

# Stowelink News

## 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.



## WHAT'S IN THIS QUARTER'S ISSUE:

- MESSAGE FROM THE EXECUTIVE
- STOWELINK NOTABLE ACHIEVEMENTS
- HEALTH DIVISION UPDATES
- ADVOCACY DIVISION UPDATES
- RESEARCH AND DEVELOPMENT DIVISION UPDATES
- CONNECTING TO THE WORLD
- ACKNOWLEDGEMENTS

## 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

As we reflect on the third quarter of 2024, I am proud to share several key milestones that underscore Stowelink Foundation's dedication to public health advocacy, community engagement, and raising awareness about non-communicable diseases (NCDs).

These accomplishments highlight the collective efforts of our team, volunteers, and partners in advancing our mission. We marked World Heart Day with a large-scale heart health screening, educating the public on cardiovascular health and the importance of early detection and prevention. This event reinforced our commitment to tackling heart disease and promoting healthy living. As part of Suicide Prevention Month, Stowelink led a powerful Suicide Awareness Walk, engaging hundreds of participants to raise awareness about mental health. Our leadership in this initiative reflects our dedication to improving mental health services and community support systems.

In July, we launched a successful call for volunteers, bringing fresh talent into our public health, communication, and finance teams. The enthusiasm of our new volunteers will further strengthen our efforts to mobilize communities and expand our impact. Stowelink proudly became a full member of the World Patient Alliance, the largest patient organization working across all disease areas.

This membership enhances our ability to integrate global best practices into our local initiatives and expand our advocacy efforts. We actively participated in the launch of the critical report on the consumption of new-generation tobacco and nicotine products, underscoring our role in combating the harms of tobacco use, particularly among youth. This aligns with our ongoing fight against tobacco-related health risks.

Stowelink officially joined Movendi International, furthering our commitment to alcohol and tobacco prevention. This partnership strengthens our advocacy for NCD prevention and reinforces our efforts to reduce harmful consumption behaviors. Our participation in the Front-of-Pack Labelling (FOPL) training equips us with the tools to advocate for clearer product labeling, empowering consumers to make healthier choices and reduce NCD risks. In collaboration with Faraja Cancer Support Trust, we hosted a masterclass to educate prostate cancer survivors on the risk factors for other NCDs, continuing our commitment to holistic health education.

Our engagement in the Tobacco Control Data Initiative ensures that we remain at the forefront of monitoring tobacco industry interference, safeguarding public health. During the May Measurement Month campaign, we screened over 14,000 individuals and integrated sports to raise awareness about NCDs. This successful initiative exemplifies our innovative approach to community mobilization and health education. These milestones reflect our continued growth and impact. As we look ahead, we remain committed to our mission of improving public health and addressing NCDs with even greater momentum. Thank you for your unwavering support.



**Stephen Ogwen - Founder and CEO**

## BIGGEST HIGHLIGHT OF THE QUARTER

### Stowelink Presents 2 Projects at the 6th Commonwealth Nurses and Midwives Conference In Malta

Stowelink Foundation made waves at the 6th Commonwealth Nurses and Midwives Conference in Malta with the presentation of two flagship projects including the NCDs 365Project and Transfat Elimination Project represented by its founder and CEO Ogwen Stephen.



# Notable Achievements Of The Quarter



## STOWELINK LEVERAGES SPORTS, COMMUNITY MOBILIZATION, AND VOLUNTEER ENGAGEMENT TO EDUCATE AND SCREEN OVER 14,000 PEOPLE IN 4 WEEKS

The Stowelink Foundation's recent efforts during the May Measurement Month (MMM) campaign are a testament to the power of strategic community mobilization and volunteer engagement. Over the course of four weeks, Stowelink managed to educate and screen over 14,000 people, demonstrating the importance and effectiveness of their multi-faceted approach.

## STOWELINK PRESENTS 2 PROJECTS AT THE 6TH COMMONWEALTH NURSES AND MIWIFES CONFERENCE IN MALTA

Stowelink Foundation made waves at the 6th Commonwealth Nurses and Midwives Conference in Malta with the presentation of two flagship projects including the NCDs 365Project and Transfat Elimination Project represented by its founder and CEO Ogwen Stephen. The conference, held earlier this year, brought together nurses, midwives, and healthcare professionals from across the Commonwealth to discuss critical health issues, innovations, and solutions.





# 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

- MAY MEASUREMENT MONTH PROJECT
- CHILDREN FOR HEALTH POSTER VALIDATIONS PROJECT
- STOWELINK ENGAGEMENT ON CANCER

## BIGGEST HIGHLIGHT OF THE QUARTER

### NEW PROJECT COLLABORATION WITH CHILDREN FOR HEALTH OF HEALTH POSTERS VALIDATION

On September 21, 2024, Stowelink Foundation, in collaboration with Children for Health and the Rahul Kotak Foundation, conducted a Water, Sanitation, and Hygiene (WASH) poster validation workshop in Kisumu County. The project was conducted in 2 schools one with a rural setting and the other an urban setting. This paved the way for validating other posters including posters on physical activity, diabetes and healthy diets.





# MAY MEASUREMENT MONTH 2024 - WEEK 3 AND 4

## ABOUT MAY MEASUREMENT MONTH

May Measurement Month is a global campaign spearheaded by the International Society of Hypertension. Its primary goal is to raise awareness about the importance of regular blood pressure checks, a crucial step in preventing and managing hypertension and other cardiovascular diseases.

## PROGRESS ON THE PROJECT

Surprising Turnout on the Third Week of the May Measurement Month Project – June 30, 2024

Week 3 of the May Measurement Month (MMM) project brought unexpected developments, transforming from a slow morning into one of the most successful weeks in terms of health education and screenings. The day showcased the dedication and adaptability of the Stowelink Foundation team and volunteers, resulting in significant community impact.



### Multi-Site Engagement

Our activities were spread across multiple sites, including a church setup and community football grounds. This multi-site approach allowed us to reach diverse groups within the community, enhancing our overall impact.

### Highlights of the Week

- **Health Screenings:** We saw a significant increase in the number of individuals participating in health screenings, addressing cardiovascular health, diabetes, obesity, and nutritional health.
- **Health Education:** Our education initiatives reached a broad audience, providing valuable information on maintaining a healthy lifestyle and preventing non-communicable diseases (NCDs).

### Volunteer Coordination and Community Impact

The impressive coordination among Stowelink volunteers was a key factor in the success of this week. Their efforts ensured smooth operations across different locations and maximized our reach and effectiveness.

## A Fitting Culmination and Closure of the May Measurement Month – Week 4

After four weeks of intensive community mobilization, the final week of the May Measurement Month (MMM) campaign was a fitting culmination of our efforts. This week marked the end of our campaign, which saw Stowelink Foundation volunteers and leads engaging with communities in schools, churches, sporting clubs, and even door-to-door.



### Week 4 Highlights

Despite the onset of rain and a slightly lower turnout compared to the previous week, the final week still saw an impressive number of community members eager to learn about cardiovascular health, obesity, hypertension, nutrition, and healthy living habits. Many individuals also signed up for screening activities, underscoring the continued demand for health education and screening services.



### Community Engagement and Impact

Throughout the four weeks, our dedicated volunteers and leads have worked tirelessly to ensure maximum community engagement. Their efforts have resulted in significant outreach, educating thousands on critical health issues and providing essential screening services DIRECTLY TO 1000+ PEOPLE.

### Challenges and Triumphs

Although we had to wrap up activities quickly due to the looming rain, the turnout remained strong, with more individuals arriving even as the weather worsened. This resilience highlights the critical gap in health education and screening that needs to be addressed within our communities.

### Acknowledgments

We extend our deepest gratitude to the Kenya Cardiac Society, the International Society of Hypertension, the May Measurement Month team, the Ministry of Health, and most importantly, the Stowelink team. Their hard work and dedication, despite minimal resources, have made this campaign a tremendous success.



# CHILDREN FOR HEALTH POSTER VALIDATIONS PROJECT

On September 21, 2024, Stowelink Foundation, in collaboration with Children for Health and the Rahul Kotak Foundation, conducted a Water, Sanitation, and Hygiene (WASH) poster validation workshop in Kisumu County. The event took place at Alendu Primary School in the morning and Central Primary School in the afternoon, engaging 80 pupils in total. This workshop was a significant milestone in ensuring that the WASH messages being developed for primary school students were both clear and impactful.



The posters, funded by Children for Health and developed in collaboration with Stowelink Foundation, contained 10 key messages aimed at promoting good hygiene practices. These messages covered essential topics such as handwashing, using clean water, keeping food safe from contamination, and proper sanitation habits. The primary objective of the workshop was to validate these messages by engaging the very audience they were designed for—school-aged children. By involving the pupils directly in the validation process, the messages were assessed for clarity, relevance, and cultural appropriateness, ensuring that they resonate with the young learners they target.

At each school, 40 pupils were divided into 10 groups, each assigned one of the 10 WASH messages. Facilitators guided the children through a detailed review of the posters, encouraging them to provide feedback on both the text and the artwork. The students' insights were invaluable, as they offered suggestions for improving the clarity of the messages and proposed adjustments to the illustrations to make them more engaging for their peers. This interactive process not only validated the WASH messages but also fostered a sense of ownership among the pupils, allowing them to contribute directly to health education materials that will benefit their schools and communities.





# LESSONS AND INSIGHTS FROM THE VALIDATION WORKSHOP

- Simplicity Is Key to Understanding

We learned that simple, straightforward language works best with children. The more complex messages tended to confuse the younger pupils, and they struggled to grasp the intended health advice.

- Visuals Enhance Engagement

Children were far more responsive to the posters that had bright, colorful, and relevant illustrations. They showed a clear preference for images that depicted familiar scenes, such as children washing hands or covering drinking water.

- Involving Children in the Validation Process Fosters Ownership

Allowing the children to contribute their own ideas and feedback gave them a sense of ownership over the WASH messages. This participatory approach was crucial because it made the students feel that their opinions mattered and that the posters were designed for them, by them.

- Teachers Play a Critical Role in Reinforcing Messages

The involvement of teachers in the workshop was instrumental in ensuring that the WASH messages would be reinforced beyond the validation event. Teachers, who are key influencers in the lives of children, provided valuable insights into how these messages could be integrated into daily school routines.



## SPECIAL GRATITUDE TO OUR PARTNERS



We extend our heartfelt gratitude to all the individuals and organizations who contributed to the success of the WASH poster validation workshop. Special thanks go to the teachers of Alendu Primary School and Central Primary School for their unwavering support in mobilizing students and facilitating the workshop. We deeply appreciate the pupils who actively participated and shared their invaluable feedback. A special mention goes to Mansi Kotak, Flavian, and Pia from the Rahul Kotak Foundation, whose coordination was instrumental in ensuring the event ran smoothly. We are also incredibly grateful to Clare Hanbury from Children for Health, whose foundation not only provided the funding but also collaborated with Stowelink Foundation in developing the WASH messages.

# STOWELINK ENGAGEMENT ON CANCER WORK

## PROSTATE CANCER MASTERCLASS: BEYOND CANCER, UNDERSTANDING AND MITIGATING RISK FACTORS FOR OTHER NCDS

Stowelink founder Ogweno Stephen was recently invited by the Faraja Cancer Support Trust to deliver an insightful session on “Beyond Cancer: The Risk Factors for Other NCDs.” The Faraja Cancer Support Trust, founded in 2010, is dedicated to providing emotional, practical, and holistic support to individuals affected by cancer. Their mission is to offer cancer patients and their caregivers comprehensive assistance, including information, advice, counseling, and complementary therapies, to help make their cancer journey more manageable. They collaborate with numerous institutions and hospitals that provide conventional cancer treatments such as radiotherapy, chemotherapy, and surgery.

### Importance of Interactions with Prostate Cancer Survivors

The interaction between cancer survivors and health advocates like Ogweno Stephen is invaluable. Such engagements offer survivors not only the chance to gain vital knowledge about managing their health post-treatment but also emotional and moral support. These sessions create a platform for sharing experiences, addressing concerns, and empowering survivors with actionable steps to improve their quality of life. They also provide caregivers with the necessary tools and information to better support their loved ones through recovery and beyond.



The session conducted by Ogweno Stephen at the Faraja Cancer Support Trust highlighted the critical need for ongoing education and support for prostate cancer survivors. By understanding the increased risks of other NCDs and taking proactive measures, survivors can significantly improve their long-term health outcomes. Stowelink remains committed to advocating for holistic health approaches and supporting cancer survivors through continued education and community engagement.



# 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

- TOBACCO ADVOCACY EFFORTS
- STOWELINK JOINS MOVENDI INTERNATIONAL
- STOWELINK JOINS WORLD PATIENT ALLIANCE
- ADVOCACY TRAINING ON FRONT OF PACK LABELING OF FOOD PRODUCTS

## BIGGEST HIGHLIGHT OF THE QUARTER

### STOWELINK JOINS WORLD PATIENT ALLIANCE AS A FULL MEMBER

Stowelink Foundation is thrilled to announce its full membership in the World Patient Alliance, the world's largest umbrella patient organization that operates across all disease areas and regions globally. This significant milestone aligns with our mission to advocate for better health outcomes and empower communities through education, awareness, and action.





# STOWELINK TOBACCO ADVOCACY EFFORTS

## STOWELINK PARTICIPATES IN THE TOBACCO CONTROL DATA INITIATIVE (TCDI)

The Stowelink Foundation, represented by CEO Ogweno Stephen and COO Oduor Kevin, recently participated in a significant event focused on the Tobacco Control Data Initiative (TCDI). This initiative, spearheaded by the Ministry of Health in collaboration with Development Gateway, an Irex Venture, aims to compile comprehensive tobacco control information into a user-friendly dashboard. The TCDI dashboard, launched in April 2019, serves as a critical tool for the Ministry of Health and other stakeholders to enhance the adoption and implementation of effective tobacco control measures in Kenya.

### Importance of the TCDI Dashboard for Monitoring

The TCDI dashboard is crucial for several reasons. First, it provides a centralized repository of tobacco control data, which is essential for informed decision-making. By consolidating information from various sources, the dashboard offers a comprehensive overview of the tobacco control landscape, enabling policymakers and stakeholders to identify trends, gaps, and areas needing urgent attention. This data-driven approach ensures that tobacco control strategies are based on accurate and up-to-date information, ultimately leading to more effective interventions.

For more information on the TCDI dashboard, visit: [Tobacco Control Data Initiative Dashboard](#)



## STOWELINK FOUNDATION PARTICIPATES IN THE LAUNCH OF THE LANDSCAPE OF NEW-GENERATION TOBACCO AND NICOTINE PRODUCTS CONSUMPTION IN KENYA REPORT



On 19-7-2024, Stowelink Foundation had the honor of participating in the launch of the comprehensive study report titled "The Landscape of New-Generation Tobacco and Nicotine Products Consumption in Kenya: Challenges for Public Health, Tax Regulatory Framework, and Way Forward." This event, organized by the National Taxpayers Association (NTA), brought together key stakeholders, including policymakers, health professionals, educators, and community leaders, to discuss the findings and recommendations of this pivotal study.

## The Report: A Deep Dive into New-Generation Tobacco and Nicotine Products

The report, commissioned by NTA, delves into the consumption patterns of novel tobacco and nicotine products in Kenya. It assesses the economic impact of these products and highlights the urgent need for robust policy interventions. The study provides valuable insights into the challenges posed by new-generation tobacco and nicotine products to public health and the existing tax regulatory framework. The findings underscore the critical need for comprehensive strategies to mitigate the health risks and economic consequences associated with these products.



### Stowelink Foundation's Participation

Stowelink Foundation was represented at this significant event by its CEO, Ogwen Stephen, and COO, Oduor Kevin. Their participation underscored Stowelink's commitment to addressing the growing public health challenges posed by new-generation tobacco and nicotine products. The event provided an excellent platform for Stowelink to engage with other stakeholders, share insights, and collaborate on developing effective solutions to tackle the issues highlighted in the report.

## STOWELINK FOUNDATION JOINS MOVENDI INTERNATIONAL ON GLOBAL ALCOHOL ADVOCACY

Stowelink Foundation is thrilled to announce its official membership with Movendi International, the world's largest social movement dedicated to development through alcohol prevention. Movendi International unites, strengthens, and empowers civil society to address alcohol and other drugs as significant obstacles to personal, community, societal, and global development. Their mission is driven by heart, with a passion for transformative change and daily action aimed at creating thriving communities worldwide.

### Delight in Joining Movendi International

Stowelink Foundation is delighted to become part of this global movement. Joining forces with Movendi International aligns perfectly with our mission to combat non-communicable diseases (NCDs) and promote holistic health and well-being. By collaborating with Movendi International, we can enhance our advocacy, education, and intervention efforts, particularly in the area of alcohol prevention. This partnership allows us to leverage Movendi's extensive network, resources, and expertise to amplify our impact on a larger scale.





# STOWELINK FOUNDATION BECOMES A FULL MEMBER OF THE WORLD PATIENT ALLIANCE

Stowelink Foundation is thrilled to announce its full membership in the World Patient Alliance, the world's largest umbrella patient organization that operates across all disease areas and regions globally. This significant milestone aligns with our mission to advocate for better health outcomes and empower communities through education, awareness, and action.

## About the World Patient Alliance

The World Patient Alliance is dedicated to providing a platform that amplifies patients' voices, ensuring they have a pivotal role in the planning, provision, monitoring, research, and evaluation of healthcare services. By representing patients from diverse backgrounds and various disease areas, the Alliance strives to guarantee access to safe, quality, and affordable healthcare for all.



## ADVOCACY TRAINING ON FRONT OF PACK LABELING OF FOOD PRODUCTS



In the week ending June 28th, a dedicated team of digital advocates from the Stowelink Foundation participated in an intensive training session hosted by the International Institute of Legislative Affairs (ILA). This initiative, focusing on the importance of front-of-pack (FOP) labelling and its advocacy priorities, was part of a broader project aimed at promoting healthier food choices and preventing non-communicable diseases (NCDs).

### The Importance of Front-of-Pack Labelling

Front-of-pack labelling is a critical tool in public health strategy. By providing clear and concise information on the nutritional content of food products, FOP labelling helps consumers make informed dietary choices. Effective FOP labels can highlight key nutritional information such as calorie content, sugar levels, fats, and salt, thereby aiding in the reduction of diet-related NCDs such as obesity, diabetes, cardiovascular diseases, and certain cancers.





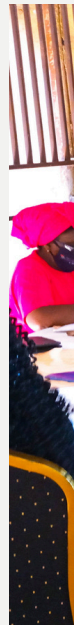
# Research & Development Division Updates

## 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

- STOWELINK AT AWACAN ED CANCER TRAINING IN SOUTH AFRICA



### BIGGEST HIGHLIGHT OF THE QUARTER

#### AWACAN ED Cancer Training in South Africa

In a significant stride towards advancing cancer diagnosis and research in Africa, Ogwen Stephen, CEO of Stowelink Foundation, had the privilege of attending a prestigious summer school in South Africa under the AWACAN ED project. This project is a game-changer in the realm of cancer research, particularly focused on developing innovative diagnostic tools and conducting cutting-edge research on cancers that predominantly affect the African continent.



# STOWELINK AT AWACAN ED CANCER TRAINING IN SOUTH AFRICA

## OGWENO STEPHEN, CEO OF STOWELINK FOUNDATION, PARTICIPATES IN GROUNDBREAKING CANCER TRAINING IN SOUTH AFRICA

The AWACAN ED project (Advancing Women in Cancer Across Africa through Education and Diagnostics) brings together thought leaders, researchers, and health professionals to collaborate on the future of cancer diagnostics and care in Africa. During this summer school, Ogweno was exposed to the latest advancements in cancer research, which included new tools, methodologies, and technologies aimed at improving early detection and treatment outcomes. He had the unique opportunity to engage with some of the most prominent cancer researchers in Africa, who are shaping the future of cancer research and policy across the continent.

For Stowelink Foundation, which has already been at the forefront of raising awareness and providing education on non-communicable diseases (NCDs) such as cancer, this was an invaluable learning experience. The foundation's mission aligns perfectly with the goals of AWACAN ED, especially in terms of promoting cancer literacy, early diagnosis, and access to preventive care for underserved communities in Africa. Through this engagement, Ogweno was able to bring back essential insights and strategies that will directly inform Stowelink's ongoing projects aimed at improving cancer diagnosis literacy across Kenya and Africa.



The knowledge gained from this training will not only strengthen Stowelink's capacity to disseminate accurate and up-to-date information on cancer prevention and diagnosis but also help them to advocate for better healthcare policies focused on cancer care in Kenya and beyond. At Stowelink Foundation, we are deeply committed to enhancing the accessibility of diagnostic information and ensuring that all individuals, regardless of socio-economic status, can access life-saving cancer care.

This training marks a critical step in ensuring that Stowelink Foundation remains at the forefront of health education and cancer prevention in Africa. We look forward to integrating the learnings from AWACAN ED into our current and future projects, with the hope of making significant strides in reducing cancer-related mortality and improving health outcomes for all.

# 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 AT WORLD SUICIDE AWARENESS WALK
- STOWELINK AT WORLD HEART DAY SCREENING SUCCESS
- BE LOUD FOR CHANGE CAMPAIGN
- STOWELINK AT NCDAK ANNUAL MEMBERS MEETING

## BIGGEST HIGHLIGHT OF THE QUARTER

### STOWELINK AT WORLD SUICIDE AWARENESS WALK

Stowelink partnered with various organizations, including the Mental Health Champions Initiative Kenya, Kenyatta National Hospital, Esteem Consultancy, BURN, Medics for Kenya, and other stakeholders, to organize a successful Suicide Awareness and Prevention Walk in Nairobi.





# STOWELINK AT WORLD SUICIDE AWARENESS WALK

Naila Chebet Koech, who represented Stowelink as part of the organizing committee, played a key role in planning and promoting the walk through various platforms to encourage participation. Ms. Naila leads Stowelink's mental health-related initiatives and through her mental health training and lived experience, strives to foster a community where mental health conversations are welcomed and encouraged.

The event was held under the theme "Unite for Life: Your Story Isn't Over Yet", aimed at bringing people together to support life and remind those who feel discouraged that their story is still unfolding. The walk was a success, with about 500 participants joining us. It started from the Kenya National Theatre, proceeded to Kenyatta National Hospital, and back. We extend our heartfelt thanks to everyone who contributed to making this event worthwhile.



## STOWELINK AT NCD AK ANNUAL MEMBERS MEETING



Stowelink Foundation was honored to participate in the Annual Membership Meeting organized by the NCD Alliance of Kenya (NCD AK). As one of the leading health advocacy organizations in Kenya, the NCD AK meeting provided a crucial platform for members to discuss the current state of non-communicable disease (NCD) advocacy, program implementation, and health policy in the country.

### Membership and Progress Updates

The meeting began with a reflection on the progress made by NCD AK and its member organizations over the past year. Stowelink, among other members, shared insights into the programs that have been implemented to combat the rising cases of NCDs in Kenya. This exchange of experiences highlighted the collective impact made in areas like cardiovascular health, diabetes management, cancer awareness, and mental health advocacy. It was a valuable opportunity to learn from each other and identify areas that require additional focus.

# BE LOUD FOR CHANGE CAMPAIGN

At Stowelink Foundation, we believe that advocacy begins with making your voice heard—loud and clear. That's why we were honored to participate in a global campaign alongside the Movendi International Foundation called Be Loud for Change, ahead of Breast Cancer Awareness Week. The campaign aims to raise awareness about the harmful effects of alcohol, not only in terms of addiction but also in its profound connection to cancer.

Our very own Oduor Kevin and Stephen Ogweno, leaders at Stowelink, took part in this global challenge with their own unique contribution—a powerful song. Through their music, they highlighted the dangers of alcohol consumption and its role in causing cancer. More than just a melody, their song ended with a strong call to action for the global community to be loud for change and avoid alcohol use.



## STOWELINK AT WORLD HEART DAY SCREENING SUCCESS



On World Heart Day 2024, Stowelink, in partnership with the Kenya Cardiac Society, Doctors for Healthy Living, Kenya Medical Association, Ministry of Health Kenya and Crown Healthcare, held a highly successful heart health screening event at the University of Nairobi's Kenya Science Campus. The initiative was part of the global movement to raise awareness about cardiovascular diseases (CVDs) and encourage preventive measures in line with this year's theme: "Use Heart for Action."



### The Impact

The screening not only provided immediate health checks but also opened up conversations about heart health and how small, daily changes can lead to long-term benefits. Participants learned about the importance of regular physical activity, a balanced diet, and stress management in maintaining a healthy heart. Health professionals from Kenya Cardiac Society were on hand to share insights on how to adopt heart-healthy lifestyles.



# Acknowledgements

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EXECUTIVE TEAM**

- Stephen Ogwen
- 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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