

2.9 Evaluation

- Regular monitoring and evaluation to be carried out including collection of data on the adoption of the new technologies and impact on their farming and economic conditions. Data will be used to assess the success of the program and the improvement areas.

2.10 Sustainability

- Soil testing services and other agriculture support to farmers.
- Sale of outputs in the Demonstration and model farms such as seedlings and produce

2.11 Budget

DETAILS	\$ AMOUNT
Purchase of Small agricultural equipment, tool and implements	2,692
Mobilization of farmers for periodic workshops	2,308
Engagement of experts and facilitation	2,308
Set up of Demonstration farm	2,308
Rental of land for farming	769
Miscellaneous cost	769
Venue costs USD	11,154

3. ADVOCATE FOR INCREASED COMMUNITY AWARENES ON HEALTH AND NUTRITION

3.1 Introduction

- The Muindu Seeds and Deeds Foundation was set up in honor of the late Jennifer Muindu and the late Robert Muindu who died from Idiopathic Pulmonary Fibrosis (IPF), a progressive respiratory illness causing stiffening and thickening of the lung tissues resulting in difficulty in breathing.
- The cause is unknown and lung damage from IPF is irreversible with no known cure though there is medication to reduce its progression. Life expectancy after diagnosis is 3-5yrs. The patients usually require supplementary oxygen, medication, pulmonary rehabilitation, nutritional adjustments and assisted care.
- Their journey has influenced the need to raise awareness on IPF and other respiratory illnesses so that the loved ones receive the best care both physically and mentally and that the caregivers receive the necessary information and support to effectively care for their loved one.
- In Oct 2022, the Muindu team participated in the Pulmonary Fibrosis Foundation Walk both in Dallas, USA and Malili, Kenya simultaneously to raise awareness of the illness and advocate for more research towards a cure for the disease.

3.2 Problem Description

- Non- communicable diseases which includes chronic lung disease, cancer, diabetes, heart disease and stroke account for 74% of all deaths globally with 77% of these deaths in low and middle income countries.
- In Kenya non-Communicable diseases account for 50% of in-patient admissions and 39% of all deaths annually.
- In our Subcounty there is only 1 Public Hospital and 5 Public Health Centres, covering 803.7 km² radius hence the need for health and nutrition awareness for the community members to better care for their families.
- The foundation advocates for community health programs focusing on awareness of chronic conditions such as Respiratory illness, Diabetes, Arthritis, High Blood pressure and heart disease so as to promoting wellness of ailing persons and preventative measures.

3.3 Objectives

- Arrange health awareness and educate sessions on Non communicable diseases and other diseases to promoting wellness of ailing persons, elderly and children.
- Special needs support especially for children, the elderly and people living with disabilities.
- Undertake health and nutrition checks for lifestyle changes, better management of conditions and increased mortality.
- Establish a safe haven platform for those caring for family members who are ailing from chronic diseases through sharing of challenges, experiences and giving the needed moral support.
- Provide Mental and emotional support to those caring for chronically ill patient to support self-wellness and visiting of the patients to show solidarity.

3.4 Target Group

- All community members, those with terminal and chronic diseases, their families and caregivers.

3.5 Target Location

- Malili / Ngiini Community

3.6 Project Activities

- Participate in the Pulmonary fibrosis walk and raise awareness on the prevention, detection and management of Idiopathic Pulmonary fibrosis, illness.
- Arrange health activities and awareness sessions to share information on chronic illnesses including early detection and dietary measures for a healthier life.
- Work with local health care providers to carry out free / discounted health checks and screening for early detection
- Establish a safe haven platform for those caring for family members who are ailing from chronic, elderly and physically challenged to share challenges, experiences and moral support.
- Initiate workshops and talks for special groups such as youth, young mothers, seniors etc. to raise awareness on nutrition, lifestyle habits to reduce the risk of mortality and the management of existing conditions.

3.7 Methodology

- Arrange an IPF awareness outreach and participate in the Pulmonary Fibrosis Foundation Walk simultaneously with the Dallas, US team.
Annually
- Carry out outreach and education sessions on non-communicable diseases and other diseases.
Annually
- Host informative sessions with medical professionals on the key illnesses affecting the community with the mitigations.
Annually
- Organize free health check days for the community and advise on nutrition and healthy living.
Half yearly
- Initiate Caregivers sessions to discuss better care, challenges and self-care.
Half yearly
- Set up specific groups talk e.g. caregivers, men, women health, teenage girls, youth, PWD for specific health talks.
Annually

3.8 Outcome

- Reduced illnesses and better management of the medical conditions.
- Improved quality of care for the chronic patients by caregivers.
- Increased knowledge and understanding of the Non communicable diseases.
- Improved awareness of early detection, self-care, lifestyle changes for better health.
- Greater engagement with local resources and community members support for ailing patients and their families.

3.9 Project Sustainability

- Partner with medical professionals for volunteer services to conduct awareness and knowledge talks
- Partnership with the Health care professionals to provide free health checks free services
- Fund raise through sale of promotional materials and campaigns.
- Sourcing for financial support from local government, well-wishers and private organizations.
- Request for volunteer coordinators for the activities

3.10 Evaluation

- Follow up with visits for the affected members to gauge implementation of the recommendations.
- Obtain feedback from attendees on the effectiveness of the programs and address any key concerns.
- Monitor statistical information of our area to see if there are improvements in the mortality rates and reduced chronic conditions.

3.11 Budget

Details	Awareness Walk IPF (Annual)	Health Care Outreaches / with Free Health Check ups	Care givers Safe haven (Quarterly)	Special groups talks (Half yearly)
Facilitators gratitude @10,000 per session	-	385	77	154
Tents and Chairs & PA	77	231	-	-
Snacks and beverages @100 Pax	77	385	77	77
Support officials incentives	115	385	77	77
Other expenses e.g. banners, t-shirts, badges and promotional Materials etc.	346	385	77	77
Travel expenses for speakers and support team	77	385	77	77
Subtotal	692	2,155	385	462
TOTAL - USD				3,695