

Embracing digital health technology to promote education on NCDs in Kenya





The Governor of Vihiga County, H.E. Hon Dr Wilber K. Ottichilo, CBS, launches Fafanuka © Kenya NCD Alliance

The NCD Alliance of Kenya (NCDAK) launched on 14 November, World Diabetes Day, a new educational digital tool to promote health and NCD prevention.

Developed in collaboration with the Ministry of Health and Safaricom Ltd, the mobile platform, called “Fafanuka”, provides to the public information on NCDs, both in English and Kiswahili. The service addresses questions of detection, prevention, diagnosis and management, with an initial focus on cardiovascular diseases, diabetes, cancer and epilepsy. It will be expanded to mental health later.

Gaps in NCD prevention and management

Mobile phone penetration in Kenya is excellent, and it is expected that “Fafanuka” will address gaps in NCD prevention and management by dispelling the myths surrounding NCDs and by promoting more healthy habits.

The NCDAK is also committed to fighting the misconceptions around NCDs, especially when they affect the daily lives of people living with NCDs (PLWNCDs), by actually giving PLWNCDs space to speak. During the 2018 UN High-Level Meeting on NCDs, Mr Edward Konzolom of the Stroke Association of Kenya participated in the side event, “Combating NCDs from the Village to the UN: Integration of NCD Interventions into UHC”. He shared his story, explained the pain of losing his teaching position after suffering a stroke, and related his difficulties in accessing health care without an income.

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