

STOWELINK INC.

MyHeart Ke x MMM19 REPORT

MyHeart, MyChoice

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FOR

STOWELINK INC.

ACKNOWLEDGEMENT

As I write this report, my first and sincere gratitude goes to the Almighty God for enabling us, the Stowelink team, to undertake the May Measurement Month activity. We surely relied on the Lord to help us undertake this noble task.

It is also with special thanks to the Kenya Cardiac society, through the CEO, Dr. Lilian Mbau for trusting the Stowelink to partner in the May Measurement Month.

As young as we may seem as an Organization, but as vibrant as we are, you confided in our strength and allowed us to prove what we can do.

In another instance, we applaud the Ministry of Health and other partners for taking part in this task. Your constant encouragement and support during the activity was really vital and integral. We cannot afford to overlook it.

What is more, the Stowelink team did all they could to hit 2000 the target. The concerted effort that saw the target being reached was absolutely incredible.

Kudos for the good work done.

This report cannot be complete without thanking the Church leaders who allowed us to conduct blood pressure Screening in their Churches. For sure, the screening would not be possible without the high level cooperation that was exhibited by them. May the Good Lord continue blessing you abundantly.

TABLE OF CONTENTS

ACKNOWLEDGEMENT	2
INTRODUCTION	4
EXECUTIVE SUMMARY	5
SCOPE OF THE PROJECT.....	6
PROJECT STATISTICS SUMMARY	6
STATEMENT OF OBJECTIVES AND RESULTS.....	7
CHALLENGES	7

INTRODUCTION

Myheartke project was initiated by Stowelink in 2018 with a sole aim of spreading awareness on the state of cardiovascular diseases and conditions - encouraging adoption of healthy lifestyles and providing practical solutions to preventing them and more importantly using new disruptive approaches to engaging the community to ensure they learn about cardiovascular diseases. The project has helped many people adopt healthy lifestyle in one way or the other.

May Measurement Month is closely related to Myheartke project as it aims at improving world health through raised awareness around blood pressure. It is an initiative led by the International Society of Hypertension (ISH) and endorsed by the World Hypertension League (WHL). Since MMM started in 2017, around 100 countries have been involved in this huge global public blood pressure screening program. Kenya is one of the Countries that have constantly participated in this global activity. The program is generally overseen by the ministry of health through the Kenya Cardiac society as the leading implementing partner. Various Organizations express interest to partner in the program and contribute in the achievement of the MMM goal.

Stowelink Inc. is privileged to have partnered in this program. Since Stowelink Inc. is majorly focused on addressing Non Communicable Diseases, this became a good opportunity for the organization to advance its relevance in this field. Stowelink is committed to this course, small wonder then, that the organization produce a sterling performance by hitting and surpassing the target (2000) that was set by the Kenya Cardiac Society.

EXECUTIVE SUMMARY

Stowelink undertook the blood pressure screening at Githurai, Km and Kahawa areas of Nairobi County. The screening was majorly done on the weekends with the churches and public places being used as the major screening sites. Since the main aim was awareness alongside getting people screened for the Blood Pressure, the Churches were good avenue for getting larger number of people screened. The screening started on 5th of May 2019 and ended on the 9th of June 2019. Screening was conducted in the churches that approved the request for screening. Some churches did not approve our request. In any case, these are the churches in which screening was conducted:

- ***St. Clement Church-Githurai Branch***
- ***African Inland Churches of Kenya***
- ***Church of God***
- ***Pentecostal Assembly of God(PAG)***
- ***Joy Celebration Center***
- ***True Jesus Church***
- ***St. Clement Church-Kahawa Branch***

A part from the Churches, the Screening Activity was also conducted at the Youth Empowerment Centre, Kenyatta University and Kenyatta Market. These places helped top up the number of people screened during the May Measurement Month.

It was targeted that Stowelink would screen a total of 2000 people by the end of the May Measurement Month. Stowelink is proud to have surpassed the target by screening a total of **2139** people during this period. This is according to the numbers that could be verified in the MMM app. This is cumulative number from the Churches and the Communities that were visited during the program.

SCOPE OF THE PROJECT

Stowelink conducted the blood pressure screening majorly in Githurai areas of Nairobi County. The other areas where the screening was also conducted include:

- ***Kenyatta Market (KM)***
- ***Kahawa Wendani***
- ***Kahawa Sukari &***
- ***Kenyatta University***

In Githurai, Churches were mostly target as they were generally viewed as the places where the numbers could be found. The Churches that were used a sites for screening include: St. Clement Church- Githurai Branch, Church of God, True Jesus Church, African Inland Church, Pentecostal Assembly of God (PAG), Joy Celebration Center and St. Clement Church-Kahawa. On the same not, 2 screening events were conducted at the Youth Empowerment Center-Githurai.

PROJECT STATISTICS SUMMARY

To summarize, this is how the numbers were distributed as per the screening site. In total, there were 13 screening sites. Out of the 2139 persons screened, below is the how each screening site shared in the number:

No	Screening Site	No of People Screened
1	St. Clement Church-Githurai Branch	94
2	African Inland Churches of Kenya	102
3	Church of God	91
4	Pentecostal Assembly of God(PAG)	105
5	Joy Celebration Center	47
6	True Jesus Church	24
7	St. Clement Church-Kahawa Branch	48
8	Youth Empowerment Center-Githurai.	683
9	Kenyatta Market (KM)	281
10	Kahawa Wendani	22
11	Kahawa Sukari	51
12	Kenyatta University(KU)	591
Total Number of People Screened=2139		

STATEMENT OF OBJECTIVES AND RESULTS

The Broad Objective

To improve world health through raised awareness around blood pressure.

Specific Objectives

1. To influence men to adopt the health seeking behaviour by getting screened for high blood pressure.
2. To raise awareness on the effects of high blood pressure.
3. To educate the public on the simple ways of maintaining health blood pressure.

Stowelink team devoted their time in creating awareness around high blood pressure and educating the clients on how to maintain a healthy blood pressure. During the screening events, the team distributed the flyers with simple messages on blood Pressure. This surely helped achieve the broad objective of raising awareness around blood pressure.

CHALLENGES

During the screening event, there were myriad challenges faced.

1. Harsh weather conditions

The screening event took place amidst adverse weather conditions. The month of May was generally cold but everyone braved the weather to continue with the activity.

2. Unwelcoming community centers

Elsewhere, we were denied the opportunity to conduct blood pressure screening in some churches. The leaders in these churches did not welcome the activity.

3. Individual perceptions about the screening

In addition, we faced rejection in some areas as some people defiantly ignored the screening. They could not see the sense of participating in the screening. They could argue that it is better while they do not know that they are sick.

In any case, the challenges did not stop the screening process. The challenges acted as learning point from which lessons could be drawn. Also, the challenges presented an opportunity for each one of us to adjust and deal with the situation.

FEEDBACK

From the May Measurement Month, we collected some feedback from the various individuals we interacted with and below are some of that feedback:

- **Madam Mwaura, Church Member St Clement Church ,Githurai**

I wanted to thank you so much for having visited this church and conducting the screening. I was so happy that you managed to convince my husband to get screened for blood pressure since he generally has very poor health seeking behavior. I am looking forward for you to come back to our church again, perhaps with even more screening options.

- **John Sulwe, Gatekeeper at Kenyatta University.**

Initially I did not know the effects of eating too much salt, in fact I only knew that sugar is what we had to avoid. By you coming to Kenyatta university and freely teaching us these critical lessons we have learned and personally ill now begin reducing my salt intake. Thank you so much and keep coming, because as you know we men need constant reminders when it comes to matters health.

- **Jane Wamboi, Student Nairobi University**

What you are doing is really important especially in his era where we eat a lot of junk food, and lazy around with no exercise. Today having come with half of my class for screening, you can clearly tell that everyone is really happy and that we have each learned a thing or two. Continue keeping up the good work and we are looking forward to seeing your team soon for another screening when everyone is back in session.

PICTORIALS

WEEK 1: 5TH MAY 2019

WEEK 2: 12TH MAY 2019

WEEK 3: 19TH MAY 2019



WEEK 4: 26TH MAY 2019

WEEK 5: 2ND May 2019

Stowelink

Transforming and empowering lives



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MyHeart Ke

My heart, my choice.