.	4
Executive Summary	5
About Us	6
Whom DAT Works With	6
Purpose and Direction	6
Vision:	6
Mission:	6
Core values;	6
DAT Thematic Programmes	6
DAT Strategic Direction	7
Strategic Growth & Partnerships	8
2025 Key Results at a Glance.	9
Key Highlights Across DAT Thematic Areas.	10
Consumer information and nutrition education.	10
Campaigns, Advocacy and Networking.	12
Awareness Creation on Diabetes and other NCDs.	14
Research and Monitoring Systems on Diabetes and other NCDs	15
Publications and Visibility	15
Financial Statements	16
Challenges and Lessons Learned.	17
Key Lessons:	17
Challenges Encountered and How DAT Responded:	17
Looking Ahead: Strategic Priorities.	17
Acknowledgments.	18
Partners.	18
Implementing Partners.	18
Strategic Partners.	18
Funding Partners.	18

Acronyms

BFCI	Baby-Friendly Community Initiative
CDSN	Community Diabetes Support Network
CIAT	International Center for Tropical Agriculture
CSOs	Civil Society Organizations
DAT	Diabetes Awareness Trust
FBOs	Faith-Based Organizations
GODAN	Global Open Data for Agriculture and Nutrition
NCDs	Non-Communicable Diseases
OACK	Organic Agriculture Centre of Kenya
SAF-A	Sustainable Agriculture Foundation Africa
SDG	Sustainable Development Goals
T1D	Type 1 Diabetes
WASH	Water, Sanitation, and Hygiene

Message from the Chairperson



In behalf of the Advisory Board, I am pleased to present the 2025 Annual Report of Diabetes Awareness Trust (DAT).

The year marked important progress in strengthening the organization's institutional growth, partnerships, and contribution to preventive health and nutrition efforts in Kenya. The Advisory Board is encouraged by DAT's continued commitment to accountability, innovation, and community-centered programming.



Lynnette Muthoki - Chairperson

During the year, the organization strengthened strategic partnerships, expanded its Programme portfolio, and enhanced its visibility within national and international discussions on food systems, nutrition, and non-communicable diseases. The launch of the two projects and the growth of existing programmes demonstrate DAT's increasing capacity to respond to emerging community health challenges through practical and collaborative approaches. The successful completion of the three-year Urban Nutrition Phase I project (2023–2025) was also a significant milestone that strengthened DAT's recognition within Nairobi County for promoting holistic approaches that link nutrition, food systems, and prevention of non-communicable diseases (NCDs). The organization also continued strengthening relationships with County governments, development partners, research institutions, and communities, contributing to the sustainability and credibility of its work.

The Advisory Board appreciates the dedication of the DAT team, partners, and stakeholders whose collective efforts continue to advance the organization's mission. As DAT moves forward, the Board remains committed to providing strategic oversight and guidance to support the organization's continued growth, accountability, and long-term impact.

Sincerely,
Lynnette Muthoki,
Chair Person, Advisory Board – Diabetes Awareness Trust (DAT)

Message from the Director

The year 2025 was a significant period of growth, learning, and renewed commitment for Diabetes Awareness Trust (DAT). Across the year, the organization continued strengthening its efforts to promote healthier lifestyles and contribute to the prevention and management of diabetes and other non-communicable diseases within communities.

One of the most encouraging reflections from the year was the growing community interest in practical approaches that connect safely produced foods with human health. Through nutrition education, awareness campaigns, outreach activities, and community engagement, DAT witnessed increasing recognition of the important role that safe and nutritious foods play in improving health outcomes and preventing disease.

For instance, Ms. Margaret Wambui, a vendor from of star of hope Unit in Viwandani established an organic kitchen garden to support healthy food consumption within her household and also respond to growing demand from community members seeking safely produced vegetables. This reflects the gradual shift from awareness to practical community action and healthier food choices.

The launch of the FoodFarmacy Initiative and the Healthy Living with Type 1 Diabetes (T1D) project represented important milestones in advancing integrated and community-centered solutions. These initiatives strengthened DAT's mission of promoting preventive health approaches.



Hannah Kigamba - Director

that go beyond treatment and place greater focus on healthy living, community resilience, and access to safe foods. The progress highlighted in this report would not have been possible without the dedication of communities, partners, government institutions, health actors, and supporters who continue to believe in DAT's mission. As the organization looks ahead, the commitment remains to strengthen collaboration, expand impact, and continue supporting healthier and more informed communities across Kenya.

**Sincerely,
Hannah Kigamba,
Director, Diabetes Awareness Trust (DAT)**

Executive Summary

Diabetes Awareness Trust (DAT) is a Kenyan non-profit organization established to promote healthy living and contribute to the prevention and management of diabetes and other non-communicable diseases (NCDs). Through community engagement, nutrition education, advocacy, and partnerships, DAT works to strengthen preventive health approaches and improve access to safe and nutritious foods.

In 2025, DAT experienced significant organizational growth through strengthened partnerships and the launch of two Projects dubbed Food-Farmacy initiative linking nutrition, health, and sustainable food systems and Healthy Living with Type 1 Diabetes (T1D) project in Thika Sub-County, Kiambu County. These initiatives strengthened community-centered approaches that promote healthier lifestyles, improve nutrition awareness, and support people living with NCDs.

Throughout the year, DAT implemented interventions across its thematic areas including nutrition education, awareness creation on diabetes and other NCDs, campaigns and advocacy, psychosocial support, and research and monitoring systems. Through these interventions, over 5,000 individuals were reached with information on healthy diets, food safety, and lifestyle change, while additional outreach activities strengthened community health action, local advocacy, and policy engagement on NCD prevention. DAT also enhanced its visibility through participation in national, regional, and global policy and health forums.

DAT further contributed to evidence generation through participation in the Urban Nutrition Project Phase I led by the Alliance of Bioversity International & CIAT, supporting efforts to strengthen food systems and nutrition outcomes in urban informal settlements.

Looking ahead, DAT remains committed to scaling up integrated approaches linking nutrition, preventive health, and sustainable food systems while strengthening strategic partnerships, community engagement, advocacy, and organizational visibility.



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:

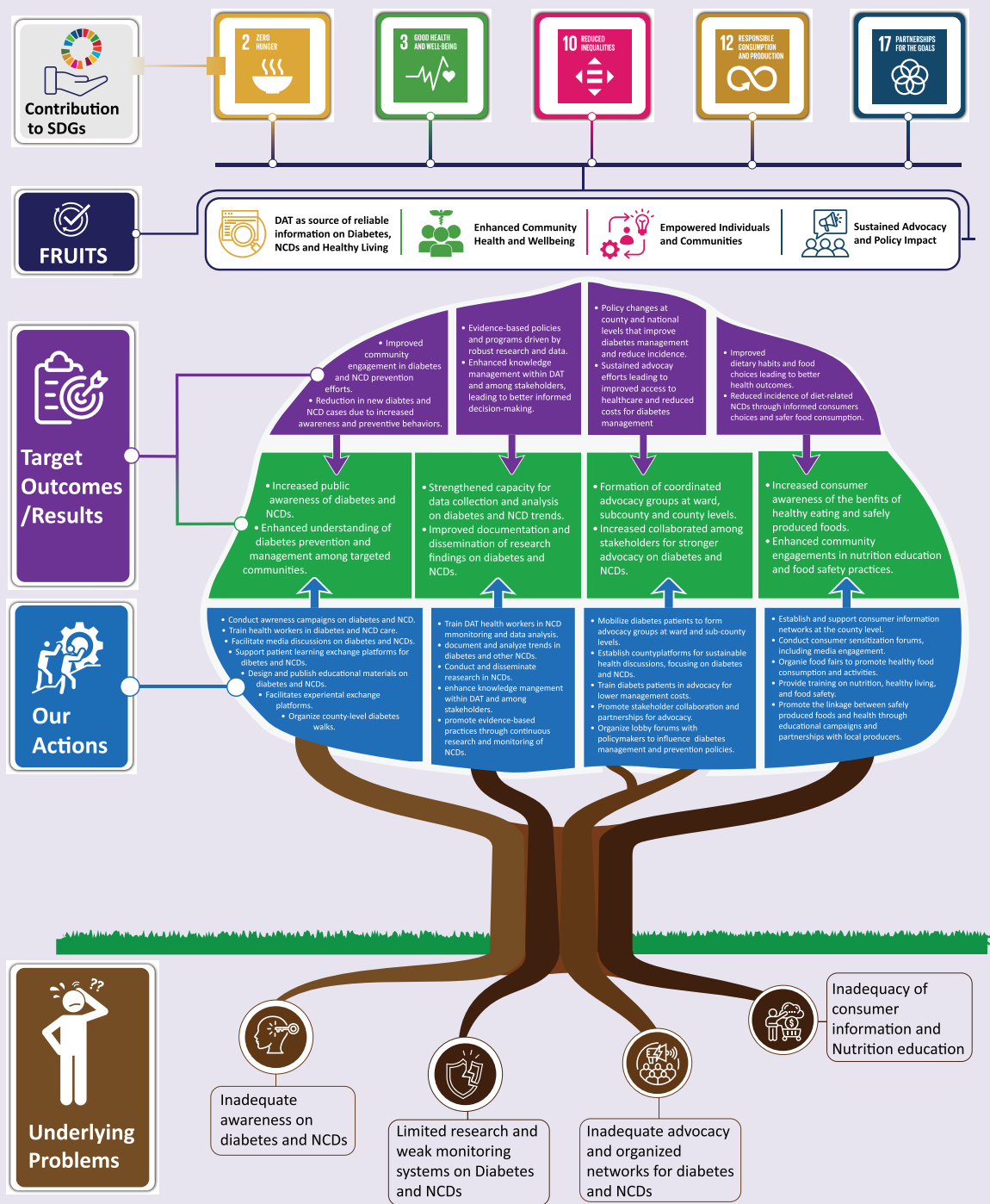
- a) **Integrity:** Do the right thing
- b) **Transparency:** Share information openly
- c) **Excellence:** Be the best
- d) **Innovation:** Be creative; think differently

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.

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

DAT Strategic Direction





FoodFarmacy Launch

Strategic Growth & Partnerships

In 2025, DAT experienced significant organizational growth through the launch of new projects and strengthened strategic partnerships aimed at advancing preventive health, nutrition, and sustainable food systems in Kenya. These collaborations enhanced DAT's capacity to implement community-centered interventions linking health, nutrition, and agroecology.

FoodFarmacy Initiative – Murang'a County; DAT officially launched the FoodFarmacy Initiative in Murang'a County on 5 November 2025. The Initiative is implemented in collaboration with Murang'a County Government, Global Open Data for Agriculture and Nutrition (goDAN), and Organic Agriculture Centre of Kenya (OACK). The initiative is funded by Biovision Foundation and Sustainable Agriculture Foundation Africa (SAF-A). The initiative addresses food insecurity, malnutrition, and rising NCDs by linking agroecology, nutrition advisory, and health systems to improve access to safe and nutritious foods while strengthening local food systems and preventive healthcare approaches.

Healthy Living with Type 1 Diabetes (T1D); With support from Panorama T1D, DAT launched the Healthy Living with T1D project in Thika Sub-County, Kiambu County, running from February 2025 to March 2027. The project strengthens community support systems for people living with Type 1 Diabetes through nutrition education, peer support, psychosocial care, and improved access to safe and nutritious foods, while expanding DAT's Community Diabetes Support Network (CDSN).



DAT Team participated in the Step Out For Children With Diabetes under the Type 1 Diabetes Initiative

2025 Key Results at a Glance

“

Improved community awareness on healthy diets, safe foods & lifestyle change.

5,044 individuals reached through Nutrition education, public awareness events, Community dialogues, Household sensitization, Learning exchanges, and outreach campaigns.

Strengthened community health actions & local advocacy on NCDs prevention.

2000+ individuals reached through medical camps, Awareness Campaigns and Awareness walks.

Enhanced policy & global engagement.

3,000+ stakeholders reached through participation in national, regional, and global Conferences, policy forums, and exhibitions.

Key highlights across DAT Thematic areas

Consumer information and nutrition education.

In 2025, DAT made notable progress in promoting healthier eating habits and increasing food safety awareness within the community. Through a series of trainings, awareness campaigns, and cooking demonstrations, the organization highlighted the importance of proper nutrition while emphasizing safe food handling and storage practices. Educational materials were distributed to reinforce these key messages and support informed decision-making at the household level. During the year, DAT reached 387 participants, including 122 youths, with essential knowledge on the consumption of safely produced foods and nutrition therapy for non-communicable diseases (NCDs). The organization also expanded its outreach to include teen mothers with children under five, providing guidance on complementary feeding as well as Water, Sanitation, and Hygiene (WASH) practices.





Cooking demonstrations conducted in Viwandani further equipped participants with practical skills to prepare nutritious meals using locally available organic produce, encouraging the adoption of healthier eating habits. By promoting the “food as medicine” approach, DAT continues to empower Kenyan families to better manage chronic conditions and build a healthier future for the next generation



Cooking demos

Campaigns, Advocacy and Networking

In 2025, DAT strengthened its advocacy and community systems work, reaching 286 individuals, including 94 youth, through targeted health promotion and awareness initiatives aligned with SDG 2 (Zero Hunger) and SDG 3 (Good Health and Well-being). In collaboration with the Department of Health, DAT organized a diabetes and NCD awareness walk at Lunga Lunga Health Centre and facilitated free medical camps at Jericho Health Center. These interventions improved community awareness on early detection, prevention, and management of diabetes and other NCDs, while promoting the role of safely produced foods in supporting better health outcomes.

At the community level, DAT strengthened local ownership and sustainability by building the capacity of the Network for Safe Food and Health in Viwandani. Through this approach, community leaders were empowered as health champions, enhancing local advocacy, reinforcing behavior change, and supporting long-term reductions in NCD risk factors through improved food practices and health awareness.

DAT also contributed to national, regional, and global policy dialogue, ensuring community evidence informs decision-making. The organization participated in the 1st National NCD Conference in Nairobi, engaging government and development stakeholders on Kenya's growing NCD burden. At the Biovision Symposium in Switzerland, DAT presented evidence from its Urban Nutrition Project, highlighting the link between unsafe food environments, limited dietary diversity, and rising NCD prevalence in informal settlements. Further, DAT participated in the 4th Global NCD Alliance Forum in Rwanda, contributing to high-level discussions on "Healthy Cities, Healthy Lives" and showcasing community-driven, scalable solutions from Nairobi's informal settlements.



Second from the right Elizabeth Njoka program officer, Nutrition DAT
at a panel discussion at the 4th Global NCD Alliance Forum in Rwanda



Hannah Kigamba, Director Diabetes Awareness Trust At a panel discussion at the Biovision Symposium in switzerland

Additional advocacy milestones included Baby-Friendly Community Initiative (BFCl) trainings, seed sovereignty and biosafety advocacy, and World Diabetes Day outreach campaigns in Makadara targeting vulnerable households. At the Kenya National Food Systems Summit 2025, DAT advanced national dialogue on sustainable food systems, emphasizing the role of agroecologically produced foods in NCD prevention and improved population health outcomes.



DAT exhibition booth at the Kenya National Food Systems Summit 2025



World Diabetes Day outreach campaigns in Makadara

Collectively, these interventions demonstrate DAT's contribution to system change, strengthening community capacity, influencing policy dialogue, and advancing integrated food and health solutions that improve resilience and long-term health outcomes for vulnerable populations in Kenya.

Awareness Creation on Diabetes and other NCDs

Through our Awareness Creation on Diabetes and other NCDs program, DAT, in collaboration with the Department of Health, organized a diabetes and NCDs free medical outreach camp at Sinai Rehabilitation Centre. These activities focused on sensitizing the public on diabetes and hypertension, including their symptoms, prevention, and management, while highlighting the importance of incorporating safely produced foods into NCD care and healthy living.

The initiative successfully reached 170 clients, including 37 young people, who were equipped with practical knowledge to better manage and prevent chronic conditions. By providing reliable health information and promoting healthier lifestyle choices, the program empowered participants to become active agents of change within their communities. This intervention remains a key component of DAT's broader mission to reduce the burden of NCDs and promote long-term health and well-being across Kenya.



Community sensitization on NCDs

Research and Monitoring Systems on Diabetes and other NCDs.

DAT was an implementing partner in the Urban Nutrition project Phase I that ended in 2025 led by the Alliance of Bioversity International & CIAT in Kenya. The initiative links rural food production systems in Makueni with urban consumers in Nairobi's informal settlements, including Viwandani, to improve nutrition and food systems outcomes.

While CIAT led research on food environments and consumption patterns, DAT supported community engagement in Viwandani to ensure findings reflected local realities and informed practical community action. The evidence generated contributed to stakeholder dialogues, scientific publications, and international discussions on food systems, nutrition, and non-communicable diseases (NCDs). Link for the Research; <https://hdl.handle.net/10568/176533>

Publications and Visibility



https://www.youtube.com/watch?v=q691dmq_sz4



<https://www.youtube.com/watch?v=igk8s6oJK4I>



<https://www.youtube.com/watch?v=IKRtqNwA-N8>

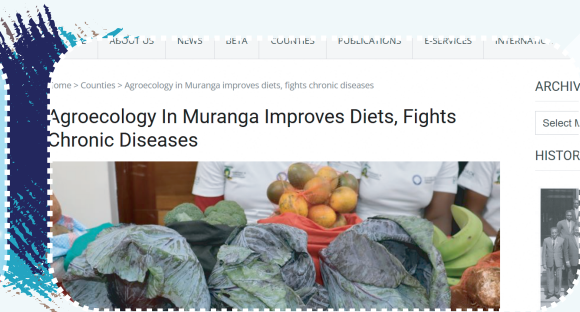


<https://youtu.be/ul8VrEBjgOM?si=hob-zooWmann-Fu3>



Thirikari ya Murang'a kwambika mubango wa kuruta aikari mirire miega

<https://youtu.be/eR8JpfaeQgg?si=QDclcgQcbw0s3Wt1>



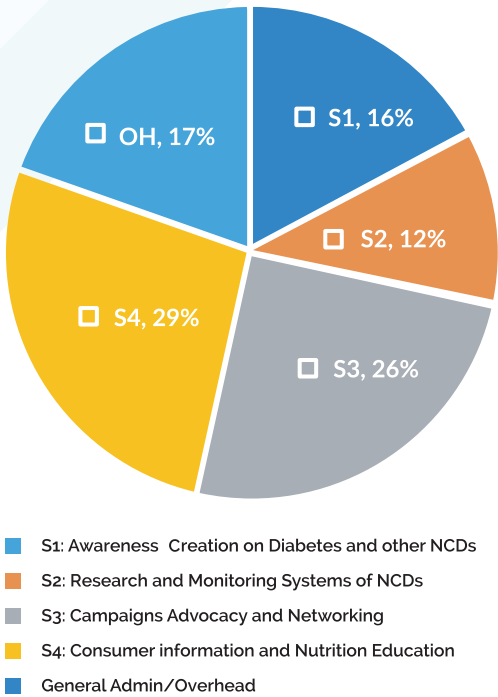
<https://www.kenyanews.go.ke/agroecology-in-muranga-improves-diets-fights-chronic-diseases/>

Financial Statements

Financial Performance Note:

In 2025, DAT invested 83% of its total expenditure directly in programme implementation, demonstrating a strong commitment to delivering impact for its strategic thematic areas. The largest investment was in Consumer Information and Nutrition Education (29%), followed by Campaigns, Advocacy and Networking (26%), Awareness Creation on Diabetes and Other NCDs (16%), and Research and Monitoring Systems (12%). Administrative and operational costs accounted for 17% of total expenditure, reflecting prudent financial management and efficient use of organizational resources..

Financial Performance FY2025



Challenges and Lessons Learned

Key Lessons:

In 2025, DAT learned that;

- Community-driven approaches remain critical in advancing preventive health and sustainable food systems.
- Integrating nutrition education, community health outreach, and agroecology increased community interest and participation in healthy living initiatives.
- Practical demonstrations, peer learning, and local champions are highly effective in influencing behavior change and strengthening ownership at community level.
- Partnerships with county governments, health facilities, research institutions, and community networks enhanced the credibility, reach, and sustainability of DAT's interventions.

Challenges Encountered and How DAT Responded:

- Economic constraints among vulnerable households limited the adoption of healthy diets and access to safe foods. To address this, DAT promoted locally available, and agroecologically produced food options through practical nutrition education and cooking demonstrations.
- Low awareness and misconceptions surrounding nutrition, NCDs and agroecological foods also slowed behavior change efforts in some communities. DAT responded by strengthening community sensitization, awareness campaigns, and engagement with local champions and health actors to promote accurate information and healthier lifestyle practices.

Looking Ahead: Strategic Priorities

Moving forward, DAT aims to strengthen and expand integrated approaches linking nutrition, preventive health, and sustainable food systems. Priority areas include;

- Scaling up established initiatives such as FoodFarmacy, strengthening support for people living with Type 1 Diabetes (T1D), and rolling out Urban Nutrition Phase II to expand community access to safe and nutritious foods, strengthen preventive health approaches and promote healthier lifestyles.
- DAT will also continue investing in strategic partnerships, youth engagement, community awareness, and innovative approaches that promote healthier lifestyles and reduce the burden of non-communicable diseases in Kenya.
- Enhancing DAT's visibility and influence by participating in key local, national, and regional policy and health discussions to showcase community-driven solutions on nutrition, food systems, and NCD prevention, while strengthening quarterly e-newsletters and communication platforms to share progress, learning, and impact with stakeholders.

Acknowledgments

DAT expresses sincere gratitude to all partners, stakeholders, and community members whose collaboration, trust, and commitment made our work possible throughout the year.

We deeply appreciate the participation and support of consumers, farmers, community-based organizations, health actors, local leaders, and communities who contributed to advancing healthier lifestyles and sustainable food systems.

We also acknowledge our collaborating institutions and networks for strengthening work on nutrition, preventive health, and community resilience.

Special appreciation goes to the Nairobi City County Government and Murang'a County Government and Thika Level 5 hospital for their continued collaboration and support.

We are especially grateful to our funders, Biovision Foundation, Sustainable Agriculture Foundation Africa (SAF-A) and Panorama Global. Whose generous support enabled DAT to expand its reach and deepen its impact within communities.

Finally, DAT recognizes the dedication of its staff and Advisory Board whose commitment continues to turn vision into action and strengthen hope for healthier and more sustainable communities.

Partners

Implementing Partners



Strategic Partners



Funding Partners





CONTACT INFORMATION

Website: diabetesawarenesstrust.org
Email: info@diabetesawarenesstrust.org
Phone: +254 795 204 520
Address: Arusha street, Ngoigwa,
Thika Elegant Court, Ground floor, A1

SOCIAL MEDIA

Facebook: Diabetes Awareness Trust - DAT
X (Formerly Twitter): @diabetestrust
LinkedIn: Diabetes Awareness Trust – DAT
YouTube: @diabetesawarenesstrust