



**DIABETES
AWARENESS
TRUST**

School Meals
one of the
social saf

87 Mil
Learners in Africa

and **466M** learners
Globally

DAT NEWSLETTER

Issue 05: Quarter 2

Strengthening Health From the Ground Up

July 2026



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Editor's Note

Dear Reader,

Welcome to Issue 05 of the DAT Newsletter, our second edition of 2026, covering April to June, a quarter that has been full of action, milestones, and momentum.

In Murang'a, we started at the top training doctors, nurses, and nutritionists on the FoodFarmacy model, then handing that down to Community Health Promoters, then to chiefs and community leaders who could vouch for it locally. In Viwandani, we worked from the bottom outward training 50 CHPs, running sessions on diet and food safety, then sitting with 224 residents across Jamaica and Paradise to hear what health and hygiene actually look like from where they stand.

Beyond our direct program work, we actively contributed to important conversations shaping the future of health in Africa through participation in regional and international forums. These engagements provided valuable opportunities to share experiences, learn from others, and strengthen partnerships that support our mission.

As we reflect on the progress made, we are reminded that lasting change is built through collective action. We remain grateful to our communities, partners, supporters, and stakeholders whose dedication continues to make this work possible.

Happy reading!

Brenda King'ori,
Communications Officer



Building the Frontline: Strengthening the Health Workforce

Building healthier communities starts with strengthening the health workforce.



“Food is medicine, and by helping our communities understand healthy diets and safe food production, we can prevent many lifestyle diseases before they occur.”

Simon Mbungua Muruka,
Community Health Promoter, Murang'a County

Healthy communities begin with informed people. This quarter, DAT focused on empowering the people communities trust most on matters of Health. From doctors, clinical Officers, nurses Nutritionist to Community Health Promoters and local leaders with practical knowledge on nutrition, healthy diets, and the prevention of non-communicable diseases (NCDs).

Across Murang'a and Nairobi, healthcare professionals came together to explore how nutrition can become part of everyday healthcare. Through discussions on preventive health, community referral systems, and innovative approaches such as the FoodFarmacy model, participants reflected on how health facilities can move beyond treating illness to preventing it.

But hospitals and clinics are only part of the solution. Because healthy choices are made every day in homes and communities, DAT also engaged Community Health Officers (CHOs), Community Health Assistants (CHAs) and Community Health Promoters (CHPs). Together, they explored practical ways to support families with nutrition information, promote safe and healthy food systems, and encourage healthier lifestyles long before disease develops.

By investing in the people who interact with communities every day, DAT is helping create a stronger bridge between health facilities and households, one where prevention, nutrition, and informed choices become part of everyday life.

37



Medics (Nurses/clinical Officers/Nutritionist)

125



CHPs Reached in Muranga and Nairobi.)

35



CHAs/CHOs sensitized on Link of AE and Organic Foods to Health



Cohort 2 Community Health Promoters trained in Viwandani, Nairobi



Trained medics and FoodFarmacy partners in Kangema and Kenol, now equipped to link patients into nutrition-sensitive care.



Community Health Assistants, trained to help carry the FoodFarmacy model through Murang'a's primary health system.



Trained Community Health Promoters in Kenol with county representatives.

Meeting Communities Where They Are

Real change doesn't happen in meeting rooms or health facilities alone, it happens in homes, markets, churches, and community spaces where people make everyday decisions about food and health. This quarter, DAT worked alongside communities in Murang'a, Nairobi, and Kiambu to create spaces for learning, dialogue, and practical action. Rather than simply sharing information, the goal was to empower communities to become active partners in preventing diabetes and other non-communicable diseases (NCDs).

In Murang'a, chiefs, village elders, religious leaders, and other community representatives came together to explore how healthier diets and improved nutrition can strengthen community well-being. Through discussions on the FoodFarmacy approach and the growing burden of diabetes, these local leaders reaffirmed their role as trusted champions who can inspire healthier choices within their communities.

In Viwandani, Nairobi County, community members gathered for interactive nutrition sessions focusing on healthy diets, food safety, water, sanitation and hygiene (WASH), and urban farming using agroecological approaches. The conversations highlighted practical ways families can improve access to safe, nutritious food even within the constraints of informal urban settlements.

Community dialogue remained central to DAT's approach. The dialogue forums created an open space for people to discuss nutrition, health, and WASH challenges, share their lived experiences, and identify practical solutions together. These conversations strengthened community ownership while ensuring that local voices continue to shape interventions that respond to real community needs.



“Many residents do not regularly visit health facilities, which means health problems are often detected too late. Community dialogues like this help people understand health risks early, learn how to care for themselves and their families, and encourage healthier lifestyles. I hope this programme can be conducted regularly.”

Shadrack Omagwa,
Community Leader, Jamaica Village Unit in Viwandani, Nairobi

DAT also extended its community outreach in Kiambu, the organization partnered with Hope and Beyond Foundation to commemorate International Widows' Day, bringing together widows for a wellness session focused on healthy living, nutrition, physical activity and sensitization on Type 1 Diabetes.

Learning also moved from discussion to practice. During community cooking demonstrations, participants prepared affordable, nutritious meals using locally available foods while exploring healthier cooking methods, balanced diets, and food safety. The sessions demonstrated that healthy eating does not have to be expensive, it can begin with the foods already available in our homes and local markets.



“The food demonstrations have shown us that we can prepare healthy meals using foods that are already available in our homes without spending a lot of money.”

Jackson Ndungu,
Community leader, Muranga County.

People Reached Quarter Summary





Community leaders' training in Kenol (left) and Kangema (right), alongside FoodFarmacy partners.



Proceedings of the Viwandani nutrition trainings



On left; Makadara Sub-County WASH leading a dialogue on hygiene, water and sanitation. On Right; a community member contributing to the discussion during community dialogue.



Community cooking demonstrations in Viwandani.

Strengthening Networks

Creating healthier communities requires strong partnerships. This quarter, DAT brought together eight community-based organizations under the Network for Safe Food and Health – Viwandani to strengthen collaboration and build a shared vision for improving community health.

Through an interactive workshop, members explored network governance, leadership, accountability, advocacy, and long-term sustainability. The sessions reinforced the value of working collectively, enabling organizations to coordinate their efforts, amplify community voices, and champion safe food systems, healthy diets, and the prevention of non-communicable diseases.

As the network continues to grow, it provides a platform for community organizations to learn from one another, speak with a stronger collective voice, and drive lasting change for the residents of Viwandani.



Proceedings of the network capacity-building workshop in Viwandani.

Cross-County Learning on Agroecology

Some of the best solutions emerge when communities learn from one another. DAT, in partnership with Sustainable Agriculture Foundation Africa (SAF-A), co-organized an inter-county learning exchange that brought together stakeholders from Bungoma and Busia Counties to learn from Murang'a's agroecology journey.

The exchange provided an opportunity for participants to experience firsthand how collaboration between government, civil society, farmers, and communities is strengthening sustainable food systems. Through field visits and knowledge-sharing sessions, participants exchanged practical experiences, reflected on lessons learned, and explored approaches that can be adapted within their own counties.

By creating spaces for peer learning, DAT continues to support the spread of innovative, community-driven solutions that promote healthier people, resilient food systems, and sustainable agriculture.



Professor Kiringai, CECM for Devolution and External Linkages Murang'a County, giving the opening remarks at the agroecology learning exchange.



A Group photo of delegates during Inter-Counties learning Exchange between Muranga, Busia and Bungo Counties Hosted at Muranga University Courtesy of FoodFarmacy Initiative and Nutrition in the City Ecosystem Project.

DAT on the Regional and Global Stage

Taking Community Solutions to Bigger Conversations

This quarter, DAT's work reached beyond communities and into regional and international platforms, sharing practical lessons from Kenya while learning from others working to transform food systems and health across Africa.

Through conferences, exhibitions, and knowledge-sharing forums, DAT championed a simple but powerful message: healthy food systems are essential to preventing non-communicable diseases (NCDs). These engagements strengthened the organization's visibility, created new partnerships, and opened opportunities to learn from innovations shaping the future of health, nutrition, and sustainable agriculture.

Showcasing the FoodFarmacy Concept

The FoodFarmacy initiative was featured at the Africa Exchange Expo, convened by the Rockefeller Foundation, and at the 2026 World Farmers' Organization (WFO) Annual Meeting in Nairobi. These events provided an opportunity to demonstrate how nutrition, agriculture, and healthcare can work together to prevent NCDs while promoting resilient and sustainable food systems. Beyond showcasing the model, the events created valuable opportunities to connect with partners, exchange ideas, and explore collaborations for scaling the initiative.



On left, Elizabeth Njoka, Program Officer – Nutrition, at the FoodFarmacy exhibition booth during Africa Exchange. On right The Diabetes Awareness Trust exhibition area at the 2026 WFO Annual Meeting.

Contributing to Health Systems Dialogue – World Health Summit, Nairobi & PEN PLUS Conference , Dar es Salaam.

DAT also participated in the World Health Summit Regional Meeting 2026, joining policymakers, researchers, health professionals, civil society, and development partners under the theme "Reimagining Africa's Health Systems: Innovation, Integration, and Interdependence." The meeting provided a platform to exchange ideas on health systems strengthening and innovative approaches to preventing and managing NCDs while building strategic partnerships to advance community-based healthcare.

Similarly, at the 3rd PEN-Plus Conference in Dar es Salaam, Tanzania, DAT engaged with regional and global experts working to improve access to care for people living with severe chronic diseases. The discussions reinforced the importance of integrating prevention, early detection, and quality care into health systems to reduce the growing burden of NCDs across Africa.



On left, Rahab Wathithi and Brenda King'ori, at the World Health Summit in Nairobi. On Right, Rahab Wathithi at the PEN-Plus Conference, In Dar es Salaam, Tanzania.

Celebrating Indigenous Food Knowledge

DAT also joined the 2nd Herb Fest, hosted by Umai Naturals, where participants celebrated indigenous foods, medicinal plants, and sustainable food systems as important foundations for healthier communities. The event highlighted the value of combining traditional food knowledge with modern nutrition science to promote healthier diets and improve the prevention and management of chronic diseases.



On Left; The DAT team with the Umai Naturals foundation lead. **On right;** Hannah Kigamba, Director DAT, speaking at the Umai Herb Fest

About Diabetes Awareness Trust (DAT)

Diabetes Awareness Trust (DAT) is a non-profit organization established in March 2017 and formally registered in 2021, founded to enlighten Kenyans on healthy living and strengthen the management and prevention of diabetes and other non-communicable diseases (NCDs).

Our Focus Areas

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:





FoodFarmacy

Powered by
Diabetes Awareness Trust



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