



Kenya Diabetes Management & Information Centre

Jadala Place
2nd Flr, Office 2.1
Ngong Lane,
Off Ngong Road

P.O. Box 45099
00100 - GPO Nairobi, Kenya
Tel: 020-2733794 / 020-2065512 / 020-2044946
Telfax: 2718010 Mobile: 0722-755828

E-mail: info@dmf.or.ke
Website: www.dmf.or.ke

Dear

**RE: TAKE A WALK FOR CHILDREN LIVING WITH TYPE 1 DIABETES AT THE KARURA FOREST
SATURDAY, 27TH NOVEMBER 2021 6A.M**

The Kenya Diabetes Management & Information Centre (DMI Centre) is a not-for-profit registered medical charity founded in May 1999, with the aim of raising more public awareness about diabetes. The Centre's vision is to develop, document and deliver comprehensive programs for creating public awareness in diabetes, and for prevention, diagnosis and management of diabetes.

As you might be aware, diabetes has been globally labeled as "the silent epidemic and killer". This is a major cause of health and economic problems in Kenya which has an estimated prevalence rate of 2.2% translating to about 1.1million people. The majority of them are between 40-59 years, which is the most productive age group in life. Globally, there are over 425 million people living with diabetes and over 500m in the pre-diabetes risk group, and with about 5.1million deaths every year.

Due to great concern with children as young as 4 and half months getting diabetes type 1, DMI Centre has over the years enrolled more than 600 children living with Diabetes Type 1 in a program for children. These children who need insulin throughout their lives are given an opportunity to grow up normally and have a good quality life.

Apart from giving assistance to these children with T1D, DMI Centre also gives support to the young adults living with T1D and others who have developed Type 2 diabetes. Type 2 diabetes is common amongst the older population and has raised concern as it comprises the biggest disease burden. Low levels of public awareness, late diagnosis and inadequate self- management empowerment compromise the quality of life of the people living with diabetes predisposing to multiple complications making the cost of management very expensive and sometimes leading to premature death.

Unfortunately, due to Covid-19, our main fundraising activity – whose funds help these children-did not take place in 2020 resulting to financial difficulties that have compromised DMI Centre's ability to carry out projects including the children's program and to keep the office open.

As the Government has allowed small gatherings of not more than 100 people, DMI has organized a walk to raise funds to help these children in desperate need of supplies. As we mark the World Diabetes month in November, the Centre would like to invite you to join "**The DMI Centre Diabetes Walk**". The participants will include friends of DMI Centre, those living with diabetes & their families and professional health care providers.

The Karura Forest is open to the public from 6 am and the walk will be flagged off at 6.30 am. Registration fee will be as follows:

Corporate sponsorship Categories

Platinum	-	Kshs. 200,000
Gold	-	Kshs.100,000
Silver	-	Kshs.50,000

Individual participants Categories

Platinum	-	Kshs.20,000
Gold	-	Kshs.10,000
Silver	-	Kshs.5,000.

All cheque payments are payable to Kenya Diabetes Management & Information Centre and cash transaction through Pay Bill no.928100.

Please confirm participation as soon as possible due to the limited numbers allowed.

We look forward to your generous support.

For more information, please contact **Beatrice Muchoki 0727400070** or contact the DMI Centre through any of the telephone numbers on the letterhead.

ALL COVID-19 PROTOCOLS WILL BE OBSERVED.

Yours sincerely,

KENYA DIABETES MANAGEMENT AND INFORMATION CENTRE



Dr. Nancy Ngugi
Consultant Physician/Endocrinologist
Chairman