

JUN-DEC  
2023

THE 21ST- NCD YOUTH  
CHAMPIONS 4 CLIMATE  
CHANGE.

# Quarter 2 & 3 Report



**STOWELINK INC.**  
TRANSFORMING AND EMPOWERING LIVES

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## ACRONYMS

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ACRONYM	MEANING
CBOs	Community Based Organizations
NCDAK	Non-Communicable Diseases Alliance of Kenya
NCDs	Non-Communicable Diseases
COVID-19	Corona Virus Disease – 2019
SOW	Scope of Work
MOH	Ministry of Health
CYG	Community Youth Groups

## BACKGROUND OF PROJECT

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The 21st NCDs Youth 4 Climate is a project that aims at creating a movement of trained and empowered NCDs champions called The Twenty-Firsts who are knowledgeable on NCDs and climate change and the close interrelationship between the two topics. The Twenty-Firsts will be responsible for educating their communities on these topics thus creating a snowballing impact and as a result improving on literacy and practices aimed at leveraging co-benefit solutions and impact gained from action on NCDs and climate change.

### PROJECT EXPECTED OVERALL IMPACT

In this project, we hope to create a movement of young people called the Twenty-firsts who have a deep understanding of NCDs and climate change through engaging them in innovative and creative activities aimed at leveraging the co-benefit solutions gained from action on NCDs and Climate change.

### MAIN NCD RISK FACTORS FOCUS

- Unhealthy diet
  - Physical inactivity
  - Exposure to air pollution
-

## **Milestones**

The project will have 4 major milestones and critical steps to be achieved including:

- 1. Making available all learning materials. This means that the NCDs 365 app, the online course, and the NCDs training manual be ready and updated with this knowledge.
- 2. Training the Twenty-Firsts and engaging them through the clubs
- 3. The trained Twenty-Firsts continue training and recruiting their peers. This will be monitored over a 6-month period.
- 4. Engaging in activities involving the Twenty-Firsts and the neighboring communities that have co-benefits including; cookstove technology training and tree planting activities.
- Through this project, we aim at creating a movement, the Twenty-Firsts, a movement for good on NCDs and Climate Change.

## **INNOVATIVE METHODS TO TACKLE ENVIRONMENTAL SUSTAINABILITY AND HEALTH CHALLENGES**

This project incorporates already existing proven and validated approaches to achieve its objectives.

By recognizing that young people are not only recipients of services but also co-creators of solutions, the project leverages on young people's energy to achieve its objectives. The innovation in the project really comes to life in the project delivery. While training of trainer's model exists and while online courses and school clubs and health apps exist, the integration of these components to create a stellar project like this is what speaks to the innovation and sustainability of the project. The technology used in this project is developed with the African context and therefore both the NCDs 365 app and the online course can easily be expanded and replicated in other countries. The project design is also very sustainable with the key training tools available online and the on groundwork done through already existing school clubs systems

## **EXPECTED OUTCOMES**

- ·Increased knowledge on NCDs and its prevention and management.
  - ·Increased knowledge on climate change and its relation to NCDs.
  - ·Improved health outcomes through the participant's participation on the project's health activities such as better nutrition and lung health.
  - ·Increased environmental conservation activities which has a net effect in reducing the prevalence of NCDs. For instance, fruit trees planting, reduced charcoal use and reduced soil and air pollution caused by food wastage and post-harvest loss.
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## KEY ACHIEVEMENTS

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During these quarters, 5 institutions of higher learning were engaged and over 80 trainers of trainers trained.

- These institutions included:
  - Jomo Kenyatta University of science and technology
  - Kenyatta University
  - Zetech University
  - Multimedia University
  - Amref University



# PROJECT ACTIVITIES - PLANNING & DIGITAL

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## JUNE MAJOR ACTIVITIES

### FIELDWORK PLANNING AND SOCIAL MEDIA TEMPLATE DEVELOPMENT

#### ***FIELDWORK PLANNING***

Stowelink executive members discussed the project activities in line with the implementation plan. In the previous meeting, the members identified institutions where the project could be implemented but had not engaged the 10 institutions required for the purpose. As such, the fieldwork planning was centered around project activation in institutions. It was discussed that;

- The program office to prepare a work plan on how the institutions will be visited.
- The project activation is to take place within three weeks following the meeting as the project timelines will be greatly impacted if this is not done as soon as possible.
- A budget be drawn up and submitted in time to the finance office to facilitate this fieldwork.
- If possible, volunteers can be engaged in the activation.

#### ***SOCIAL MEDIA TEMPLATES***

The meeting noted that the social media templates should be designed as soon as possible as they are critical in awareness creation and sensitization. The meeting discussed at length how the templates should be designed. However, it was noted that the team does not have the necessary expertise hence they are not able to design and develop the templates. It was therefore agreed that a branding company, Brandvic to be specific, should be engaged to design the templates. The templates will be approved by members. The finance office was given the go-ahead to hire Brandvic but with express instructions that payment would be made upon satisfactory assessment of the quality of the designs of the social media templates.

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# **JULY MAJOR ACTIVITIES**

## ***SOCIAL MEDIA TEMPLATE APPROVAL***

As communicated during the last meeting, Stowelink convened a meeting to discuss and approve the social media templates designed by Brandvic. The members were specifically focused on establishing if the templates were of the right size, color code (in line with Stowelink's color theme), and appropriate messaging in line with the project's focus. Members noted that;

- Brandvic utilized Stowelink color themes and integrated appropriate topography.
- The templates are of the right size for the various social media platforms; Facebook, Instagram, Twitter, and LinkedIn.
- The social media templates are customizable and thereby can be utilized to disseminate different information and messages.

The meeting approved the social media templates

## ***PLAN FOR FIELDWORK ACTIVITIES IN AUGUST***

Stowelink executive members convened to review previous fieldwork activities. Since fieldwork activities fall in the docket of programs, the program officer enumerated the activities that have been conducted. He noted that in the past two weeks, he has been sending emails to institutions hoping to book appointments. However, he noted that only one university acknowledged receipt of the email but did not grant appointments. As such, the programs officer requested that he draw a budget to facilitate a random visit to the institution. He noted that he hopes to achieve the following;

1. Initiate contact with the Dean of Students in the institution and obtain necessary information regarding how the institutions will be engaged. This includes the requirements and processes to be followed before Stowelink can be permitted to engage the students and the institution at large.
  2. Comprehensively pitch the project and respond to questions regarding certain aspects of the project, for instance, the financial implications of granting Stowelink permission to engage students (the institution committing to the project).
  3. Initiate buy-in and support for the project in principle, pending formal/official approval of a partnership between Stowelink and the institutions/prospective project beneficiaries.
  4. Request the institutions to link Stowelink to the registered clubs so as to establish a strategy for implementing the project.
  5. Establish when the project can begin, especially in institutions that immediately buy in into the project.
-

The meeting also discussed the plans for August, noting that it is a crucial month to for preparation even as institutions re-open. The meeting noted that while substantial preparations need to be put in place, they are dependent on the outcome of the meetings the program officer will have with the Deans of Students at the prospective institutions. As such, the program officer was asked to expedite the engagements to allow for proper planning in August for execution in September.





# PROJECT ACTIVITIES - TRAINING OF TRAINERS

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## AUGUST MAJOR ACTIVITIES

### MULTI-UNIVERSITY NCDs AND CLIMATE CHANGE TRAINING

- **Training Objectives**

The series of training sessions, conducted at Kenyatta University (KU), Zetech University, Amref International University (AMIU), Jomo Kenyatta University of Science and Technology (JKUAT), and Multimedia University, aimed to deepen participants' understanding of the link between Non-Communicable Diseases (NCDs) and climate change. The objective was to empower students with knowledge for informed public health practices.

- **Training Format**

The uniform training format featured engaging presentations and interactive sessions. Oduor Kevin, Chief Program Officer at Stowelink, and Nayla Chebet, External Relations Officer at Stowelink Foundation, led discussions on NCDs, their risk factors, and the intersection with climate change. Group activities and Q&A sessions enriched the learning experience.



## SESSIONS

### Session 1: NCDs and Their Management

**Definition and types:** Across all the 5 institutions visited the first session always started with an exploration of NCDs and their management. The session started with the definition of NCDs, noting that they encompass a group of medical conditions that are not directly transmitted from person to person. Instead, they typically result from a combination of genetic, environmental, and lifestyle factors. The participants were introduced to the most prevalent NCDs i.e. cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes.

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**Difference between NCDs and CDs:** The fundamental differences between NCDs and Communicable Diseases (CD) were discussed, observing that NCDs are not caused by infectious agents while CDs are a result of infectious agents. The trainees learned that NCDs develop over time due to various risk factors, emphasizing the need for long-term management and prevention strategies. While cardiovascular diseases, cancers, respiratory diseases, and diabetes are well-known NCDs, the training delved into less-discussed conditions like mental health disorders and musculoskeletal conditions, broadening participants' awareness of the NCD spectrum. The participants were challenged to develop an interest in the less-talked-about NCDs as they are also life-threatening and hence require that people understand them.

**Risk factors:** The training also delved into the risk factors of NCDs, dividing them into modifiable and non-modifiable risk factors: Lifestyle choices such as tobacco use, unhealthy diet, lack of physical activity, harmful alcohol consumption, and air pollution were identified as modifiable risk factors. The participants learned that they are called modifiable risk factors because they can be altered or controlled through individual choices and lifestyle changes. This provides opportunities for individuals to mitigate their risk of developing NCDs through conscious and positive behavioral modifications. The non-modifiable risk factors including genetic predisposition, age, and gender were recognized as factors beyond individual control.



**Prevention mechanisms:** During the first session, participants explored strategies for preventing and managing NCDs, emphasizing lifestyle modifications, early detection, and adherence to prescribed treatments. The training highlighted the importance of regular health screenings and cultivating healthy habits. To add emphasis to it, the discussions in the first session included alarming statistics on the rise of NCDs globally and within Kenya. The prevalence of these diseases has surged, underscoring the urgency to address them comprehensively.

**Discussing the economic and health implications:** The training emphasized the significance of addressing NCDs due to their profound impact on individual well-being, public health systems, and overall societal productivity. Participants gained insights into the potential for preventive measures to alleviate the burden of these diseases on healthcare systems. Exploring the economic repercussions of NCDs, the training illuminated the financial strain on healthcare systems and the broader economy. Increased healthcare costs, reduced productivity, and the socioeconomic burden were discussed, underscoring the urgency of proactive intervention.

**Empowering Trainees to Address NCDs:** Empowering participants to take action, the training concluded with practical steps individuals can take in their capacity. Advocacy for healthy living, promoting awareness, and engaging in community initiatives including petitioning the government to enact healthy public policies, were identified as tangible ways to contribute to the prevention and management of NCDs.

## **Session 2: Climate Change Overview**

**Definition and distinction:** The second session of training commenced by defining climate change as a long-term alteration in the condition of the atmosphere, distinguished from weather by its prolonged impact on temperature, precipitation, and weather patterns. Unlike day-to-day weather fluctuations, climate change refers to sustained shifts over extended periods.

**Forms of climate change:** Participants delved into various forms of climate change, including reduced average rainfall, increased average temperatures, and extreme events like droughts and floods. The facilitators noted that these alterations pose significant challenges, impacting ecosystems, agriculture, and water resources.

**Local and global impact:** To make the training more robust, local examples, showcasing the dire consequences of climate change were highlighted. In Kenya, the escalating drought situation and recurrent floods were discussed, illustrating the immediate and tangible effects on communities. The wildfires reported across the world, especially in the Amazon forest were highlighted, further unpacking the impact of climate change. The discussion extended to global scenarios, with a focus on rising sea levels and the drying of rivers. Examining both natural and human-induced climate changes, participants gained insights into the widespread implications for coastal areas and river-dependent communities. The economic toll of climate change was underscored, encompassing increased healthcare costs, infrastructure damage, and agricultural losses. The training emphasized that proactive climate action is not just an environmental imperative but a crucial economic necessity.

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**Individual actions to address climate change:** Participants explored actionable steps to mitigate climate change, emphasizing personal responsibility. Lifestyle modifications, sustainable consumption and production, and advocacy for environmental conservation were identified as impactful measures to collectively slow down climate change. The trainers emphasized the urgency of addressing climate change, noting that climate change inaction is as dangerous as climate change itself. Beyond ecological concerns, participants grasped the broader significance of safeguarding economies, livelihoods, and the overall well-being of present and future generations.

### **Session 3: Link Between NCDs and Climate Change**

During the training's final session, the intricate link between climate change and Non-Communicable Diseases (NCDs) was explored, shedding light on the multifaceted ways in which environmental shifts impact public health. Participants delved into the repercussions of climate change on agriculture, unraveling how shifts in temperature and precipitation patterns compromise crop yields. This, in turn, contributes to food insecurity, fostering poor nutrition and elevating the risk of NCDs linked to inadequate dietary habits. The discussion extended to the impact of flooding, which can disrupt access to medical help, particularly for individuals already grappling with NCDs. Flood-stricken areas often face challenges in reaching healthcare facilities, exacerbating the difficulties faced by those in need of timely medical assistance.



Drought-induced conditions were examined for their adverse effects on healthcare infrastructure. Areas grappling with water scarcity and drought often experience poor infrastructure, including limited access to NCD-related services, further exacerbating health disparities. Participants explored how climate change, manifested as flooding, can impede access to essential drugs for individuals living with NCDs. In instances where roads are cut off or impassable, the supply chain for medications becomes disrupted, posing critical challenges to those dependent on consistent pharmaceutical access.

Water scarcity, stemming from climate change was highlighted, citing how communities might resort to poor-quality water sources due to salinity, contributing to NCDs related to waterborne contaminants. The discussion extended to deforestation and its impact on air quality. Reduced forest cover contributes to poor air quality, intensifying respiratory NCDs. Participants explored the connections between environmental degradation and the prevalence of respiratory health issues.

## Photo during the sessions

- **Kenyatta University (KU) - 11th October 2023**
- **Total number of Trainees: 40 Participants**
- **Audience: EHSAKU Club members**



- **Multimedia University - 12th October 2023**
- **Total number of Trainees: 26 students**
- **Audience: Environmental and Health Club students**
- **Facilitators: Oduor Kevin and Naila Chebet Koech**



- **Zetech University - 17th October 2023**
- **Total number of Trainees: 44 students**
- **Audience: Drawn from different departments at the university**
- **Facilitators: Oduor Kevin and Naila Chebet Koech**





- **Amref International University (AMIU) - 18th October 2023**
- **Total number of Trainees: 34 students**
- **Audience: Community health students at AMIU**
- **Facilitators: Oduor Kevin and Naila Chebet Koech**



- **Jomo Kenyatta University of Science and Technology (JKUAT) - 26th October 2023**
- **Total number of Trainees: 34 students**
- **Audience: Jomo Kenyatta University Students Medical Association**
- **Facilitators: Naila Chebet Koech and Mercy Ayekha**



## NCDs 365 App

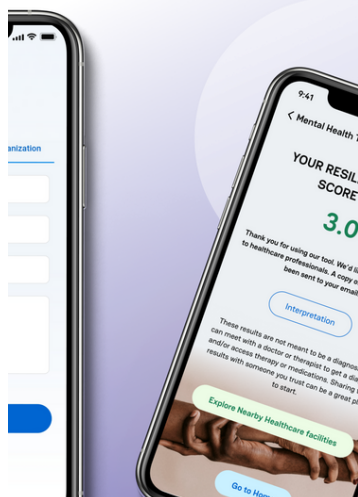
The NCDs365 app focuses on providing the users a platform to learn all about non-communicable diseases like cancers, heart diseases, lung diseases and diabetes in an easy, fun and simplified way. Learn also about how to prevent these diseases including which foods to eat and avoid to prevent these diseases. Also, connect with relevant support groups and institutions providing care for NCDs on our free directory. Finally, we share updates on medical camps around you, new resources and tool kits to learn about NCDs, and new products to enhance your learning on NCDs.

## Progress

During this quarter we have had 1200 students downloading and learning from this app in the institutions that have been trained.

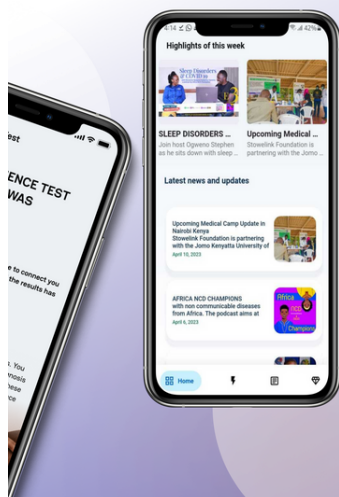
### Don't Forget, Your Mental Health Matters

Take The Depression, Anxiety And Resilience Tests In Less Than 30 Seconds And Know Your Mental Health Status And Get Connected To Help When You Need It.



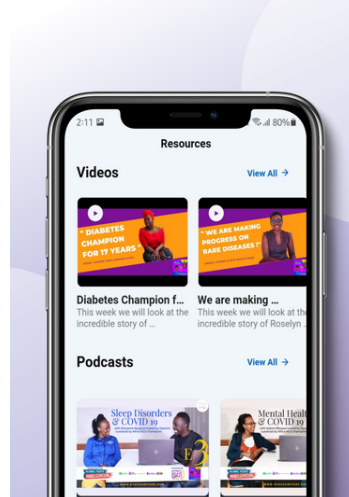
### Be The First To Know The Latest News On Free Medical Camps, Events And Articles

Be The First To Learn About The Latest Medical Camps , Medical Trainings, Medical Events Within Your Region And Articles On The Latest Advancements



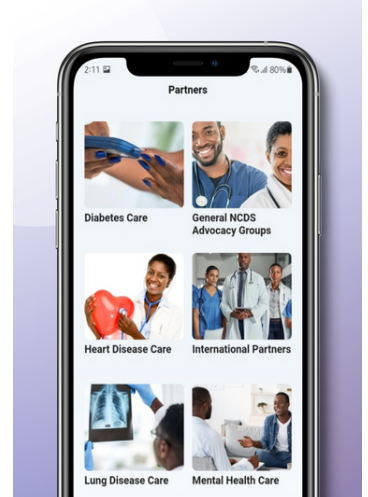
### Access Premium Resources On Health And Wellness

With Our Collection Of Curated Videos, Articles And Podcast Series, You Have Access To All The Relevant Information To Help You On Your Health Journey.



### Connect With All Patient Support Groups And Medical Institutions To Help You On Your Journey

Connect With Patient Groups, Civil Society Organizations And Health Care Providers In The Non- Communicable Diseases Space All In One Platform.



# NCDS FOR PUBLIC HEALTH COURSE

## LEARN ABOUT NON-COMMUNICABLE DISEASES, WHAT THEY ARE, AND HOW TO PREVENT AND MANAGE THEM.

The course contains 9 modules and has been developed in simple easy to understand language that can be understood by the general population. It adapts the use of videos, images, and audio to enhance learning. The course will also provide additional course content and research papers required to give the learner a deeper understanding of the topic.

### PROGRESS

With over 2000 students including students trained from all the institutions we have worked with so far and over 100 reviews of over 4.8 out of 5 scoring, the course continues to remain the highest-rated course on Udemy. Many say the course is simplified, accurate, and communicates very succinctly on the subject matter. Stowelink has been lauded as having excellent tutors who communicate clearly. Throughout the course the goal has always been, to create a lasting impact in the field of non-communicable diseases and this course certainly does that.



Health & Fitness > General Health > Public Health

## Non Communicable Diseases for Public Health.

Learn about non communicable diseases, what they are, and how to prevent and manage them.

**Highest rated** 4.9 ★★★★★ (81 ratings) 2,122 students

Created by [Stephen Odhiambo Ogweni](#)

Last updated 07/2021 English English [Auto]

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**This course includes:**

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- 38 articles
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- Full lifetime access
- Certificate of completion

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### What you'll learn

- Students will learn about non communicable diseases, what causes them, and how to prevent and manage them.
- Students will also learn about contemporary issues for NCDs including NCDs in the context of antimicrobial resistance, human rights and climate change.
- Students will gain deeper insights on non communicable diseases data .
- Students will learn from real examples of global work in the non communicable diseases space.

### Course content

11 sections • 52 lectures • 3h 25m total length

[Expand all sections](#)



## NEXT QUARTER PLANS

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In line with the budget and the projects activities. These are some of the activities scheduled for next quarter:

01

**Train the next 5 universities**

02

**Hold the second training round**

03

**IEC Material distribution**

04

**Conduct tree planting**



## Acknowledgements

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We would like to appreciate AstraZeneca through the STEP UP PROJECT GRANTS for providing the funding that has made this project a reality. We would also like to thank the Stowelink project team and volunteers who continue to work around the clock to ensure that this project is well implemented and finally thank all the stakeholders whom we have worked with throughout this quarter's implementation of the project.

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We thank you for your continued support in our efforts to contribute to the important work on NCDs and Climate Change.

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