

Stowelink News

ABOUT US

Established in 2016 Stowelink is a registered youth-led organization whose primary ethos and vision is to inspire healthier communities through innovative community health projects that embrace people at the core of its processes.

We prioritize our work by engaging young people and youths actively in the health sector with focus on the major health priorities including; Non-Communicable Diseases (NCDs) prevention, sexual and reproductive health, HIV/AIDs through social behavior change. In achieving this objective we will address meaningful youth engagement in; health, and social inclusion; research learning and development; and health systems strengthening.

WHAT'S IN THIS QUARTER'S ISSUE:

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- STOWELINK NOTABLE ACHIEVEMENTS
- HEALTH DIVISION UPDATES
- ADVOCACY DIVISION UPDATES
- RESEARCH AND DEVELOPMENT DIVISION UPDATES
- CONNECTING TO THE WORLD
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OUR MISSION

To inspire healthier communities through innovative community health projects that embrace people at the core of its processes.

OUR VISION

To provide quality health services through technology innovation and partnerships to enhance fulfilling lives.

Message From The Executive

I am pleased to share with you some of the highlights of our recent activities at Stowelink. Over the past few months, we have continued to work towards our goal of improving public health policies and practices in Africa.

Our team participated in several important events, including the 2nd International Conference on Public Health in Africa and the YouTH Voices Summit. At these events, we had the opportunity to share our expertise and learn from other experts in the field, including key global actors.

Our external relations and communications officer also won the World Heart Summit Poster award further amplifying the work that we do in the non communicable diseases space.

We also organized a Diabetes talk in the run-up to World Diabetes Day, in which we sensitized members on this chronic non-communicable disease. Our Chief Program Officer, Mr. Oduor Kevin, was invited to give a keynote presentation on the disease and explain more about World Diabetes Day commemorated annually on 14th November.

Our advocacy efforts have continued to focus on non-communicable diseases, and we championed the use of technology in health to augment universal health coverage. Mr. Oduor Kevin highlighted the forms of mHealth solutions already in operation in Kenya which can provide the evidence base for integration. He also discussed some of the potential challenges that could impede mHealth integration and highlighted some recommendations for the effective integration of mHealth solutions into the larger healthcare infrastructure.

We believe that our efforts have contributed to building more resilient health systems in Africa that allow countries to better prepare for and manage emerging health threats while also addressing long-standing infectious diseases. We remain committed to our mission of improving public health policies and practices in Africa, and we look forward to continuing to work with all our stakeholders to achieve this goal.



Stephen Ogweno

CEO

BIGGEST HIGHLIGHT OF THE QUARTER

Stowelink's External Relations Officer Wins Best Individual Award for World Heart Day Awards 2022

Naila Chebet Koech, Stowelink's External Relations Officer, was awarded the Best Individual Poster Award during the World Heart Day Awards 2022. The awards recognize individuals and organizations who have made significant contributions towards promoting healthy hearts and fighting cardiovascular diseases in their communities and beyond.



Notable Achievements Of The Quarter



STOWELINK'S EXTERNAL RELATIONS OFFICER WINS BEST INDIVIDUAL AWARD FOR WORLD HEART DAY AWARDS 2022

Naila Chebet Koech, Stowelink's External Relations Officer, was awarded the Best Individual Poster Award during the World Heart Day Awards 2022. The awards recognize individuals and organizations who have made significant contributions towards promoting healthy hearts and fighting cardiovascular diseases in their communities and beyond. Koech's winning poster was created in support of World Heart Day, which was celebrated on September 29, 2022.

STOWELINK'S CHIEF PROGRAMS OFFICER PRESENTS AT THE 2ND YOUTH VOICES SUMMIT 2022

Stowelink's Chief Programs Officer, Mr. Oduor Kevin, was among the presenters at the 2nd Youth Voices Summit 2022. The summit brought together young professionals and university students in Kenya, and was organized under the theme of 'Activating Youthful Leadership Towards the Realization of Universal Health Coverage (UHC) in Kenya'. Mr. Kevin presented on mHealth Integration into Kenya's Healthcare Infrastructure to Augment Universal Health Coverage, highlighting the potential of mobile health solutions to improve the delivery of quality healthcare services and help Kenya leapfrog over advanced nations in this area.



Health Division Updates

ABOUT THE DIVISION

Under this division, our primary focus is to implement relevant health programs to serve our community. We primarily aim at making information and diagnostic services on non-communicable diseases available to ALL at ALL times in RELEVANT formats but also focus on the other components in our behavior change communication that include Mental Health, Drugs and Substance Abuse and Sexual and Reproductive Health.

We mainly focus on preventive primary healthcare by providing health education and diagnostic services. Our vision in this division is to ensure that the communities we serve live a healthy and productive life.

WHAT'S IN THIS SEGMENT

- STEP UP PROJECT
- AFRICA NCD CHAMPION PODCAST

BIGGEST HIGHLIGHT OF THE QUARTER

Progress of the Step Up NCDs for Climate Change Project

Stowelink, in partnership with the NCD Alliance of Kenya, began implementing the CoBenefit Project NCDs and Climate Change, which aims to reduce the negative impact and vulnerability of non-communicable diseases among young people.



PROGRESS OF THE STEP UP NCDS FOR CLIMATE CHANGE PROJECT



Stowelink, in partnership with the NCD Alliance of Kenya, is implementing the CoBenefit Project NCDs and Climate Change, which aims to reduce the negative impact and vulnerability of non-communicable diseases among young people. The project seeks to build the capacity of young people in under-resourced communities to mitigate the vulnerability and impact of NCDs through healthy diet, physical activities, and climate change education, while leveraging technology and innovation.

Stowelink's program team settled on Roysambu Sub County as the project implementation area and mapped 10 youth groups in the community, which are expected to identify 10 members each for NCDs and Climate Change training. The program team carried out youth group leader sensitization and orientation to discuss their roles in the project and ensure their support throughout the implementation phase. The eligible criteria for project training are accessibility to a smartphone and a basic education background.

The group members will graduate to NCDs youth champions after the training, and the project will use IEC materials, community NCDs screening, medical camps, and social media to create demand for the project. Stowelink is working closely with the project beneficiaries, community key stakeholders, and the Ministry of Health to ensure successful project implementation in Roysambu.

STOWELINK MEETS COUNTY STAKEHOLDERS TO ADDRESS NCDS AND CLIMATE CHANGE

Stowelink program team met with county stakeholders, including the Sub County Public Health Officer and community leaders, to discuss the Co-Benefit Project aimed at addressing NCDs and climate change among youths in Roysambu. The stakeholders were impressed with the initiative and pledged to support the project's success. Stowelink briefed the stakeholders on the project's goals, objectives, and desired outcomes, and stakeholders had the opportunity to review the project's toolkits. The county agreed to lead discussions on project sustainability beyond the pilot phase by forming a Technical Working Group with key NCDs program implementers, and Stowelink was asked to help identify additional partners for the TWG.



STOWELINK TRAINS FUTURE NCD AND CLIMATE CHANGE CHAMPIONS THROUGH ONLINE COURSE

During the Step Up project, Stowelink aimed to increase awareness and literacy on NCDs and climate change among the youth in the Roysambu sub-county. To achieve this, Stowelink provided a self-paced course on NCDs and climate change, which was designed to optimize learning and enhance knowledge retention.

To ensure that the beneficiaries had access to the course, Stowelink conducted an onboarding session to address any technical issues they might encounter. With most technical issues resolved, the beneficiaries were able to start learning and complete the course.

Upon successful completion of the course, beneficiaries received certificates and were expected to become lead trainers in their organizations, training their communities on NCDs and climate change. This approach ensured that the youth in the Roysambu sub-county were equipped with the necessary knowledge and skills to create sustainable change in their communities.



AFRICA NCD CHAMPIONS PODCAST

STOWELINK MEETS COUNTY STAKEHOLDERS TO ADDRESS NCDS AND CLIMATE CHANGE

Stowelink collaborated with NCD champions to produce a 10-part podcast series titled "NCDs and COVID-19" in an effort to shed more awareness and insight into the experiences of people living with non-communicable diseases during the height of the pandemic and to draw lessons for the future. The series was proudly supported by the Global Youth Mobilization and featured 10 young and mid-aged patients, doctors, and caregivers of people living with NCDs who were affected by COVID-19 in some way.



The podcast episodes featured the following individuals:

- Monica Kinyanjui in "Dementia and COVID-19: Lessons from the Past for the Future Pandemics"
- Sharon Mbugua in "Mental Health and COVID-19: Lessons from the Past for the Future Pandemics"
- Maryanne Njuguna in "Sleep Disorders and COVID-19: Lessons from the Past for the Future Pandemics"
- Japheth Asungu in "Patient Care Systems and COVID-19: Lessons from the Past for the Future Pandemics"
- David Sageka in "Stroke and COVID-19: Lessons from the Past for the Future Pandemics"
- Joan Wangari in "Cancer and COVID-19: Lessons from the Past for the Future Pandemics"
- Patrick Omusebe in "Diabetes and COVID-19: Lessons from the Past for the Future Pandemics"
- Eldah Moraa in "Caregiving and COVID-19: Lessons from the Past for the Future Pandemics"
- Renee Kiguta in "Diabetes Patient Experience and COVID-19: Lessons from the Past for the Future Pandemics"
- Moses Omondi in "Cancer Champion and COVID-19: Lessons from the Past for the Future Pandemics"



The series aimed to build back better from COVID-19, emphasizing the importance of the experiences gathered while managing the pandemic and lessons to help us move back better and prepare for future pandemics, especially for communities of people living with NCDs.

Advocacy Division Updates

ABOUT THE DIVISION

The Stowelink advocacy division focuses all issues advocacy. This division aims at addressing and contributing actively to the key advocacy asks that are in line with our organizations values and missions. More than that ,the advocacy decision is also responsible for the media and communication features of the organization ensuring that the organization is positioned correctly in the public.

WHAT'S IN THIS SEGMENT

- STOWELINK INVITED AS KEY STAKEHOLDERS TO THE YHP MENTAL HEALTH RESEARCH DISSEMINATION FORUM

BIGGEST HIGHLIGHT OF THE QUARTER

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Stowelink was invited as a key stakeholder by AstraZeneca to the Young Health Programme Kenya, which focused on disseminating mental health research on young people.



STOWELINK INVITED AS KEY STAKEHOLDERS TO THE YHP MENTAL HEALTH RESEARCH DISSEMINATION FORUM

Stowelink was invited as a key stakeholder by AstraZeneca to the Young Health Programme Kenya, which focused on disseminating mental health research on young people. The forum was attended by various stakeholders, including the Ministry of Health, civil society organizations, and other key players. Stowelink presented a robust mental health strategy and shared toolkits and guidelines developed in the mental health space. The event also involved discussions on the key findings from the mental health research, which were shared amongst attendees.

The Young Health Programme has been successful in reaching over six million young people directly with information on non-communicable disease (NCD) risk behaviors since its launch in 2010.



Research & Development Division Updates

ABOUT THE DIVISION

Stowelink Research and Innovation Segment showcase research work, innovative activities and publications that have been conducted by Stowelink or its executive that is related to the work that we do

WHAT'S IN THIS SEGMENT

- HOW WE COULD USE DIGITAL HEALTH TO IMPROVE ACTION ON NON-COMMUNICABLE DISEASES

BIGGEST HIGHLIGHT OF THE QUARTER

HOW WE COULD USE DIGITAL HEALTH TO IMPROVE ACTION ON NON-COMMUNICABLE DISEASES

Stephen Ogwen Stowelink's CEO recently published a research on digital health and how we could use it to improve action on non communicable diseases.



HOW WE COULD USE DIGITAL HEALTH TO IMPROVE ACTION ON NON-COMMUNICABLE DISEASES

Introduction

Non communicable diseases (NCDs) are the leading killer disease globally accounting for over 70 % of deaths globally [1] and significantly rising in sub-Saharan Africa [2]. In Kenya, noncommunicable diseases currently account for 27% of all deaths [3] and 55% of all hospital admissions [4]. NCDs is a huge burden in Kenya but receives a small percentage in the average of just 7% of the annual budget being allocated to health [5]. One of the biggest challenges in the fight on non-communicable diseases in Kenya is the vast misinformation and lack of it, insufficient access to early diagnostic services [6,7] and poor compliance to medication.

Digital Data Collection Tools for Improved Outcomes for Patients

Digital data collection tools would be important in collecting relevant data that could inform interventions and influence positive health outcomes. This could be achieved by the following tools:

- Mobile Phones

The use of mobile phones is the easiest way to capture valuable data in Kenya as the penetration is high [8]. Mobile phones could be used to collect data and improve patient compliance through reminder SMS services [9,10] and use of interactive voice control [11] both which have worked with other conditions like malaria and HIV and could be adopted for non-communicable diseases as well. Self-reporting questionnaires have proven be an ideal way to collect data especially amongst the youth [12].

- Bio Sensors

The most common biosensors already actively used in the country are the blood pressure monitor and the blood glucose monitors. Successful programmes like Tiba Yako have successfully combined the use of phones and bio sensors mentioned above to improve early diagnosis and monitoring of conditions as a result improve the health of millions in the country [12]. There are already existing projects aim at using nano sensors in phones for cancer detection [13] in the country and the amplification of such projects could ensure early detection for such NCDs.

- Geographic Data Capture

To assess the distribution of various clinics and medical centers that offer care for, the use geo location and GIS would be the most appropriate way to collect data on the same. This data could then be used by governments to put in place detailed plans aimed at improving access to services to those who need it the most. In 2020 for instance, GIS greatly improved Kenya's response to COVID-19 [14].

Read the full paper by searching this DOI : DOI: 10.26717/BJSTR.2022.45.007277

Stowelink Connecting to the world

ABOUT THE DIVISION

This segment demonstrate our passion to connect with the world while promoting NCDs Advocacy. Our team is keen on reaching the world audience with active NCDs work that aims at promoting NCDs Literacy and contributing to the NCDs knowledge gap across the globe. We leverage the strength of social media and our networks to work with world advocates and leaders to have maximum impact on the community that we endeavor to serve.

WHAT'S IN THIS SEGMENT

- STOWELINK ATTENDS THE 2ND INTERNATIONAL CONFERENCE ON PUBLIC HEALTH IN AFRICA IN KIGALI
- STOWELINK CPO PRESENTS AT THE 2ND YouTH VOICES SUMMIT 2022
- STOWELINK CPO MAKES A KEYNOTE PRESENTATION DURING A DIABETES TALK WITH BREAKING BARRIERS YOUTH INITIATIVE

BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK ATTENDS THE 2ND INTERNATIONAL CONFERENCE ON PUBLIC HEALTH IN AFRICA IN KIGALI

Stowelink attended the 2nd International Conference on Public Health in Africa in Kigali, Rwanda, represented by CEO Ogweno Stephen.



STOWELINK ATTENDS THE 2ND INTERNATIONAL CONFERENCE ON PUBLIC HEALTH IN AFRICA IN KIGALI

Stowelink attended the 2nd International Conference on Public Health in Africa in Kigali, Rwanda, represented by CEO Ogwenko Stephen. We advocated for more attention to non-communicable diseases, championed the use of technology in health, and supported new research and key global actors in the summit. The conference provided a platform for African researchers, policymakers, and stakeholders to share perspectives and research findings in public health and to build more resilient health systems to better manage emerging health threats while addressing infectious diseases.



STOWELINK CPO PRESENTS AT THE 2ND YOUTH VOICES SUMMIT 2022

Mr. Oduor Kevin, Stowelink's Chief Programs Officer, was a presenter at the 2nd Youth Voices summit, where he championed mHealth integration into Kenya's healthcare infrastructure to augment Universal Health Coverage. The summit, which took place from 1st to 3rd December 2022, focused on activating youthful leadership towards the realization of UHC in Kenya, and brought together young professionals and university students in Kenya. The event was hosted by Ryculture Health and Social Innovation Youth Voices Network, which aims to empower the Kenyan youth to act for their health and the health of their communities.



STOWELINK CPO MAKES A KEYNOTE PRESENTATION DURING A DIABETES TALK WITH BREAKING BARRIERS YOUTH INITIATIVE

Breaking Barriers Youth Initiative organized a Diabetes talk before World Diabetes Day (WDD) 2022 to sensitize members on this chronic non-communicable disease. Our Chief Program Officer, Mr. Oduor Kevin, gave a keynote presentation on the disease and explained more about WDD commemorated annually on 14th November. He talked about the common types of diabetes, symptoms, and prevention and control mechanisms, emphasizing that we all have a critical role to play in combatting chronic non-communicable diseases.



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- Harrizon Ayallo



We thank you for your continued support in our efforts to
transform and empower lives.

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