

Stowelink News

WHAT'S IN THIS QUARTER'S ISSUE:

ABOUT US

Established in 2016 Stowelink Foundation 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.

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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

Greetings,

I am thrilled to share some exciting updates from Stowelink's first quarter of 2024. Our journey towards advancing public health and addressing non-communicable diseases (NCDs) has been marked by significant milestones and impactful initiatives. In Quarter 1, Stowelink successfully conducted two comprehensive training sessions for Kenyatta University and Multimedia University under the 21st NCDs and Climate Change Champions project. This initiative is rapidly growing into a powerful movement, empowering young leaders to champion the fight against NCDs and climate change.

We are also delighted to announce the launch of Season 3 of the Afropreneur Podcast. This season, we delve into all aspects of NCDs, bringing insightful discussions and expert opinions to the forefront. The podcast continues to be a platform for raising awareness and inspiring action on NCDs across Africa.

Additionally, Stowelink joined our partners at Lifesten Health in Rwanda for their launch project. This collaboration is a testament to our commitment to cross-border partnerships and collective efforts in addressing public health challenges.

Our new research publication exploring the connection between NCDs and climate change has also been released. This publication highlights the intricate linkages between these critical issues and underscores the importance of integrated approaches to health and environmental sustainability.

As we move into Quarter 2, I wish all our readers continued success and look forward to sharing more of our achievements and progress in the coming months.



Stephen Ogwen- Founder and CEO

BIGGEST HIGHLIGHT OF THE QUARTER

Link Between NCDs and Climate Change- A new Research by Stowelink Foundation

Stowelink Foundation has yet again published a new research on the intricate connection between Non-Communicable Diseases (NCDs) and climate change. This cutting-edge study, made possible through the Step Up Project, uncovers compelling insights into the intersectionality of these two pressing global issues. Drawing from extensive data analysis and innovative methodologies, the research conducted by the Stowelink Foundation delves into the intricate web of factors linking NCDs and climate change. The research underscores the urgent need for integrated approaches to address both NCDs and climate change simultaneously. As the world grapples with escalating health and environmental challenges, this study serves as a clarion call for coordinated action at local, national, and global levels to mitigate the dual burden of NCDs and climate change.



Notable Achievements Of The Quarter



STOWELINK HOSTS THE WORLD OBESITY DAY WALK IN KENYA

On May 4th, 2024, Stowelink Foundation had the honor of participating in the World Obesity Day celebrations at Kenyatta University, where we joined hands with youths from across Kenya to raise awareness about the global obesity epidemic.

In addition to the training, Stowelink hosted the Global Obesity Walk, a symbolic march to raise awareness about the impact of obesity on individuals and communities worldwide. Participants donned their walking shoes and joined together to show their solidarity in the fight against obesity, marching proudly around the university campus.

STOWELINK CONTINUES ON ITS PRIORITY ADVOCACY EFFORTS FOR HEALTHIER COMMUNITIES

Stowelink Foundation is committed to driving positive change and promoting healthier lifestyles across Kenya and East Africa. Through our ongoing advocacy initiatives, we are addressing key public health challenges and advocating for policy changes that will improve the well-being of our communities. These advocacy efforts are conducted in collaboration with several partners, including the International Institute of Legislative Affairs, the NCD Alliance, the Global Obesity Community, and the Tobacco Community Partners. Together, we are working towards a healthier future for all, advocating for policies that prioritize public health and well-being. Join us in our mission to create healthier communities and advocate for policies that support the health and well-being of all individuals. Together, we can make a difference and build a brighter, healthier future for generations to come.



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

- THE 21ST NCDS 4 CLIMATE CHANGE PROJECT
- THE AFRICA NCDS CHAMPIONS PODCAST

BIGGEST HIGHLIGHT OF THE QUARTER

Unveiling Season 3 of the African NCDs Champions Podcast

The season 3 of the Africa NCDs Champion Podcast is back with over 10 captivating episodes. This season delve into the multifaceted realm of Non-Communicable Diseases (NCDs), covering everything from their origins and preventive measures to contemporary policy issues. Stowelink is committed to unraveling the complexities surrounding NCDs, drawing from its expertise and extensive research. Our team shares unprecedented insights into the causes, impacts, and potential solutions related to NCDs, offering a holistic perspective on this pressing global health challenge.



THE 21ST- NCD YOUTH CHAMPIONS 4 CLIMATE CHANGE

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.

DELIVERY PLAN

Stowelink proposes to deliver on this project by following this model.

1. Identify and train at least 40 youths from each of the 10 institutions of higher learning that we have clubs in or are working with health and environment clubs.
2. Engage the trained NCD champions also identified as the Twenty Firsts in activities such as tree planting, cookstove technology lessons, to gain practical knowledge of these co-benefit actions on NCDs and climate change.
3. The Twenty-Firsts will then be tasked with training and educating their communities on the same knowledge and recruiting new members through the health and environmental clubs that they are members of. This will ensure the sustainability of the project beyond the funding.



4. The project will also leverage the NCDs 365 app and the NCDs For Public Health Online Course both by Stowelink's knowledge partner, NCDs Champions, to enhance the learning, monitoring and reporting processes of the project. The online course will enable the students to learn and have a reference point as well. The NCDs 365 app will be updated with information on NCDs and climate change to provide on-the-go access to this information to the Twenty-Firsts.

More than that the app will be the central platform where all updates, communication, and reporting from all the institutions will be managed. These components are key to this project as they will ensure the sustainability of the project and easy replication of the project to other locations.

5. The project will also have a very strong research component with Quarterly KAP (Knowledge, attitude, and practice) surveys which will be conducted to establish the impact of the project on the desired outcomes e.g behavior change and knowledge retention among many others.

UPDATES ON THE PROJECT

STOWELINK EMPOWERS AMBASSADORS AT MULTIMEDIA UNIVERSITY TO TACKLE NCDs AND CLIMATE CHANGE

Stowelink Foundation continues to champion the fight against non-communicable diseases (NCDs) and climate change, with a recent training session held at Multimedia University of Kenya. Sponsored by AstraZeneca, this training marked the second session for selected project ambassadors who are committed to driving positive change in their communities.

The training session focused on the critical link between NCDs and climate change, highlighting the interconnectedness of these two global health challenges. Led by experts in the field, participants learned about the environmental factors contributing to the rise of NCDs and explored innovative solutions to mitigate their impact.



STOWELINK COME BACK TO KENYATTA UNIVERSITY TO CHECK PROGRESS ON THE TRAINED 21ST YOUTH CLIMATE CHANGE AMBASADORS

The Stowelink Team also recently revisited its trained ambassadors at Kenyatta University to check on the progress they had had on the project. One of the positive news was how the Stowelink Project continued to expand across the university registering more students joining the movement. Currently, the number of ambassadors at the university stands at 1236 students and continuously growing demonstrating the continuous growth of the project.



THE AFRICAN NCDs CHAMPIONS PODCAST

UNVEILING INSIGHTS: DEEP DIVE INTO NON-COMMUNICABLE DISEASES

Stowelink unveiled season 3 of the African NCDs Champion Podcast which delve into the multifaceted realm of Non-Communicable Diseases (NCDs), covering everything from their origins and preventive measures to contemporary policy issues. Here, we treasure trove into insightful discussions aimed at unraveling the complexities surrounding NCDs. Drawing from their expertise and extensive research by bring you unprecedented insights into the causes, impacts, and potential solutions related to NCDs, offering a holistic perspective on this pressing global health challenge.



UNDERSTANDING HEALTH SEEKING BEHAVIOR FOR NON-COMMUNICABLE DISEASES



In the latest episode of the African NCDs Champions Podcast Season 3, hosts Ogwenno Stephen and Oduor Kevin explored the complex topic of health-seeking behavior for non-communicable diseases (NCDs). Drawing from their extensive experience with Stowelink Foundation, they provided valuable insights into the factors influencing individuals' decisions to seek healthcare and the barriers they often face.

Health-seeking behavior refers to the actions individuals take to maintain, restore, or improve their health. When it comes to NCDs such as cardiovascular diseases, diabetes, cancer, and respiratory diseases, understanding these behaviors is crucial for effective prevention, early detection, and management.

During the podcast episode, Ogwenno and Oduor delved into the various factors that influence health-seeking behavior, including socioeconomic status, cultural beliefs, access to healthcare services, and knowledge about NCDs. They emphasized the importance of community engagement and education in empowering individuals to make informed decisions about their health.

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 division 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

- PRESS STATEMENT AT TOBACCO FARMING
- RESET ALCOHOL INITIATIVE FORUM

BIGGEST HIGHLIGHT OF THE QUARTER

Stowelink Continues with its Priority Advocacy Efforts for Healthier Communities

Through our collaboration with several partners, including the International Institute of Legislative Affairs, the NCD Alliance, the Global Obesity Community, and the Tobacco Community Partners, Stowelink continues with its priority advocacy efforts for healthier communities. We are committed to driving positive change by addressing the risk factors associated with NCDs and promoting healthier lifestyles across Kenya and East Africa.



STOWELINK ADVOCATES FOR HEALTHIER COMMUNITIES IN EAST AFRICA

By collaborating with like-minded organizations like the International Institute of Legislative Affairs, the NCD Alliance, the Global Obesity Community, and the Tobacco Community Partners, Stowelink lives up to its promise of addressing NCD risk factors and promoting healthy lifestyles in East African countries. We are working towards a healthier future for all, advocating for policies that prioritize public health and well-being while fronting NCD prevention. Through our ongoing advocacy initiatives, we are addressing key public health challenges and advocating for policy changes that will improve the well-being of our communities.

1. Alcohol Taxation Advocacy: Alcohol consumption poses significant health risks, including an increased risk of NCDs and other health complications. That's why we're advocating for increased alcohol taxation in Kenya to deter excessive alcohol consumption and reduce the burden of alcohol-related harm on individuals and communities.

2. Transfat Elimination Advocacy: Transfats are known to increase the risk of heart disease and other NCDs. Following WHO standards, we are advocating for the elimination or reduction of trans fats in the food supply across East Africa. By promoting healthier food options and raising awareness about the dangers of trans fats, we aim to protect the health of consumers and reduce the prevalence of NCDs.

3. Tobacco Advocacy: Tobacco use remains a leading cause of preventable death worldwide. In partnership with organizations like the International Institute of Legislative Affairs and the Tobacco Community Partners, we are advocating for appropriate health labeling on tobacco products to deter individuals from smoking and encourage cessation efforts.

4. Front-of-Pack Labelling Advocacy: The food industry often uses misleading tactics to promote unhealthy products as healthy choices. To combat this, we are advocating for appropriate front-of-pack labeling of food items to provide consumers with clear and accurate information about the nutritional content of products.



STOWELINK JOINS CIVIL SOCIETY ORGANISATIONS ADVOCACY FORUM ON FRONT OF PACKAGE LABELLING STANDARDS IN KENYA

Stowelink joined representatives of other Civil Society Organizations (CSOs) in the discussion forum on Front of Pack Labelling (FOPL) a crucial step towards empowering consumers to make informed choices about their diet and reducing the prevalence of NCDs. This was in partnerships with organizations like the Kenya Legal and Ethical Issues Network on HIV and AIDS (KELIN), and the International Development Law Organization (IDLO).



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

- NCDs AND CLIMATE CHANGE IMPLEMENTATION RESEARCH: FINALLY PUBLISHED

BIGGEST HIGHLIGHT OF THE QUARTER

New Research From the Stowelink Foundation Reveals Link Between NCDs and Climate Change

In a groundbreaking collaboration, Ogwen Stephen and Oduor Kevin, alongside the dedicated team at the Stowelink Foundation, have spearheaded pioneering research shedding light on the intricate connection between Non-Communicable Diseases (NCDs) and climate change.



ASSESSING LITERACY ON THE INTERCONNECTION BETWEEN NON-COMMUNICABLE DISEASES AND CLIMATE CHANGE AMONG YOUTH IN NAIROBI, KENYA: AN INTERVENTIONAL STUDY

Drawing from extensive data analysis and innovative methodologies, the research conducted by the Stowelink Foundation delves into the intricate web of factors linking NCDs and climate change. The research underscores the urgent need for integrated approaches to address both NCDs and climate change simultaneously. As the world grapples with escalating health and environmental challenges, this study serves as a clarion call for coordinated action at local, national, and global levels to mitigate the dual burden of NCDs and climate change.

Read the abstract here:



This study investigates the efficacy of mixed-method educational interventions in enhancing literacy levels among youth in Nairobi concerning the intricate relationship between climate change and non-communicable diseases (NCDs). The education methods used in this study included a continuous trainer-of-the-trainer approach, and peer learning combined with digital health interventions including the NCDs 365 App and the NCDs for Public Health Online course. Utilizing a rigorous methodology, the study engaged 70 participants at baseline and 65 at endline, with a minimal attrition rate. The study focused on key indicators, including literacy levels, positive behavioral changes, and the integration of digital health technologies. Results indicate a commendable increase in literacy levels, with 95.4% of respondents accurately recognizing NCDs at the endline, compared to 81.4% at baseline. Positive shifts were evident in the understanding of examples and major risk factors of NCDs. Climate change awareness notably improved, with 76.9% defining it as a long-term shift in weather patterns at the endline, compared to 44.3% at baseline. The association between climate change and NCDs was acknowledged by 86.2% at endline, up from 57.1% at baseline. Attitudinal and behavioral changes were prominent, as 95.4% expressed intent to participate in NCDs and climate change activities at the endline, compared to 81.4% at baseline. Digital health technologies demonstrated substantial engagement, with 87.7% downloading the NCD365 app. Further, 93.8% enrolled in the online course, and 75.4% frequently used the NCD365 app. Encouragingly, 94.7% would recommend the app to friends. The study concludes that educational interventions significantly enhance knowledge, attitudes, and behaviors related to climate change and NCDs among youth in Nairobi. Recommendations include expanding similar initiatives, incorporating interactive elements, and continuous monitoring for long-term impact assessment. This research contributes pivotal insights to addressing 21st-century challenges through targeted education and technological integration.

Full research here.

. <https://medcraveonline.com/MOJPH/MOJPH-13-00432.pdf>

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 CERVICAL CANCER ADVOCACY TRAINING ORGANIZED BY THE MINISTRY OF HEALTH

BIGGEST HIGHLIGHT OF THE QUARTER

Stowelink Attends The Cervical Cancer Advocacy Training Organized by The Ministry Of Health.

Stowelink was represented at the cervical cancer advocacy training organized by the National Cancer Control Program under the Ministry of Health-Kenya. Our Chief Programs Officer, Oduor Kevin, participated in the training, held at Mercure Hotel, Nairobi Upper Hill.



THE CERVICAL CANCER ADVOCACY TRAINING ORGANIZED BY THE MINISTRY OF HEALTH.

During the training, it was observed that cervical cancer is a public health concern. Despite its low global morbidity and mortality rate, cervical cancer remains a leading cause of death in Kenya, accounting for 11.9% of mortality. This staggering statistic underscores the urgent need for increased awareness and preventive measures.

The challenges and barriers to cervical cancer elimination were shared. It was noted that despite the availability of preventive measures, challenges such as HPV vaccine hesitancy, cultural and attitudinal barriers, and poor uptake persist. Myths and misconceptions surrounding the HPV vaccine, coupled with limited resources for vaccine administration, pose significant obstacles to cervical cancer prevention efforts.



STOWELINK JOINS ITS PARTNERS IN RWANDA - LIFESTEN HEALTH AT THEIR LAUNCH



Stowelink team in March traveled to Rwanda to join its strategic partner Lifesten Health LLC, a company that aims at empowering individuals to live healthily through developing healthier behavior. Lifesten was launching their mobile application and closing off a city-wide project that had screened over 1.6 million people checking their cardiovascular health status.



This launch was a prod moment for us as we also shared our insights and celebrated our partnership and friendship. More joint projects coming up in the near future.

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- Oduor Kevin
- Naila Chebet
- Ongola Otieno
- Harrizon Ayallo



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

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