

UZURI

— COMMUNITY —

People • Pathways • Access

Health Begins in the Community

Heroes of Healthcare: Meet
Kenya's Community Health Promoters

Care Pathways: From Village to Specialist

Cost & Access: Finding Quality Treatment



Stories of Health, Hope & Connection

KENYA • AFRICA • GLOBAL

UZURI

COMMUNITY

People • Pathways • Access

Inaugural Issue — January 001/26

This inaugural issue introduces *Uzuri Community*.

A platform amplifying people-centered health stories, practical care pathways, and access conversations without offering medical advice.

Uzuri Community

In Adversity, We Diversify!

Health Begins in the Community
Stories of Health, Hope & Connection
KENYA • AFRICA • GLOBAL

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Table of Contents

| | |
|---|----|
| UZURI..... | 2 |
| Table of Contents | 3 |
| Heroes of Healthcare | 5 |
| Care Pathways | 9 |
| Cost & Access | 10 |
| Community Voices & Partnerships | 11 |
| Collaborate With Uzuri Community | 15 |
| About Uzuri Community Health Magazine | 16 |
| Legal & Editorial Notice | 17 |
| Uzuri..... | 18 |



© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Editor's Note

Why Uzuri, Why Now

Health does not begin in hospitals!

It begins where people *live, work, worship, and raise families*. Uzuri Community exists to spotlight those first touchpoints: the Community Health Promoters (CHPs), families, and partners who make care possible.

This magazine is **not a medical journal**. We do not diagnose, prescribe, or replace professional medical advice. Instead, we tell verified stories, map care pathways, and discuss access so that communities can navigate systems with *dignity* and *clarity*.

— *Editor-in-Chief*

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Heroes of Healthcare

Meet Kenya's Community Health Promoters

Dinah Machengo:



Walking With Families Others Often Miss

In Savatua village of Sabatia Sub-County, Vihiga County, community health is not always about distance or facilities. Sometimes it is about visibility. For the past three years, Dinah Machengo has worked as a Community Health Promoter focused on people living with disabilities and special needs, a group that is often overlooked within health systems and community conversations.

Dinah's work begins where silence and stigma often exist. She engages families who are unsure where to seek help, caregivers who feel isolated, and individuals whose needs are misunderstood or ignored. Through patience and consistent presence, she helps households understand available support, navigate care pathways, and advocate for dignity and inclusion.

Community health promotion in the area requires more than technical knowledge. It requires empathy, trust, and cultural sensitivity. Dinah has built these qualities through everyday interactions that affirm the value of every person, regardless of ability. Her work reduces exclusion and ensures that disability is not treated as an afterthought in community health planning.

By supporting families early and consistently, Dinah strengthens the entire healthcare ecosystem.

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

She helps prevent neglect, reduces emotional and social strain on caregivers, and improves coordination between households and service providers. Her role saves time, resources, and human potential, even when the results are not immediately visible.

Community Health Promoters like Dinah are essential contributors to inclusive healthcare. Fair remuneration is not charity, but recognition of skilled, emotionally demanding work that sustains families and strengthens health systems from the ground up.

Her Impact

- Supports families living with disability through guidance and follow-up
- Promotes inclusion and dignity for people with special needs
- Builds trust between vulnerable households and health services

- Strengthens community awareness around disability and care

Quote:

“Health grows when people feel supported.”

To reach Dinah email us @

uzuricommunity@gmail.com

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Stephen Yieile:



The Steady Presence behind Community Health in Lorngosua

In Lorngosua village, deep in Kajiado County's Oloilelai Sub-County, health often begins with a familiar face rather than a facility. For more than ten years, that face has been Stephen Yieile, a Community Health Promoter whose work quietly anchors the health of families across the area.

Stephen's role places him at the intersection of trust and systems. He is the person households turn to when a mother is unsure about her child's nutrition, when a patient living with diabetes needs guidance, or when families face

the long and confusing journey of managing chronic conditions such as hypertension, cancer, HIV, or tuberculosis. His strength lies not in clinical treatment, but in understanding people, their fears, and how to guide them toward timely and appropriate care.

Working at community level requires patience, consistency, and credibility. Stephen has earned all three. Over the years, he has built relationships that allow him to speak openly with families about sensitive health issues while maintaining dignity and respect. His presence reduces delays in care, improves follow-up, and strengthens the link between households and health facilities.

In an ecosystem where health systems are often stretched, Stephen's work absorbs pressure before it reaches clinics and hospitals. He helps people navigate decisions early, which saves time, resources, and, in

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

many cases, lives. Despite this, the work of Community Health Promoters like Stephen is frequently undervalued, even though it forms the foundation of effective healthcare delivery.

Stephen Yieile represents a category of health workers whose impact is felt daily but rarely quantified. Fair and consistent remuneration is not a reward, but a recognition of the essential service he provides to both the community and the wider health system.

His Impact

- Builds long-term trust between households and the health system
- Supports early identification and referral for maternal, child, and chronic health needs
- Improves continuity of care through follow-up and community-level guidance

- Reduces pressure on health facilities by strengthening prevention and navigation

Stephen's story is a reminder that health does not start at the hospital door. It starts with people like him, walking alongside communities, one household at a time.

“Access improves when systems speak the community's language.”

To reach Stephen email us @ uzuricomcommunity@gmail.com

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Care Pathways

From Village/Estate to Specialist

This section explains **how care typically flows**—not what care to take.

How does care usually flow?

This section explains **processes**, not prescriptions.

Pathway Overview

1. Community touchpoint (education, screening, referral)
2. Primary care facility
3. Secondary/tertiary referral (when indicated)
4. Follow-up and community support

What Helps the Journey

- Clear referral information
- Transport planning
- Understanding appointment processes
- Community follow-up after facility visits

What This Is Not

- Not clinical guidance
- Not treatment recommendations

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Cost & Access

- Keep basic personal health records

Finding Quality Treatment

Access is shaped by information, distance, timing, and cost transparency. This section discusses **decision factors**, not prices or medical advice.

Key Considerations

- Public vs. private options
- Referral requirements
- Waiting times and scheduling
- Community and social support

Practical Tips

- Ask facilities about processes and documents
- Use referrals to reduce delays

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Community Voices & Partnerships

Health Begins in the Community



*By Aggrey Ogendo Founder, Uzuri Community Services.
Community Health Worker | Chaplain | Life Coach*

Invest in the Ecosystem That Sustains Your Business and Communities

Healthcare systems and businesses alike face growing pressure: rising community health needs, workforce absenteeism, and a shrinking donor funding landscape.

Whether you are a corporate leader, founder, or HR

specialist, one fact is clear: **health begins in the community**, not just in hospitals or clinics.

Communities have no industries they have people. People who form your workforce, influence your customers, and sustain your industry. When households are stressed or caregivers overburdened, absenteeism, presenteeism, and reduced productivity quietly affect your bottom line.

Community Health Promoters (CHPs) are the frontline solution. They detect risks early, educate households, support caregivers, and prevent conditions from escalating into costly

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

emergencies. In essence, CHPs protect both communities and industries.



From the Corner Office to the Village: ESG That Works

Corporate *Environmental Social and Governance* (ESG) initiatives often remain on paper policies, reports, and dashboards. But the most responsive ESG happens **in communities**, where real lives intersect with business outcomes.

Investing in community health through platforms like the Uzuri Community

© Uzuri Community. All rights reserved.

Health Magazine allows organizations to:

- Amplify the work and voices of CHPs
- Demonstrate measurable Social and Governance outcomes for ESG reports
- Strengthen workforce wellbeing indirectly via healthier households
- Build trust with communities that influence industries across Kenya and Africa

This is **legacy investment**. ESG is not just compliance; it is consequence. What you invest in today through communities and CHPs becomes your organization's long-term impact and leadership legacy.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Why Partner or Sponsor the Uzuri Community Health Magazine

The Uzuri Community Health Magazine is a **digital, for-profit-for-good platform** created to spotlight population health, caregiver welfare, and frontline community health work.

Sponsorship and partnerships provide:

- Featured article opportunities for corporate storytelling and brand visibility
- Engagement with CHPs and local communities, aligning with ESG, CSR, and HR strategies
- Credible, auditable content for sustainability, impact, and social reporting

- Recognition across Kenya and Africa as a thought leader in **population health and community development**

Whether you are in healthcare, finance, manufacturing, tech, or service industries, your support demonstrates that your organization **values people, impact, and sustainable growth.**

Health Begins Where People Live

Hospitals treat illness.
Communities sustain health.

The Uzuri Community Health Magazine brings these communities, CHPs, and corporate leaders together in one digital space. By sponsoring, collaborating,

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

or contributing, you invest in **real, measurable social impact** one that strengthens your workforce, your brand, and the communities that sustain industries.

Join us today. Be part of the legacy where health begins in the community.



Uzuri Community

In Adversity, We Diversify!

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Collaborate With Uzuri Community

We work with:

- Community Health Promoters
- Health facilities
- PBOs & CSOs
- Corporate partners

Country wide Opportunities

- Sponsored stories
- Pathway education features
- Community campaigns

✉ Write to Community Liaison Officer ~

uzuricomunity@gmail.com

Uzuri Community

In Adversity, We Diversify!

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

About Uzuri Community Health Magazine

Uzuri Community Health Magazine is a digital publication produced by **Uzuri Community Services**, a for-profit-for-good social enterprise based in Kenya. The magazine focuses on **population health, caregiver welfare, and the empowerment of Community Health Promoters (CHPs)**, highlighting their role in strengthening health systems and community resilience.

Designed for a global audience of healthcare stakeholders, corporate leaders, ESG practitioners, and development partners, the magazine provides insight into community-based health approaches and their relevance to workforce wellbeing, sustainable development, and responsible investment. Uzuri Community Health Magazine combines

frontline narratives with strategic analysis to support evidence-based engagement and measurable social impact.

Operating primarily in Kenya with a pan-African outlook, Uzuri Community Health Magazine contributes to broader conversations on inclusive growth, health equity, and community-driven development.

A storytelling platform focused on:

People, Pathways, and Access

Locally rooted, globally relevant.

Media Contact:

✉ uzuricommunity@gmail.com

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.

Legal & Editorial Notice

Call/Text/WhatsApp +254
115 777 842 or

Email

uzuriCommunity@gmail.com

- This publication is **not a medical magazine or journal**.
- Content is informational, educational and narrative only.
- It does **not** provide medical advice, diagnosis, or treatment.
- Readers should consult qualified health professionals for medical concerns.

Uzuri Community can assist in linking our patrons with qualified specialist across the Country.

Uzuri Community
In Adversity, We Diversify!

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.



Uzuri

Community

People • Pathways • Access

Health begins in the community.

Follow • Partner • Share!

© Uzuri Community. All rights reserved.

Important Notice

This publication is informational and narrative only. It does not provide medical advice, diagnosis, or treatment.