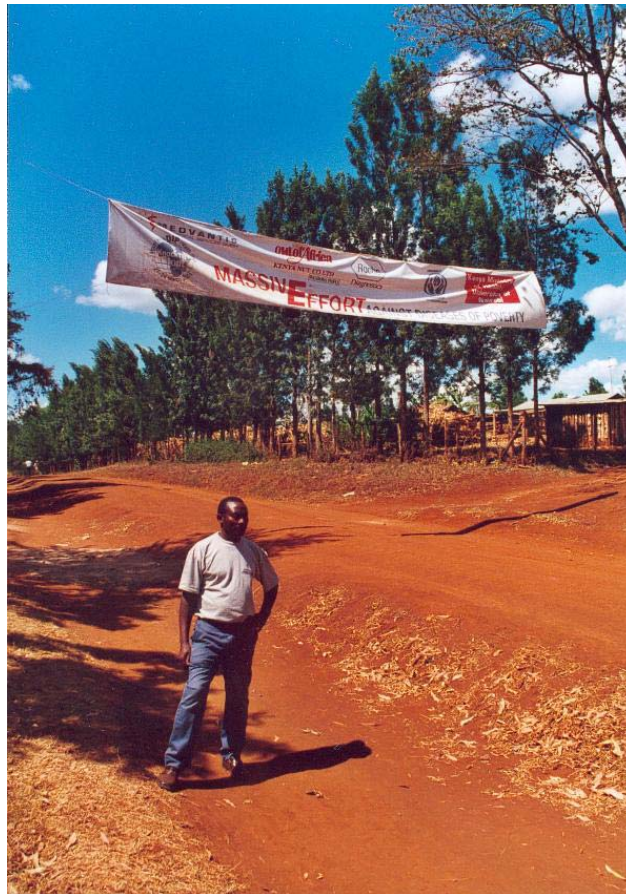




DIP Foundation (Int.) Kenya

Mount Kenya Health Days 2001

World-TB-Days



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Summary of the results

During the Mount Kenya Health Days 2001, the farmers of the Mirichi Farmer's Association were invited to participate in a variety of medical tests. During the four days 820 farmers took advantage of this opportunity. The following examinations were carried out:

- Blood pressure
- Sputum Samples with regard to tuberculosis bacilli
- Blood with regard to Diabetes II (bloodsugar-levels)

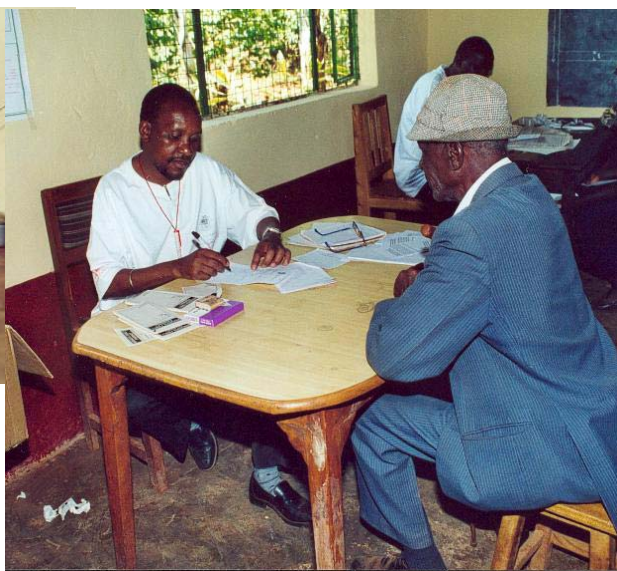
In addition, the farmers were given the opportunity to learn more about the dangers of tuberculosis and to get familiar with prevention strategies. Furthermore, there was a 'mass-education' about the diagnosis of diabetes, which also contained a part about adequate nutrition and potential life-saving measures in case of emergency.

Tuberculosis:



Only one member of the community was diagnosed with an open tuberculosis. The physician in charge was as surprised as he was happy about this. He commented about this being an exceptionally healthy community.

Immediately after diagnosis the patient was carefully instructed about the importance of a regular medication intake, and he was given the medication for one weeks treatment. The information encompassed information about the dangers of resistance of the bacilli as well as rules for the prevention of the further promotion of the disease.



Fotos: above: the laboratory

Above left : sputum examination under the microscope.

right: Consultation

Diabetes:

Within the sample of the 820 persons, 112 were diagnosed as diabetics. Out of these 112, 35 were not aware that they had the disease. Therefore, there is a good chance that these 35 diabetics can be spared the problems that diabetes might cause them in the long run (like blindness, limb problems etc.)

At the moment, DMI (Diabetes Management and Information Centre) is setting up a plan as to how all the diabetics in the community can be informed, followed up and treated. Some of these measures are:

- Follow up of diagnosed patients (the newly diagnosed as well as the known ones)
- Seminars about the correct treatment (mainly for the hospitals close by)
- Access to diagnostic tools (presumably centrally with a few places within the community)
- Annual refreshers to increase knowledge within the community

Reasons for the high prevalence of diabetics in the region may be due to the following:

- Nutritional habits
- Changed lifestyle
- Inheritance factors that are concentrated by intermarriages
- Lack of sports

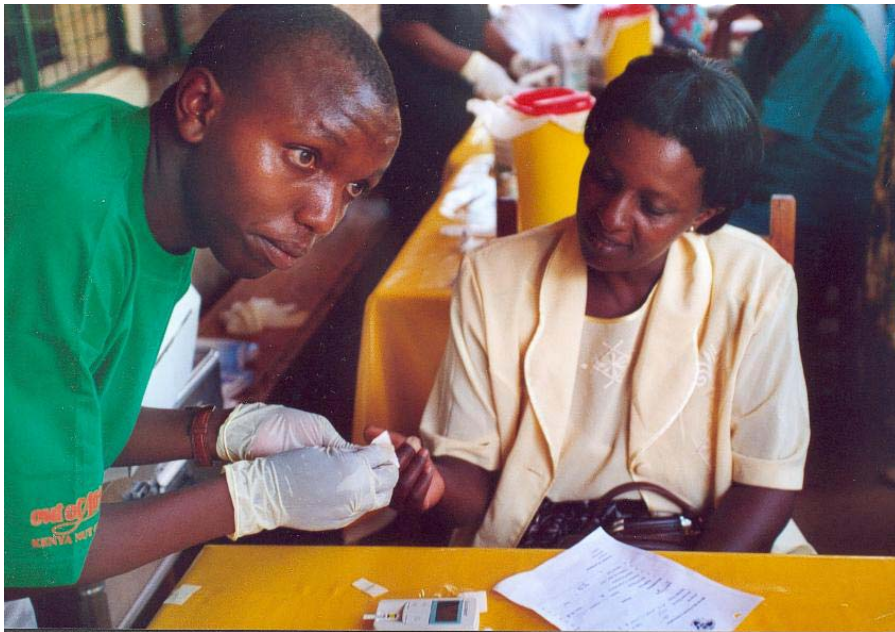


Foto: Testing the blood sugar level with glucometers

Backgrounds

On World-TB-Day of March 24, 2000 the Swiss Bakers Association introduced the 'Bread of Solidarity' containing Macadamia Nuts. During the first year, about 250'000 of these loaves have been sold. Every kilo of the Kenya-Macadamia[®]-Nuts earns a certain amount of money that is directly re-distributed to the farmers at Mount Kenya in the form of health programmes. The important issue is that the farmers do not get 'addicted' to aid-funds. The farmers earn their own support by their own efforts. The farmers are proud of this mechanism and the movement of the organic farmers involved is spreading fast.

As the Macadamia are imported directly, the bread of Solidarity is not more expensive than other special types of bread.

This collaboration has been initiated by the DIP-Foundation (Int.) Kenya. The foundation was also responsible for the parameters of this years health programme. A core of the foundation is the fighting of tuberculosis. In addition, in 2001 diabetes was part of the programme. As the results show, this decision was a good one.

The title of the event 'Massive Effort against Diseases of Poverty' proved to be an important part of the whole initiative. It stressed the importance of a shared and joint effort between the local organizing committee (mostly volunteers), government, churches, local companies and the participants themselves. The title was useful as a door opener to the diverse institutions, as well as being an incentive for the local people.

Outlook

A similar event is being planned for 2002. Central to the 2002 event will be the confirmation of the excellent results of this years TB-results. Preventative measures will continue to be taken and information will be further distributed.

In addition, follow up activities in the field of diabetes are planned. Besides the further diagnosis of people, activities taken as a result will be evaluated and intensified. A network of patients will be established and activities in the community to support neighbourhood care will be supported.

A final activity is planned in the field of HIV/AIDS. Only if HIV-infection rates can be kept to a minimal level, is there hope to also keep TB out of the community. This is because a weakened immune system is much more susceptible to TB than an intact immune system.

Participating and supporting persons and organisations

Initiative and financing	Paul Ketterer DIP-Foundation Postfach 133 8408 Winterthur SCHWEIZ
Medical Coordination Kenya	Octavian Gakuru University of Nairobi P.O. Box 30197 Nairobi KENYA
Organisation / Coordination of venue	Simon Muchira Mwaniki Gacatha Primary School P.O. Box 31 Kianyaga KENYA
TB-Clinic	Gabriel Morgan Kinuthia Kerugoya District Hospital P.O. Box 24 Kerugoya KENYA
Diabetes- Clinic	Vincent Mbugua / Patrick Mukoya Kenya Diabetes Management & Information Centre DMI P.O. Box 45099 Nairobi KENYA Phone: 00254 -2- 718010 dmicentre@wananchi.com
Infrastructure on the venue	Mr. Y. Sato / Mr. Shiota Kenya Nut Company Ltd. P.O. Box 52727 Nairobi KENYA
Material for Diabetes Clinic	Mr F. Karrer Roche Diagnostics (Schweiz) AG Industriestr. 7 6343 Rotkreuz SCHWEIZ Phone: 041 799 61 61
Informationsmaterial	Medvantis Holding AG Friedrich Bergius Str. 9 65203 Wiesbaden DEUTSCHLAND Phone 0049 611 33 59 163 thomas.schoenemann@medvantis.de