

KENYAN-HEART NATIONAL FOUNDATION SUMMARY OF ACTIVITIES FROM MAY 2009 TO MAY 2010:

(For AHN Presentation in Beijing By the President. Dr. Kingsley, June 2010)

Kenyan-Heart National Foundation (KHNF) activities for the last 12 months were centered on 4 main objectives, the first three under the **Nairobi Eastlands CVD Prevention Program** being carried out in collaboration with **Kenya Cardiac Society (KCS)**:

1. Ensuring target groups understand the Symptoms, Treatment/Management & Prevention of A Strep-Sore Throat, Rheumatic Fever(RF), Rheumatic Heart Disease RHD & its Prevention:

- **Printing of RHD Information Materials** – 1000 Strep Sore Throat posters;20,000 RHD Booklets in English & Kiswahili;
- **Establishment of 20 Kenyan-Heart Clubs** in 20 Schools.
- **Painting of 7 more Kenyan-Heart Talking Walls** (Total so far **19 walls**) **Photo**
- **4 Training Seminars, 2 Teachers & 2 Head-Teachers** (Total **281**..trained in 12 months) **Photo**

2. Develop CVD Prevention Program focusing on Risk factors such as Diabetes, Hypertension, Obesity etc & come up with Guidelines for their Prevention (KCS):

- **Drafting of MOU** between KCS & KHNF – (Signed in August 2009)
- **Baseline Survey** (March – April 2010):
 - Questionnaire prepared
 - Training of field Team consisting of 4th Year Medical students in data collection;
 - Sourcing of Screening equipment
 - Organization of Initial meeting with Stakeholders of areas to be surveyed:**Schools** (HeadTeachers), **Health Facilities** (In charge), **Locations** (Chiefs) **Photo**

3. Building a Sustainable Kenyan-Heart National Foundation:

- **Election of New Board at a Meeting in October 2009** where:
 - Representation in the Board by HeadTeachers, Healthworkers, Local Committees approved.
- **Formation of 4 New Local Committees** (Embakasi & Makadara Constituencies):
 - Training Seminar for **44 people (Chiefs, Community leaders** (e.g village elders), **Representatives** of various Grassroot Organisations e.g dealing with womens issues, HIV orphans, Malaria prevention
- **Maintenance of Nine (9) Existing Local Committees (LC):**
 - **Community Sensitisation** on RHD Prevention in Nairobi Eastlands by LC members in Kasarani & Starehe Constituencies during Cleanup campaign & “Citizens Parliament” Forum
 - **Research data collection** for two Danish students from Copenhagen University;
 - **Trip to Denmark** by 2 LC members for Danish Heart Foundation Local Committees Seminar; **Photo**

4. KHNF Membership Recruitment for the last 12 months is 112 Individuals. (Recruitment is on-going)

5. World Heart Day 2009 celebrated on Sat.19 Sept. 2009 at Splash Waterworld, Carnivore:

- **KHNF** Celebrated in collaboration with **KCS & Mater Hospital**
- **Activities** – 5 Km walk, Screening of adults (BMI, BP, Cholesterol, Blood Sugar), various presentations by pupils on RHD(**Photos**)
- **Participation** - over 5,000 pupils from **67 schools**, participating in the event.

- **Corporate Support** – 5 Corporate organizations including major mobile service provider;
 - **Media Houses Support** – 6 major TV Stations & 2 FM Radio Stations:
 - **Amongst the Funds raised was Ksh. 325,245 (US\$ 4,336) Fundraised for “Kenyan-Heart Talking Walls”**
- 6. Other Activities:**
- **KHNF participated at the WHF Children’s Workshop in Geneva June 2009**
 - **KHNF participated in the World Health Day in April 2010, under the invitation of WHO & in Partnership with Ministry of Public Health & Sanitation. (Photo)**
 - **KHNF also Participated in the World Diabetes Foundation Workshop in Copenhagen-Denmark, on the Prevention of NCDs. (Photo)**

Prepared By:

Kenyan-Heart National Foundation

Date:

Thursday 27th May 2010.