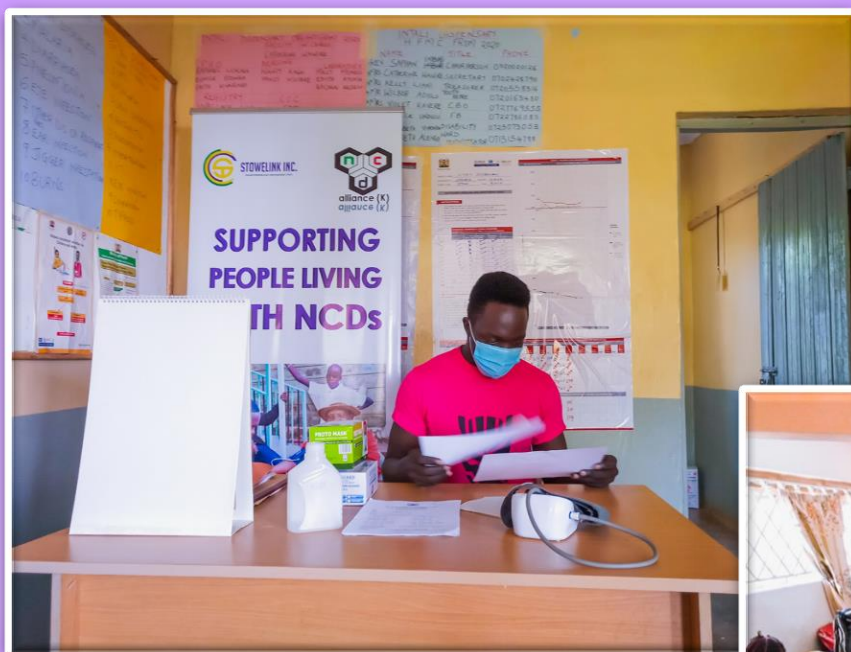


# Stowelink Inc

*Transforming and empowering lives*



**STOWELINK INC.**  
TRANSFORMING AND EMPOWERING LIVES

**4<sup>TH</sup> QUARTER REPORT -  
2021**



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# MESSAGE FROM THE EXECUTIVE



**HARRIZON AYALLO**  
CHIEF OPERATIONS OFFICER

The Stowelink quarterly reports give our supporters and fans an opportunity to understand what we are doing. It is great to connect with you through this last edition of our quarterly reports that will give you highlights of the work we do as a team. Take a moment to read through the content to have the full appreciation of the change we dream of at Stowelink.

The year 2021 was challenging. I am willing to bet a lot of you were glad to see it go. COVID19, lockdown, politics, climate change, high cost of living, and unpredictable business environment made it incredibly challenging year for everyone and organizations. Every single day, Stowelink put its best foot forward to overcome and sidestepped these challenges along the way. Through this report you will appreciate how we are taking down this journey. We celebrate the implementation of our strategic plan through new programs that have enhanced our visibility in the health space. Our efforts are geared towards expanding our frontiers with a view of onboarding new programs cutting across the health space. We dream of working with and through likeminded organizations through a clear collaborative framework.

Throughout 2021, we continued to demonstrate the power of social media sensitizing and educating the general public on preventive healthcare. Our team appeared during TV health shows where they sensitized the viewers on various health topics. Our utmost gratitude to everyone who supported us in our endeavor. We owe you one!

## ABOUT STOWELINK

Stowelink is a youth led organization registered with the government of Kenya in 2019 as LLP. Our primary ethos is to make information on non-communicable diseases available to ALL at ALL time in RELEVANT formats. We are youth driven and focused on attaining one mission only; to transform and empower lives. We do this actively with a focus on health and disruptive entrepreneurship. We have 3 main divisions -Health, The Disruptive Entrepreneurship and the TechHub Division. Our main focus on health care is provision of primary health care in the field of non-communicable diseases while focusing on youth entrepreneurs under disruptive entrepreneurship and using technology for health care through our various mobile apps and websites.

## WHAT'S STOWELINK'S VISION?

To inspire healthier communities through provision of information and diagnostic services for non-communicable diseases to ALL at ALL times and in RELEVANT formats through integration of innovative community projects, technology and using disruptive communication approaches.



## WHAT'S STOWELINK'S MISSION

To be the leading global provider of quality health services especially to the youth through the use of technology and information to provide fulfilling lives. While at it, we seek to promote and enhance effective prevention, control and management of non-communicable diseases while also providing youth friendly services to ensure the rise of a generation well equipped with information on non-communicable diseases.



# NOTABLE ACTIVITIES AND ACHIEVEMENTS

## Stowelink Participates in the Review of NCDs Prevention National Strategic Plan (2021-2026)

Stowelink, represented by Chief Programs Officer Mr. Oduor Kevin, is among the stakeholders that participated in the review process of Kenya National Strategic Plan for Prevention of NCDs. The NCD Strategy provides for a strong multi-sectoral linkages that will build a concerted effort towards prevention and control of NCDs in Kenya; a monitoring and evaluation framework with clear indicators that will facilitate harvesting of results; and a costed implementation plan. The making of this strategy marks the genesis of a coordinated fight against NCDs and promotion of its prevention interventions with a view of minimizing NCDs burden. Stowelink endeavors to work with various stakeholders in the implementing the strategy.



## Stowelink Participates At the NCD Navigator Meeting At Crown Plaza Hotel

NCD Navigator tool dynamic mapping tool for NCD program which shows the scale of activities across the county with real-time data and visualization. Developed by PATH in collaboration with the Ministry of Health (Kenya), the NCD navigator is a first-of-its-kind, locally managed, NCD digital information system that provides information on NCD programming in a country. This tool came in handy as a platform with information on non-communicable diseases to inform priority setting, coordination, and resource all Stowelink, through the Chief Program Officer- Oduor Kevin, participated in this meeting. Stowelink updated the tool with the ongoing projects and activities. These include the NCDs365 —our flagship project, IPAB project, JKUAT (Jomo Kenyatta University of Agriculture and Technology) medical camp, drug sensitization event at Kenyatta University among other plethora of activities.



## Stowelink Interviewed with KUTV In Line With the World Mental Health Day 2021

In yet another exclusive interview with Kenyatta University Radio and Television services, our own Chief Programme Officer got an opportunity to talk about Mental Health during World Mental Health Day commemorated every 10th day of October every year. The theme for World Mental Health Day 2021 was; Mental Health in an Unequal World.

During the interview, Mr. Oduor Kevin was asked to expound on the theme and make the viewers understand why the world has become increasingly unequal or rather polarized. First, Oduor acknowledged that the theme for 2021 was chosen through a global vote by members of the World Federation for Mental Health (WFMH), the stakeholders, and supporters. Cognizant that the world is becoming increasingly polarized and thereby causing a meteoric rise in mental health problems, the theme for 2021 was to highlight the inequalities in regard to access to mental health services, quality of cares, disproportionate investment, and the widening gap between the "haves and the have nots".



# STOWELINK MAJOR EVENTS AND MEDIA FEATURES

## May Measurement Month (Hypertension Screening) Exclusive Interview

In the month November, as the world committed to intensify campaign on Hypertension (High Blood Pressure), Stowelink joined the International Society of Hypertension in rallying people towards having their blood pressure checked. Hypertension screening is very important and is known to save lives and enhance healthy outcomes since knowing your blood pressure helps you take control of your health.

To cement the health message during the May Measurement Month Campaign, Our Chief Program Officer was interviewed by Kenyatta University TV in a bid shade light on this campaign and highlight the need for people to have their blood pressure checked. The interview covered wide array of topics which included debunking the myths and misconception on hypertension, policy interventions to address the same, current government/private sector efforts, glaring global and local statistics and our work at Stowelink Inc. In this interview, Mr. Oduor also weighed in on the prevention and management of hypertension which largely relies on lifestyle change including dieting and physical activities.



## Stowelink's CEO Delivers Presents at the International Council of Nurses 2021 Conference

In response to COVID-19 public health issues and travel restrictions, the ICN Congress was held online in a virtual congress that brought together our National Nurses Associations and their members. The theme was 'Nursing Around the World', which embodied the vision of ICN passing the nursing baton across the different regions in a series of live and interactive events that gave members the opportunity to showcase their expertise and innovations throughout the world.

Ogweno Stephen presented at the ICN conference 2020 in a joint session with C3 for health. The session that was sponsored by Colget Palmotive was titled oral systemic health. Ogweno's presentation was on the role of nurses in promoting oral health. As a lived experience, an expert, and an advocate for better oral health Ogweno put together an incredible presentation that really provided practical ways in which nurses role was in delivering and promoting oral health.



## Stowelink CEO Presents at the SCOPE School

SCOPE Schools are intensive one-day courses hosted several times a year in different cities, aimed at health care professionals with an interest in obesity management. SCOPE Schools are taught by leading international experts and involve lectures, discussions and debates, as well as opportunities to socialize and exchange knowledge with experts and fellow students. In response to the COVID-19 pandemic, SCOPE Schools are currently hosted online. Don't miss this opportunity to access our live events from anywhere in the world.

This is the second Scope School in 2021 that Ogwen Stephen has participated in as Scope School Faculty speaker discussing on the various intersections and complexities of obesity. This particular Scope School was exploring the intersection between cardiovascular health and obesity. In this scope school Ogwen was among a global panel of experts including Dr Verónica Vázquez Velázquez, Obesity and Eating Disorders Clinic of the National Institute of Medical Sciences and Nutrition Salvador Zubirán, Dr Sadiya Sana Khan, Northwestern University and Prof Francisco Lopez-Jimenez, Mayo Clinic talking about what is the relationship between cardiovascular health and obesity.



## Stowelink CEO Presents At The World Heart Summit 2021

It was an honor for Ogwen Stephen who opened the conversation at the world heart summit 2021 which was held in Mombasa County. Ogwen who was part of the opening plenary emphasized a lot on the role of youth and actionable recommendations in fighting the obesity and cardiovascular health burden that continues to be on the rise in many African countries. Joined by some of the leading experts like Dr. Gitahi of AMREF and the CEO of the World Health Summit, this opening plenary highlighted the critical epidemiological and policy-based events that have led to and contributed to the rise of cardiovascular health and obesity in Africa.

Here were my 3 key messages and takeaways

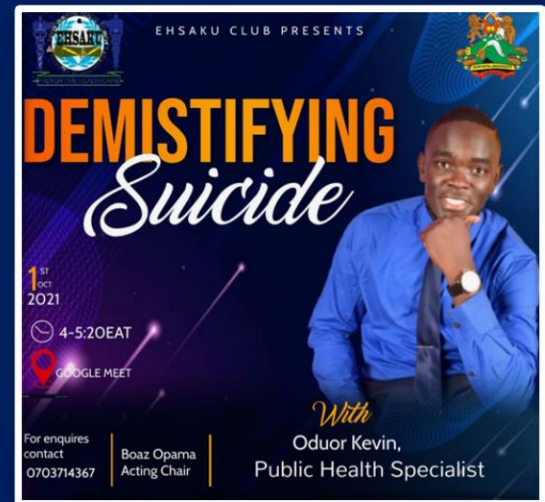
1. Leverage on the power of young people and innovation in the fight on obesity and cardiovascular diseases.
2. Research and best practices are critical evidence to help us as health advocates champion for policy change and adjustment in the obesity and cardiovascular health space.
3. We cannot do it alone, we need partnerships. Local, national, multinational, youth-led, patient-led, NGO and from all other manner of organizations. We need to leverage of various levels of partnerships to be able to reverse obesity.



## Stowelink speaks to EHSKU during a Webinar Series on Suicide Prevention

Our Chief Programme Officer, Oduor Kevin was the Chief Guest at the EHSKU webinar series. He talked about different aspects regarding suicide. In his keynote presentation, Oduor weighed in into the history of suicide and explained the causes and risk factors of suicide. He also shared about some of the glaring global and local statistics on suicide, which in essence, highlighted its public health significance.

Our CPO was also keen to talk about suicidal behaviors and implore the participants to be on the watch out for such behavior which, principally, lead to suicide or suicidal attempts. To deepen the participants understanding of suicide, Oduor talked about the methods of suicide (traditional and modern methods). He finished his presentation with a powerful quote by Albert Camus — “But in the end, one needs the courage to live than to kill himself!”



## Stowelink CPO Invited as Guest Speaker and Panelist at DWR Foundation Volunteer Recognition Forum

In the spirit of recognizing their volunteers, DWR hosted a Volunteer Recognition event at Cool Breeze Gardens in Muthaiga Nairobi. The event focused on volunteerism for humanity and provided an opportunity for volunteers to share their experience and challenges during the volunteer journey. It was also a golden opportunity for networking and sharing of practical experience in volunteerism. Our Chief Programs Officer, Mr. Oduor Kevin was invited as one of the guests and panelist in this event hosted by DWR. During this event, Oduor narrated his volunteerism journey, underscoring the rewards of volunteerism, the challenges therein and the lessons that he has learnt in relation to volunteerism.

He shared with the audience his volunteer experience especially when he volunteered as the Campus Director for Kenyatta University during the 3 months-long Millennium Fellowship hosted by Millennium Campus Network (MCN) in collaboration with United Nations Academic Impact (UNAI). He talked about how this role helped him gather valuable skills/knowledge that have gone a long way to bolster his leadership acumen. By the same token, our CPO shared about his volunteer work with Kenyatta University Welfare, wellness and Counselling Project where he served as the Outreach and In-reach coordinator for Peer Counselors.

# STOWELINK HEALTH PROJECTS UPDATES.

## MAY MEASUREMENT MONTH (2021)

### Introduction

Taking cognizance of the significance of awareness on hypertension, the International Hypertension Society launched May Measurement Month as a global signature effort to address hypertension. During the past three years, MMM campaign has been promoted through unique themes that rallying people to have their blood pressure checked. This year's theme called on everyone to "Roll up their sleeves to save lives. Their Own." ISH works with local organization to coordinate this global campaign which attracts over 80 countries. Kenya Cardiac Society is the focal organization that coordinates MMM in Kenya bringing together its wide array of network. Stowelink, owing to its cordial relationship with the society, is privileged to be among the organization facilitated to participate in this noble initiative.

### Stowelink MMM Approach

In order to have many people screened during the MMM (November 1 -November 30), Stowelink employed a unique approach which involves screening people in public spaces and along busy junction around Githurai 44 Youth Empowerment Center. Similarly, the screening activities were slated for weekends (Sundays) since most people are at home and not at their place of work—which would deny them the opportunity to have their blood pressure checked.

To augment this unique approach, Stowelink leveraged its volunteers to help in mobilization. The volunteers were key in this activity as they helped in creating the much-needed awareness on hypertension and help people gain absolute understanding of the essence of May Measurement Month Global Campaign.

### The Reach

Week 1: 221 people screened

Week 2: 176 people screened

Week 3: 161 people were screened.

Week 4: 197 people were screened

Total Number of People Screened: **755 People**



## Reach And Impact

Stowelink has been constantly aiming at improving NCDs literacy through sharing relevant messages on non-communicable diseases. This year as we embark on the phase 2 of the NCDs 365 report, here is a summary of the project reach in the last quarter of 2021.

In the last quarter of 2021, the NCDs 365 produced 12 animated videos to highlight different components of non-communicable diseases and to improve the education and literacy for non-communicable diseases.

In October the major discussions were around mental health and these are the 4 thematic areas that we addressed in this month

- **Mental Health As An NCDs**
- **Mental Health And Young People**
- **Tips For Better Mental Health Part 1**
- **Tips For Mental Health Part 2**

In November we talked about diabetes which is one of the top 5 leading non communicable diseases. We addressed the following topics for diabetes.

- **What Is Diabetes**
- **Facts About Diabetes**
- **Types Of Diabetes**
- **Control And Prevention of Diabetes**

Finally, as we were coming to the end of the year, we looked at cross cutting issues on the NCDs space and the prevention components. We addressed the following:

- **AIDS And NCDs**
- **NCDs And Disabilities**
- **UHC And NCDs**
- **NCDs Prevention Tips Part 1**
- **NCDs Prevention Part 2**



# PLANS FOR 2022

## NCDs 365 PHASE 4:

NCDs 365 project has achieved tremendous outcomes in the first three phases. We want to continue with this project but in a unique way. We are looking forward to film NCDs case stories to inspire the NCD community and create the much-needed awareness on the same. This phase 4 will be featuring stories of NCD champions in Kenya and across the world. They will be posted monthly across our social media platforms. Join us in this noble initiative!



## Climate and NCDs Project-The 21st:

NCDs are further exacerbated by climate change, which has already started to amplify cardiovascular and respiratory mortality during more frequent heat episodes. Taking cognizance of this new reality, we are looking forward to implement an innovative project dubbed “THE 21<sup>ST</sup>.” This project seeks to work with young people in reversing the detrimental climate changes witnessed and thereby reducing NCDs cases in the long term

## Active Volunteer Engagement:

At Stowelink, we recognize the role of volunteers in spurring organizational growth. That is why, we have resolved to actively engage volunteers. While engaging the volunteers, we are keen to ensure they gain valuable skills and knowledge requisite for the job market.





# Challenges Faced During The Quarter

## LIMITED FUNDING

Would you want to see people die or suffer of non-communicable diseases? would you want to see young people fall into depression? Would you want to see our activities only limited to specific counties? If you answered no to all questions, we definitely need your support. This quarter we were faced with financial challenges, we worked on a very limited budget but still managed to have very meaningful impact. In order to increase this impact however we need your support financially or otherwise to donate directly, kindly deposit your donations to our bank account at

But even without donating money, you could support us in other ways including paying for our zoom subscription and in other ways. Reach out to us at **stowelink@gmail.com** to discuss other ways in which you could support us.



## LIMITED ACCESS TO ESSENTIAL EQUIPMENTS



We also faced a limited supply of necessary equipment, such equipment includes the blood pressure machines, diabetes diagnostic equipment's, weigh scales and computers or laptops. If you would love to donate these and some other items too. Reach out to us at **stowelink@gmail.com** to discuss this too.

# CALL FOR SUPPORT AND PARTNERSHIPS

Stowelink Inc. is hereby requesting and calling for collaborations and partnerships with various organizations especially those dealing with non-communicable diseases, youth and entrepreneurship. Whenever you can chip in and partner with us, we highly welcome you on board. Be part of our story, be part of our growth, BE PART OF THE DIFFERENCE. Our team is ready to collaborate, partner and intensely be involved in making the health of the populations better and in helping grow stronger and healthier communities because here at Stowelink we believe in...

TRANSFORMING AND EMPOWERING LIVES

## SPECIAL THANKS TO



1. KENYA CARDIAC SOCIETY
2. KUTV
3. NCDs ALLIANCE OF KENYA
4. DO IT WITH BOLDNESS (DWB)
5. World Heart Federation

### CONTACTS

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