

Stowelink News

ABOUT US

Since 2016, we've worked with 80+ partners to deliver practical, community-first programs across 10 African countries through grassroots public health campaigns, health innovation and research, and policy advocacy across Africa maximizing impact with minimal cost, ensuring lasting change.

We focus on tackling the most pressing health challenges affecting youth and communities across Africa through evidence-based, youth-led interventions.

We focus on the major health priorities, including Non-Communicable Diseases (NCDs), sexual and reproductive health AND 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 transform public health across Africa by equipping youth to lead powerful, innovative initiatives that promote health equity, prevent noncommunicable diseases and related public health challenges, and uplift entire communities.

OUR VISION

A global model for youth-led public health transformation in Africa and beyond.

Message From The Executive

I am pleased to share our latest Stowelink Quarterly Newsletter, reflecting meaningful progress, learning, and youth-led action across our public health work.

This edition captures a quarter in which we strengthened our contribution to health conversations across Kenya and Africa. From our participation in the World Health Summit Regional Meeting 2026 to our engagement in obesity, tobacco control, nutrition, research, and health systems strengthening, our work remains grounded in evidence, lived experience, and community needs.

We are proud of the progress made through Beyond the Scale Africa, where our youth advocates are using their voices and lived experiences to challenge stigma, misinformation, and narrow understandings of obesity. The new video series ensures that people affected by obesity are not simply subjects of conversations, but active contributors to shaping them.

Our Tobacco Industry Interference Digital Watch Initiative (TIIDWI) has continued to monitor and respond to narratives and policy influence tactics affecting tobacco control in Kenya, while our community nutrition work with Info4Food demonstrates the importance of practical, locally relevant approaches to healthier living.

We also celebrate reaching more than 10,000 learners through the Children as Health Champions initiative, demonstrating the power of investing in young people as agents of change.

As we move forward, our commitment remains clear: to bridge research, innovation, advocacy, and community action while ensuring that youth voices and lived experience remain at the centre. Thank you to our partners, team, advocates, and communities for continuing this journey with us.



Stephen Ogwen- Founder and CEO

BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK AT THE WORLD HEALTH SUMMIT REGIONAL MEETING 2026

The World Health Summit Regional Meeting 2026 in Nairobi brought together global health leaders, policymakers and researchers. Representing Stowelink Foundation at the summit was Naila Chebet Koech, the organization's Mental Health Lead, whose participation reflected Stowelink's continued commitment to advancing mental health advocacy, youth engagement and stronger health systems across Africa.



Notable Achievements Of The Quarter



STOWELINK AT THE WORLD HEALTH SUMMIT REGIONAL MEETING 2026

The World Health Summit Regional Meeting 2026 in Nairobi brought together global health leaders, policymakers, researchers, innovators, civil society organizations and young leaders to discuss the future of Africa's health systems under the theme "Reimagining Africa's Health Systems: Innovation, Integration and Interdependence."

Representing Stowelink Foundation at the summit was Naila Chebet Koech, the organization's Mental Health Lead, whose participation reflected Stowelink's continued commitment to advancing mental health advocacy, youth engagement and stronger health systems across Africa.

STOWELINK FOUNDER OGWENO STEPHEN FEATURED IN BUSINESS DAILY AFRICA: REFRAMING THE OBESITY CONVERSATION IN AFRICA

Stowelink Foundation Founder and Chief Executive Officer Ogweno Stephen was recently featured in Business Daily Africa, where he opened up about his long and deeply personal journey living with obesity, losing over 50 kilograms, and transforming that lived experience into a movement for public health advocacy across Africa.

The feature highlighted not only his personal health journey, but also the growing work of Stowelink Foundation in obesity awareness, non-communicable disease prevention, youth engagement, and digital health innovation.



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

- TIIDWI TOBBACCO CONTROL PROJECT UPDATE
- BEYOND THE SCALE OBESITY PROJECT UPDATE
- INFO4FOOD COMMUNITY NUTRITION PROJECT UPDATE
- CHILDREN AS HEALTH CHAMPIONS PROJECT UPDATE

BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK FOUNDATION REACHES OVER 10,000 LEARNERS THROUGH THE CHILDREN AS HEALTH CHAMPIONS INITIATIVE

At Stowelink Foundation, we believe that children are not only beneficiaries of health education but powerful agents of change capable of transforming the health of their families, schools, and communities. This belief is at the heart of the Children as Health Champions Project, an innovative initiative being implemented in partnership with Children for Health (CfH) United Kingdom. Since its launch, the initiative has successfully engaged 10 schools across Kenya, directly reaching more than 10,000 learners and laying the foundation for long-term improvements in children's health literacy.



TIIDWI TOBACCO CONTROL PROJECT UPDATE

ABOUT PROJECT

The Stowelink Tobacco Industry Interference Digital Watch Initiative (TIIDWI) is a public health advocacy effort to monitor and counter tactics used by the tobacco industry in Kenya. The initiative uses digital tools to track, expose, and amplify narratives that weaken tobacco control policies.

Key activities and objectives

- **Monitors industry interference:** TIIDWI tracks industry messaging, such as the use of harm reduction arguments, particularly for new and emerging nicotine products like vapes and nicotine pouches. It uses digital platforms, including Google Alerts, to flag pro-tobacco industry articles and counter them.
- **Exposes deceptive tactics:** The initiative exposes tactics such as forming new lobby groups (e.g., the Novel Tobacco Products Association in Kenya) and co-opting proxies, including ex-smokers or youth groups, to promote industry-aligned narratives.
- **Mobilizes advocates:** TIIDWI works to equip a new generation of youth advocates with the tools and knowledge to push back against industry influence. In June 2025, for example, Stowelink hosted a masterclass for young professionals covering tobacco industry tactics and advocacy strategies.
- **Counters misinformation:** It challenges narratives used to delay or derail crucial tobacco control policies. For instance, TIIDWI flagged efforts to undermine the Tobacco Control (Amendment) Bill, 2024, which seeks to regulate new nicotine products.
- **Drives policy change:** By generating and publicizing evidence, the initiative supports policy-making that prioritizes public health. A key focus has been advocating for stronger measures, such as the 2025 Graphic Health Warnings for tobacco products, and resisting industry pressure to delay implementation.

ALERTS THIS QUARTER

TIIDWI ISSUE 2: COUNTERING CLAIMS BY THE AFRICA CONSUMER ADVOCACY FOUNDATION ON KENYA'S TOBACCO CONTROL (AMENDMENT) BILL

On 29 May 2026, the Africa Consumer Advocacy Foundation (ACAF) published a full-page advertisement in the Daily Nation opposing key provisions of the Tobacco Control (Amendment) Bill 2024. The advertisement framed its arguments around concepts such as "consumer choice," "adult freedom," and "harm reduction," while advocating for continued access to flavoured nicotine products, including e-cigarettes and nicotine pouches.

This debate should not be framed as a contest between freedom and regulation.

It should be understood for what it truly is: a choice between protecting public health and protecting commercial interests.



ISSUE 1, 2026: DECONSTRUCTING KNCCI'S CLAIMS ON THE TOBACCO CONTROL (AMENDMENT) BILL, 2024

The Tobacco Industry Interference Digital Watch Initiative is a public accountability effort by Stowelink Foundation dedicated to monitoring, documenting, and responding to narratives, misinformation, and policy influence tactics advanced by the tobacco and nicotine industry and its affiliated actors. Recognizing that tobacco companies increasingly operate through third parties such as trade associations, business lobbies, front groups, and seemingly independent organizations, the initiative seeks to critically examine public statements, media articles, policy submissions, and advocacy campaigns that may directly or indirectly promote industry interests. Through evidence-based analysis, the initiative aims to strengthen public understanding of tobacco industry interference, support transparency in policymaking, and reinforce Kenya's commitments under Article 5.3 of the WHO Framework Convention on Tobacco Control, which obligates governments to protect public health policies from the vested interests of the tobacco industry. Deconstructing KNCCI's Claims on the Tobacco Control (Amendment) Bill, 2024.

The ongoing debate surrounding the Tobacco Control (Amendment) Bill, 2024 has exposed a familiar pattern in tobacco control politics: the amplification of economic alarmism to resist stronger public health regulation. In a recent article titled "Business Lobby Warns New Tobacco Bill Could Fuel KES 12 Billion Illicit Trade," the Kenya National Chamber of Commerce and Industry (KNCCI), alongside allied trade associations, framed the proposed legislation as economically catastrophic, burdensome to retailers, and likely to fuel illicit tobacco trade.

At face value, these arguments may appear pragmatic and business-oriented. However, a closer examination reveals that many of these claims mirror long-standing tobacco industry narratives used globally to weaken, delay, or defeat evidence-based tobacco control measures. Such arguments frequently originate from or are amplified by tobacco manufacturers and affiliated lobby groups that portray themselves as independent defenders of commerce while advancing industry interests.



PUBLIC HEALTH MUST REMAIN THE PRIORITY

The Tobacco Control (Amendment) Bill, 2024 should ultimately be evaluated based on its ability to protect lives, reduce youth addiction, strengthen accountability, and address the evolving tactics of the tobacco and nicotine industry.

Kenya has already made significant commitments under the WHO Framework Convention on Tobacco Control. Weakening or delaying evidence-based regulation due to industry-aligned economic fearmongering risks undermining these commitments and exposing more young people to addiction and disease.

The National Assembly should therefore approach claims regarding illicit trade, economic collapse, and regulatory burden with caution, particularly where such narratives align closely with long-standing tobacco industry interference strategies documented globally.

Protecting children and public health is not anti-business. It is a constitutional and public health obligation.

ISSUE 2, 2026: COUNTERING CLAIMS BY THE AFRICA CONSUMER ADVOCACY FOUNDATION ON KENYA'S TOBACCO CONTROL (AMENDMENT) BILL

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As tobacco control advocates and defenders of public health, we are not surprised by such interventions. Around the world, tobacco and nicotine interests have increasingly relied on third-party organizations, consumer groups, business associations, and seemingly independent voices to advance narratives that would otherwise face greater scrutiny if they came directly from the tobacco industry itself.

While we cannot independently verify whether ACAF is acting on behalf of the tobacco or nicotine industry, we can authoritatively conclude that the positions advanced in the advertisement align closely with the commercial interests of the tobacco and nicotine industry. The arguments presented mirror narratives that have been repeatedly deployed globally to resist stronger regulation of emerging nicotine products and to oppose public health measures designed to protect children and young people.

In this second edition of the Tobacco Industry Interference Digital Watch Initiative (TIIDWI), we examine these claims and assess them against public health evidence and Kenya's tobacco control priorities.

THE BIGGER QUESTION

If nicotine products are genuinely intended primarily for adult smokers trying to quit, policymakers should ask several important questions. Why are these products marketed with youth-friendly flavours, sleek designs, colourful packaging, and lifestyle branding? Why are we seeing influencer-driven campaigns and social media promotion rather than major investments in proven cessation services?



CONCLUSION

Kenya's tobacco control journey is one of Africa's leading public health success stories. The Tobacco Control (Amendment) Bill represents an effort to ensure that regulation keeps pace with evolving industry tactics and emerging nicotine products.

This debate should not be framed as a contest between freedom and regulation.

It should be understood for what it truly is: a choice between protecting public health and protecting commercial interests.

As World No Tobacco Day 2026 reminds us, the responsibility before us is clear. We must continue to unmask the appeal, expose industry tactics, and protect future generations from nicotine addiction.

BEYOND THE SCALE OBESITY PROJECT UPDATE

INTRODUCTION

The Beyond the Scale Project represents a strategic evolution in how Stowelink Foundation approaches obesity prevention, treatment literacy, and policy advocacy in Kenya and across Africa. Moving beyond conventional awareness campaigns, the initiative is designed as a multi-phase, systems-oriented intervention that places lived experience, youth leadership, and evidence-based engagement at the center of national and regional responses to obesity.

As obesity continues to drive the burden of non-communicable diseases, including cardiovascular conditions, diabetes, and metabolic disorders, the need for integrated, stigma-free, and policy-aligned interventions has become increasingly urgent. Beyond the Scale responds to this need by bridging community engagement, digital innovation, and high-level advocacy.

STRATEGIC VISION AND GOALS

The overarching goal of Beyond the Scale is to strengthen Kenya's obesity response ecosystem through coordinated, youth-led, and evidence-informed interventions. The project seeks to shift public understanding of obesity from a narrow focus on body weight to a broader recognition of its biological, social, and systemic determinants.

Key objectives include increasing public literacy on obesity prevention and treatment, reducing stigma and misinformation, and elevating lived-experience voices in national and global health conversations. A central pillar of the initiative is ensuring that individuals directly affected by obesity are not only beneficiaries of interventions but active leaders in shaping solutions and influencing policy.

The project is also designed to contribute to long-term systems change by informing national health strategies, supporting universal health coverage priorities, and aligning with global frameworks on non-communicable diseases.

PROGRAM DESIGN AND IMPLEMENTATION APPROACH

Beyond the Scale is structured as a phased intervention, with each phase building on the previous to create a coherent pathway from awareness to sustained policy impact.

The first phase focuses on community education through culturally relevant tools and participatory engagement methods aimed at reducing stigma and improving foundational knowledge. This is followed by a national storytelling and media phase, which amplifies lived experiences and normalizes public dialogue around obesity.

Subsequent phases introduce structured treatment literacy initiatives, including education on lifestyle interventions and emerging medical options. This is complemented by the establishment of a Lived-Experience Advocacy Academy, which equips youth and community members with the skills to engage policymakers and participate in national health discourse.

The final phase integrates digital platforms and mobile engagement tools to sustain participation, generate real-time insights, and support adaptive programming. This design ensures that the project is not only impactful in the short term but also scalable and sustainable over time.



LIVED EXPERIENCE AND GLOBAL ALIGNMENT

A defining feature of Beyond the Scale is its emphasis on lived-experience leadership, guided by the expertise and advocacy of Ogwen Stephen. Through his role as a trustee at the World Obesity Federation and participation in technical processes linked to the World Health Organization, the project is anchored in both global best practice and local relevance.

This dual positioning enables Stowelink to translate global guidance into contextually appropriate interventions while ensuring that African perspectives and experiences are represented in international policy spaces.

QUARTER TWO MILESTONES

STOWELINK YOUTH ADVOCATES ARE CHANGING THE CONVERSATION ON OBESITY WITH A NEW VIDEO SERIES

Stowelink Foundation has begun releasing a new series of videos featuring young advocates sharing their perspectives on obesity as part of Beyond the Scale Africa, a new initiative focused on changing how obesity is understood, discussed and addressed in Kenya and across Africa.

The series brings an important perspective into the obesity conversation: the voices of young people themselves.

For Stowelink, the conversation about obesity cannot be reduced to weight, body size or a number on a weighing scale. It must include the experiences of people living with obesity, the environments in which people make health decisions, the stigma they encounter, the information available to them and the policies and health systems that shape their opportunities to live healthy lives.

Moving Beyond the Number

The name Beyond the Scale reflects a simple but important idea. A person's health is more than a number. Obesity is a complex health issue influenced by biological, social, environmental and economic factors. Yet public conversations about weight often place the responsibility almost entirely on individuals. Through the video series, Stowelink's youth advocates are asking audiences to look beyond this narrow understanding.

They speak about obesity as a health issue, the importance of reducing stigma and the need to create environments that make healthier choices more accessible and sustainable.

The conversations also challenge the language commonly used when discussing obesity and encourage greater consideration of how people living with obesity are described and represented.



Putting Lived Experience at the Centre

One of the central principles of Beyond the Scale Africa is that people affected by obesity should not simply be the subjects of conversations about obesity. They should have a meaningful role in shaping those conversations.

This is why lived experience is central to the initiative.

Young advocates participating in the video series bring their own perspectives to questions that are often discussed without them. Their voices help illustrate how stigma, social expectations, misinformation and the physical environment can influence people's experiences of weight and health.

For Stowelink, this is an important shift in public health advocacy.

The organization believes that better policies and programmes are built when communities are listened to, and when lived experience is treated as an important source of knowledge alongside research and clinical evidence.

Challenging Obesity Stigma

Stigma remains one of the most difficult issues surrounding obesity.

People living with obesity can experience judgment in communities, schools, workplaces, healthcare settings and online spaces. Simplistic messages about personal responsibility can reinforce the idea that obesity is a sign of laziness, poor discipline or personal failure.

The Beyond the Scale videos challenge this narrative.

The advocates encourage audiences to think differently about the words they use, the assumptions they make and the way people living with obesity are treated.

For Stowelink, reducing stigma is not about avoiding difficult conversations about health. It is about creating space for those conversations to happen with dignity, evidence and empathy.

CONCLUSION

Beyond the Scale is not simply a project but a strategic platform for transforming how obesity is understood and addressed in Kenya and beyond. By integrating community-driven approaches, digital engagement, and policy advocacy, the initiative offers a comprehensive model for tackling one of the most pressing public health challenges of our time.

With strong foundations established in quarter one and a clear roadmap for implementation, Stowelink Foundation is well positioned to drive meaningful change. The focus now shifts to execution, scaling impact, and ensuring that the voices of those most affected continue to shape the future of obesity policy and practice across Africa.



INFO4FOOD COMMUNITY NUTRITION PROJECT

UPDATE

INTRODUCTION

Info4Food empowers vulnerable communities by bridging the gap between nutritional science and daily culinary practices to combat malnutrition, reduce household food waste, and improve public health outcomes. By focusing on advanced food preservation, community health optimization, and precision nutrition education, the initiative delivers actionable, data-driven strategies that transform how families store and consume food. Through a strategic partnership with the Stowelink Foundation, Info4Food scales this vital work by blending grassroots community outreach with specialized technical expertise. This collaboration expands access to low-cost preservation technologies—such as solar drying and safe canning—while simultaneously deploying localized hygiene training and targeted micronutrient workshops. Together, the partners seamlessly merge resources to eliminate hidden hunger, mitigate foodborne illnesses, and build resilient, self-sustaining local food systems from the ground up.

This initiative has been supported by the Bill & Melina Gates Foundation and The Global Youth Mobilization Project.

STOWELINK FOUNDATION PARTNERS WITH INFO4FOOD FOR HEALTHY EATING AND FOOD PRESERVATION TRAINING

Stowelink Foundation, in collaboration with Info4Food CBO, conducted a community-based nutrition training and practical demonstration session focused on healthy eating practices and food preservation techniques. The training brought together over 40 community members and aimed to strengthen household nutrition knowledge, reduce food waste, and improve year-round access to nutritious vegetables.

This initiative forms part of Stowelink's broader commitment to community health education and prevention-focused interventions that address non-communicable diseases through practical, low-cost, and sustainable lifestyle approaches.



BUILDING NUTRITION AWARENESS AT COMMUNITY LEVEL

Many communities face seasonal food insecurity, where vegetable availability is high during harvest periods but significantly reduced in other months. This creates gaps in nutrition quality, especially for households that rely heavily on fresh produce for daily meals.

The training focused on addressing this challenge by equipping participants with simple, affordable, and culturally appropriate methods of food preservation.

Participants were introduced to:

- The importance of balanced diets in preventing non-communicable diseases
- Practical nutrition choices using locally available foods
- Household-level strategies for reducing food waste

The session emphasized that good nutrition does not always require expensive or imported foods, but rather knowledge on how to maximize what is locally available.

Food Preservation as a Public Health Strategy

A key highlight of the training was hands-on demonstration on vegetable drying and preservation techniques. Community members were taught how to properly dry vegetables during peak harvest periods and store them safely for use throughout the year.

This approach helps to:

- Reduce seasonal food shortages
- Preserve micronutrient intake during dry seasons
- Improve household food security
- Reduce dependence on expensive market produce during scarcity periods

Participants actively engaged in the demonstrations, making the session highly practical and easy to replicate at household level.



COMMUNITY PARTICIPATION AND ENGAGEMENT

Over 40 community members participated in the training, reflecting strong interest in practical nutrition education. The interactive nature of the session allowed participants to ask questions, share local knowledge, and practice preservation techniques in real time.

The collaboration with Info4Food CBO was central in ensuring the training was locally grounded and responsive to community needs. Their expertise in food systems complemented Stowelink's focus on health education and behavior change.

LINKING NUTRITION TO LONG-TERM HEALTH OUTCOMES

Stowelink Foundation continues to emphasize the link between nutrition, lifestyle, and non-communicable diseases. Poor dietary practices remain a major risk factor for conditions such as diabetes, hypertension, and obesity.

By strengthening community knowledge on food preservation and healthy eating, this initiative contributes to:

- Improved household nutrition resilience
- Prevention of diet-related diseases
- Empowerment of communities to make informed food choices
- Long-term reduction in health inequalities



CONCLUSION

The Nutrition Training and Demonstration Session with Info4Food CBO demonstrated the power of community-centered learning in improving health outcomes. By combining practical skills with health education, the initiative provided participants with tools they can immediately apply in their households. Stowelink Foundation remains committed to expanding such grassroots interventions that bridge the gap between knowledge and practice, ensuring that communities are equipped not only with information, but with sustainable solutions for healthier living.



CHILDREN AS HEALTH CHAMPIONS PROJECT

UPDATE

INTRODUCTION

The Children as Health Champions: A Five-Country Network for Action and Learning Project seeks to strengthen children's health literacy and empower children to become active health champions within their schools, families, and communities. The project is implemented in Kenya by Stowelink Foundation in partnership with Children for Health (CfH) and forms part of a broader initiative being implemented across five African countries.

Following the successful recruitment of ten schools in May 2026, the June implementation phase focused on producing and distributing educational posters while establishing baseline data to support future project evaluation. The posters contain child-friendly health messages designed to stimulate learning, discussion, and knowledge sharing among children. The project contributes to creating learning environments where children can actively engage with health information and share important messages beyond the classroom.

Since its launch, the initiative has successfully engaged 10 schools across Kenya, directly reaching more than 10,000 learners and laying the foundation for long-term improvements in children's health literacy. This initiative is supported with funding from Children4Health UK

SCHOOLS WE WORKED WITH

The schools reached were: 1. Roysambu Primary and Junior School 2. Red Roses Academy 3. Cornerstone Academy and Junior School 4. Happy Day Academy 5. Sports View Schools 6. Acacia Brook Schools 7. Kiwanja Bright Star School 8. Kiwanja Junior School 9. Madre Teresa Christian School 10. Oasis of Success Christian School

BUILDING HEALTH KNOWLEDGE WHERE IT MATTERS MOST

The Children as Health Champions: A Five-Country Network for Action and Learning Project seeks to improve children's health literacy by providing age-appropriate, engaging, and practical health education resources that children can easily understand, apply, and share with others.

The initiative recognizes that many children are eager to learn about health but often lack access to simple, reliable, and engaging information that can help them make informed decisions about their wellbeing.

Through this project, learners are equipped with essential health knowledge while developing the confidence to become ambassadors for healthy living within their homes, schools, and communities.



CHILDREN AS CATALYSTS FOR HEALTH CHANGE

A defining feature of the initiative is its emphasis on child participation.

Rather than positioning children as passive recipients of information, the project encourages learners to actively engage with health topics, discuss challenges affecting their communities, and share health messages with their peers and families.

By empowering children to become health champions, the initiative creates a ripple effect that extends beyond the classroom.

Research consistently demonstrates that children who receive quality health education often influence household behaviors, improve community awareness, and contribute to healthier environments around them. Through educational posters, classroom discussions, school activities, and peer-to-peer learning opportunities, participating learners are developing skills that will benefit them throughout their lives.



STRENGTHENING STOWELINK'S COMMITMENT TO COMMUNITY HEALTH

The Children as Health Champions initiative reflects Stowelink Foundation's broader commitment to innovative community-based health promotion and health education.

Over the years, Stowelink has reached millions of people through digital health innovation, community engagement programs, school-based interventions, health advocacy campaigns, and public health education initiatives. The organization continues to champion approaches that place young people at the center of health solutions.

This project further strengthens Stowelink's growing portfolio of youth-focused interventions designed to improve health outcomes while fostering leadership, advocacy, and social responsibility among young people.



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

- ADVOCACY FOCUS ON TOBACCO CONTROL
- ADVOCACY FOCUS ON OBESITY & FOOD SYSTEMS

STOWELINK FOUNDER OGWENO STEPHEN FEATURED IN BUSINESS DAILY AFRICA: REFRAMING THE OBESITY CONVERSATION IN AFRICA

Stowelink Foundation Founder and Chief Executive Officer Ogweno Stephen was recently featured in Business Daily Africa, where he opened up about his long and deeply personal journey living with obesity, losing over 50 kilograms, and transforming that lived experience into a movement for public health advocacy across Africa.

The feature highlighted not only his personal health journey, but also the growing work of Stowelink Foundation in obesity awareness, non-communicable disease prevention, youth engagement, and digital health innovation.



ADVOCACY FOCUS ON TOBACCO CONTROL

ADVANCING YOUTH-LED TOBACCO CONTROL ADVOCACY IN KENYA

Stowelink Foundation participated in the Youth-Led Advocacy in Tobacco Control Project Launch held on 31st March 2026 in Nairobi. The initiative, led by AMREF Health Africa through its Youth-in-Action Programme, aims to mobilize and empower youth-led organizations to strengthen tobacco control advocacy in Kenya.

The project focuses on building the capacity of young people to engage in policy processes, advocate for WHO FCTC-compliant regulations, and contribute to national efforts to address tobacco industry interference.



As an organization committed to addressing non-communicable diseases, Stowelink recognizes the critical role of youth in driving policy change and community-level impact. Participation in this launch provided an opportunity to engage with like-minded stakeholders, explore collaboration opportunities, and contribute to shaping a stronger, more inclusive tobacco control agenda.

We appreciate Y-ACT for the invitation and commend their leadership in advancing youth-centered advocacy platforms.

STOWELINK FOUNDATION PARTICIPATES IN KENYA TIM TEAM QUARTER 2 MEETING TO ADVANCE TOBACCO INDUSTRY MONITORING AND PUBLIC HEALTH PROTECTION

Stowelink Foundation continues to strengthen its contribution to tobacco control efforts in Kenya through active participation in the Tobacco Industry Monitoring (TIM) Team Kenya, a multi-stakeholder network dedicated to monitoring tobacco industry interference, protecting public health policies, and advancing evidence-based tobacco control advocacy.

During the recently held TIM Team Kenya Quarter 2 Meeting, Stowelink Foundation was represented by Ogwen Stephen, Founder and Chief Executive Officer, and Oduor Kevin, Chief Programs Officer. The meeting brought together civil society organizations, researchers, advocates, and tobacco control partners to review progress, assess emerging developments in tobacco control, and coordinate strategic actions for the months ahead.



The quarterly meeting provided an important platform for stakeholders to reflect on ongoing monitoring efforts, evaluate public participation surrounding the proposed shisha ban, onboard new members into the network, and strengthen collaboration in addressing emerging tobacco industry tactics.



ADVOCACY FOCUS ON OBESITY & FOOD SYSTEMS

STOWELINK FOUNDATION JOINS NATIONAL FOOD POLICY ADVOCACY EFFORTS THROUGH KELIN FOOD MARKETING TRAINING

Stowelink Foundation was honored to participate in a two-day national dialogue convened by KELIN focusing on the growing intersection between digitalisation, healthy food policy, and the prevention of non-communicable diseases (NCDs) in Kenya.

Representing Stowelink Foundation, our Founder and Chief Executive Officer, Ogwen Stephen, was invited as a speaker and digital health innovator during the multi-stakeholder engagement held on 28th and 29th May 2026. The meeting brought together youth leaders, civil society organizations, researchers, community representatives, public health advocates, development partners, and digital innovators to explore how digital technologies are shaping nutrition behaviors, food environments, and health outcomes across the country.

Through joining the Food Policy Coalition Kenya, Stowelink aims to contribute youth-centered perspectives to ongoing policy discussions while strengthening community awareness around healthier food environments.



STOWELINK FOUNDATION SHOWCASES LIFESTEN HEALTH INNOVATION AT NATIONAL KELIN DIALOGUE ON DIGITALISATION, HEALTHY FOOD POLICY AND NCD PREVENTION

Stowelink Foundation was honored to participate in a two-day national dialogue convened by KELIN (Kenya Legal and Ethical Issues Network on HIV and AIDS) focusing on the growing intersection between digitalisation, healthy food policy, and the prevention of non-communicable diseases (NCDs) in Kenya.

Representing Stowelink Foundation, our Founder and Chief Executive Officer, Ogwen Stephen, was invited as a speaker and digital health innovator during the multi-stakeholder engagement held on 28th and 29th May 2026. The meeting brought together youth leaders, civil society organizations, researchers, community representatives, public health advocates, development partners, and digital innovators to explore how digital technologies are shaping nutrition behaviors, food environments, and health outcomes across the country.

We thank KELIN for convening this important conversation and for creating a platform where diverse stakeholders can collaborate toward a healthier, more informed, and more resilient Kenya



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

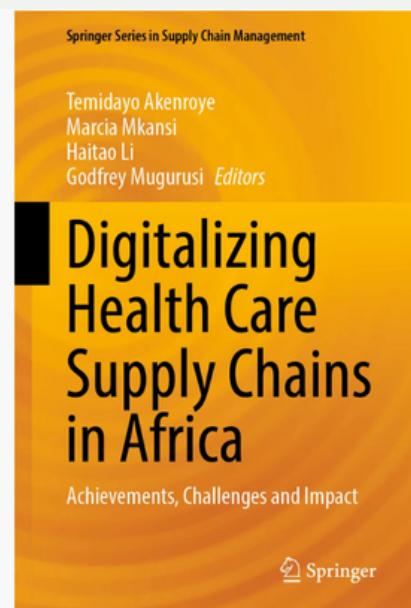
WHAT'S IN THIS SEGMENT

- NEW BOOK CHAPTER CONTRIBUTION TO SPRINGER.

BIGGEST HIGHLIGHT OF THE QUARTER

NEW BOOK CHAPTER CONTRIBUTION TO SPRINGER NOW AVAILABLE FOR PRE-ORDER

Stowelink has contributed a book chapter to the forthcoming publication Digitalizing Health Care Supply Chains in Africa: Achievements, Challenges and Impact, published by Springer.



NEW BOOK CHAPTER CONTRIBUTION TO SPRINGER NOW AVAILABLE FOR PRE-ORDER

This upcoming book brings together leading scholars and practitioners to explore how digital and innovative technologies are transforming health supply chains across Africa. While digital health systems have significantly improved efficiency and visibility in high-income countries, this publication critically examines what it takes to successfully adapt, implement, and scale these solutions within African health systems.

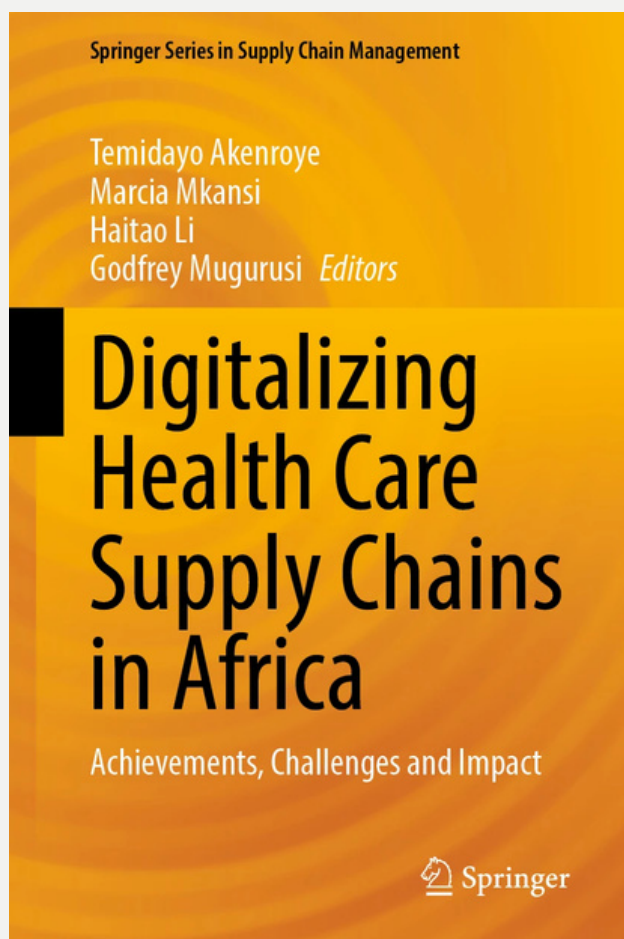
Through real-world case studies and cross-country insights, the book highlights both the successes and challenges of digital transformation, offering practical lessons on what works, what fails, and why. It provides a comprehensive resource for policymakers, researchers, NGOs, and health system leaders working to strengthen healthcare delivery across the continent.

Our contribution reflects this growing role at the intersection of health systems, innovation, and policy in Africa. Full details of his chapter will be shared upon the book's official release.

The book is scheduled for release on 24 May 2026 and is now available for pre-order:

<https://link.springer.com/book/9783032205001>

This marks an important milestone in advancing African-led thought leadership on digital health systems and equitable healthcare transformation.



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 THE WORLD HEALTH SUMMIT REGIONAL MEETING 2026
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BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK FOUNDATION & STROKE ASSOCIATION OF KENYA LAUNCH NATIONAL STROKE AWARENESS WALK

Stowelink Foundation, in partnership with the Stroke Association of Kenya and Lifesten Health, will bring together communities, and young people for the Step Up for Stroke Challenge, a major awareness walk and digital engagement campaign aimed at strengthening stroke awareness and prevention in Kenya.



STOWELINK AT THE WORLD HEALTH SUMMIT REGIONAL MEEETING 2026

The World Health Summit Regional Meeting 2026 in Nairobi brought together global health leaders, policymakers, researchers, innovators, civil society organizations and young leaders to discuss the future of Africa's health systems under the theme "Reimagining Africa's Health Systems: Innovation, Integration and Interdependence." Hosted by Aga Khan University, the summit provided a valuable platform for dialogue, collaboration and action toward strengthening healthcare systems across the continent.

Representing Stowelink Foundation at the summit was Naila Chebet Koech, the organization's Mental Health Lead, whose participation reflected Stowelink's continued commitment to advancing mental health advocacy, youth engagement and stronger health systems across Africa.



STOWELINK FOUNDER OGWENO STEPHEN FEATURED IN BUSINESS DAILY AFRICA

Monday, May 18, 2026 Life | Wellness

Weight loss



Stephen Ogweno, the founder of Stowelink Foundation, is championing awareness of non-communicable diseases such as cancer and diabetes through community health programmes across Africa through his organisation, Stowelink Foundation. He also serves as a board member of the World Obesity Federation, which focuses on representing scientific, medical and research on obesity.

Over the years, Stephen experimented with various eating approaches, including vegan diets, though some left him feeling bloated. One of the most effective was a long-term carnivore-style diet centred on high protein intake.

"Combining high protein intake with resistance training helped improve my body composition significantly," he says.

In time, he evolved toward what he calls a modified carnivore approach, reintroducing vegetables and broadening his dietary variety. That balance, he says, helped him reduce body fat, improve his metabolism and overall health.

Metabolic symphony
How Stephen lost 50 kilos and grew into an obesity advocate

HEALTH
ESTHER
INTABO

Stowelink@gmail.com

Stowelink Foundation Founder and Chief Executive Officer Ogweno Stephen was recently featured in Business Daily Africa, where he opened up about his long and deeply personal journey living with obesity, losing over 50 kilograms, and transforming that lived experience into a movement for public health advocacy across Africa.

The feature highlighted not only his personal health journey, but also the growing work of Stowelink Foundation in obesity awareness, non-communicable disease prevention, youth engagement, and digital health innovation.

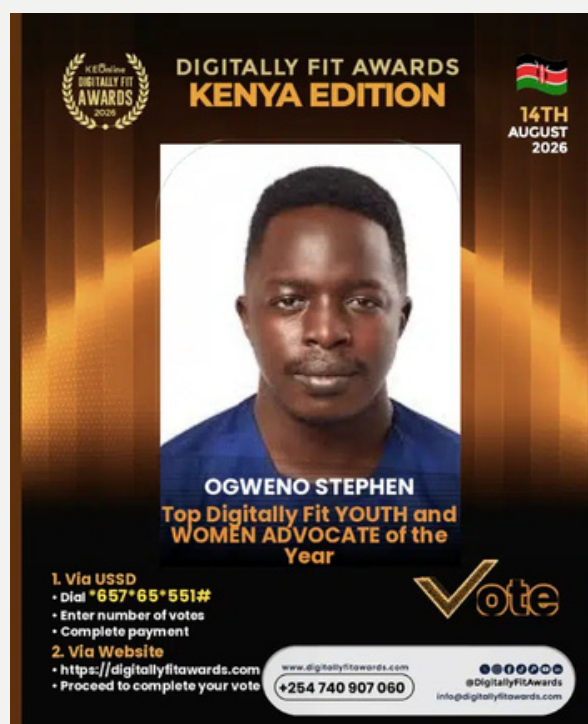
For years, obesity conversations across many African communities have often been reduced to simplistic narratives centered on willpower, personal responsibility, or appearance. Through his story, Ogweno Stephen challenges those assumptions and calls for more compassionate, science-driven conversations around health.

STOWELINK NOMINATED FOR THE DIGITAL FIT AWARDS KENYA 2026

The Stowelink Foundation is proud to announce that its Founder and Chief Executive Officer, Ogwen Stephen, has been nominated for the Digitally Fit Awards Kenya 2026, one of the country's leading platforms recognizing individuals and organizations driving digital excellence, innovation, and impact.

The nomination recognizes Ogwen Stephen's contributions to public health, digital health innovation, youth leadership, and advocacy, as well as his continued efforts to represent Kenya's health agenda on both national and global platforms.

For over a decade, Ogwen has been at the forefront of developing innovative approaches to address some of Africa's most pressing health challenges. Through the Stowelink Foundation, he has helped build a movement that combines community engagement, technology, research, advocacy, and policy action to improve health outcomes and strengthen health systems.



STOWELINK FOUNDATION & STROKE ASSOCIATION OF KENYA LAUNCH NATIONAL STROKE AWARENESS WALK



On 30th May 2026, Stowelink Foundation, in partnership with the Stroke Association of Kenya and Lifesten Health, will bring together communities, advocates, health professionals, survivors, caregivers, and young people for the Step Up for Stroke Challenge, a major awareness walk and digital engagement campaign aimed at strengthening stroke awareness and prevention in Kenya.

The physical walk will take place in Karen, Nairobi, but the movement is intentionally designed to go far beyond one location. Through the Lifesten Health mobile application, participants from across Kenya and beyond will be able to join the challenge virtually, track their activity, and take part in stroke awareness engagement even if they are unable to attend in person.

The campaign reflects a growing urgency around stroke and other non-communicable diseases across Africa.

STOWELINK SPEAKS ON AFRICA HEALTH PULSE PODCAST

Stowelink Foundation founder Ogweno Stephen recently joined the Africa Health Pulse podcast hosted by Faith Okwisa for an honest and emotional conversation about living with obesity, navigating stigma, and why Africa must begin treating obesity as a serious public health issue rather than a personal weakness.

The discussion offered a rare and deeply human perspective into the lived realities behind obesity, especially within African communities where conversations around weight are often shaped by shame, stereotypes, and misunderstanding. For Ogweno Stephen, obesity advocacy is deeply personal. It is about more than healthcare systems or policy frameworks. It is about creating a world where people are treated with dignity regardless of body size, where young people do not grow up carrying shame in silence, and where lived experiences help shape the future of public health in Africa.



REFLECTIONS FROM THE MWANGA AFRON COMMUNICATIONS REVIEW MEETING



The Stowelink Foundation, represented by its Chief Programs Officer, Oduor Kevin, participated in a communications review meeting convened by the Kenyan Network of Cancer Organizations (KENCO) under the MWANGA AFRON Project. The session brought together communications professionals to review the performance of recent social media campaigns and collectively reflect on how to strengthen future health communication initiatives.

The meeting provided a valuable platform for peer learning and strategic reflection, particularly at a time when the development sector is facing increasing pressure from dwindling donor funding.

Resource Optimization in a Constrained Funding Environment

A central theme of the discussion was the urgent need for resource optimization. Participants acknowledged that traditional, high-cost communication approaches are becoming less sustainable. There is a growing imperative to adopt more efficient strategies that maximize reach and impact with limited resources.

STOWELINK FOUNDER OGWENO STEPHEN RECOGNIZED AS OPPORTUNITY DESK YOUNG PERSON OF THE MONTH

Stowelink Foundation is proud to celebrate the recognition of its Founder and Chief Executive Officer, Ogweno Stephen, as the Opportunity Desk Young Person of the Month for May 2026.

The recognition highlights nearly a decade of youth-led leadership, innovation, and advocacy in strengthening public health systems across Africa. It reflects a journey rooted in lived experience, community action, digital health innovation, and a deep commitment to making preventive healthcare more accessible for young people and underserved communities.

This milestone is not only a recognition of individual leadership, but also an acknowledgment of the growing role African youth-led organizations are playing in shaping the future of global health.

You can read the full feature here:

[Opportunity Desk Feature on Ogweno Stephen](#)



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

CONTACT

Stowelink Inc

BSSC ROOM 252

Kenyatta University

P.O.Box 43844-00100

www.stowelink.com

stowelink@gmail.com

@Stowelink_Inc

