



Kuishi Smart

LIVE SMART. EAT WELL. THRIVE.

« A HUMAN AND SCIENTIFIC RESPONSE TO NON COMMUNICABLE DISEASES(NCD) —
MAKING HEALTH A UNIVERSAL RIGHT. »



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Table of Content

Message to Our Readers	1
1. Introduction	2
2. Theory of Change	6
3. Why Choose Kuishi Smart ?	7
4. Partnership Call	8
5. Founder's Closing Message	9
6. Kuishi Smart Contact Information	9

« *Kuishi Smart is not just an organization — it is a human and scientific response to the urgent challenge of non-communicable diseases. Making health a right, not a privilege: every act of support for Kuishi Smart is an investment in life, dignity, and the future. »*

Message to Our Readers

Dear Partners and Friends,

My commitment to health is not only professional, it is deeply personal. At 17, I lost my father to cancer. In 2024, my brother passed away too soon, at only 33 from cancer. My mother lives with hypertension, and many of my family members battle diabetes and high blood pressure every day. These “non-communicable diseases” are not statistics to me - they are faces, voices, absences, and pains that fuel my purpose.

That is why I founded **Kuishi Smart in 2017** because I believe everyone deserves the chance to live better, prevent disease, manage it with dignity, and reach their full potential.

Our name, *Kuishi Smart*, which means *Live Smart* in Swahili is more than a title; it is a promise: to put science at the service of humanity, to treat each person with compassion, and to build stronger, healthier communities.

Today, we operate in **Canada, Rwanda, and the Democratic Republic of Congo**, bridging nutrition, mental health, digital care, and mobile clinics to reach those who need it most. But we cannot do it alone.

To everyone reading this: **you can help change lives**. By standing with us, you are not just supporting an organization; you are joining a human and global movement to make health and dignity a right for all. Every action matters. Together, we can prevent loss, ease suffering, and restore hope.

Together, let us choose to *Live Smart*.
With gratitude and determination,

Bakadi Patient BEYA, MBA, RD
Founder & CEO, Kuishi Smart

1. Introduction

Non-Communicable Diseases (NCDs) including diabetes, hypertension, obesity, chronic kidney disease, and cancer are a *silent emergency* in Africa and globally. They impose a severe social and economic burden, reducing productivity, deepening poverty, and straining fragile health systems.

Kuishi Smart, a Canadian non-profit organization, offers an innovative, sustainable, and patient-centered response. Its name, meaning *Live Smart* in Swahili, reflects its vision of a world where everyone eats healthy, lives well, and fulfills their potential.

1.1 Vision

A world where communities embrace healthy eating, live better, and realize their potential.

Kuishi Smart's vision is to build healthier and more resilient communities by promoting wellness and preventing non-communicable diseases (NCDs) through evidence-based health promotion and lifestyle interventions. We work to **reduce individual and community exposure** to the most common and modifiable/controlling risk factors including: **unhealthy diets, physical inactivity, tobacco use, and harmful alcohol consumption** while **empowering people to take control of their health** and effectively manage chronic conditions with knowledge, dignity, and hope.

1.2 Mandate

At **Kuishi Smart**, we are committed to ensuring that every person regardless of income, geography, or background has access to the **full continuum of care for non-communicable diseases (NCDs)**. Our integrated model aligns with the **WHO framework for community health** and promotes **person-centered, holistic care** that bridges the gap between **homes, communities, and healthcare facilities**. Kuishi Smart's role will be to deliver and facilitate access to the full continuum of care for NCDs, namely,

1. Healthy Lifestyle and Behavior Promotion

Through community education, mobile outreach, and digital

engagement, we promote balanced nutrition, physical activity, mental well-being, and risk reduction for NCDs.

2. **Screening and Early Detection**

Using mobile clinics and digital tools, we provide early screening for diabetes, hypertension, obesity, and related conditions by ensuring timely intervention and referral.

3. **Treatment and Self-Care Education**

We empower individuals with tailored care plans and self-management training led by qualified dietitians and health professionals, supported by our mobile and telehealth platforms.

4. **Follow-Up Care and Support**

Our digital health records and monitoring system ensure continuity of care, follow-up visits, and personalized support through remote check-ins and community health partners.

5. **Palliative and Psychosocial Care**

We provide compassionate, nutrition-based palliative support to improve quality of life and uphold dignity in advanced or chronic stages of disease.

Bridging the Gap Between Homes and Health Facilities

National health systems often face fragmentation in managing NCDs. **Kuishi Smart bridges this gap** by maintaining a **sustained presence within communities** through **mobile clinics, trained community health agents, and digital health platforms** ensuring that people receive **the right care, at the right time, in the right place**.

This approach is not only innovative but also essential to achieving **uninterrupted, seamless NCD care** and strengthening the resilience of local health systems.

1.3 Mission

Kuishi Smart's mission includes:

- Delivering **integrated, culturally adapted dietetic care** based on Canadian standards that promote healthy lifestyles
- Providing curative **evidence-based medical nutrition therapy**

- Promoting health and preventing NCDs through **early detection, communitybased care and support**
- Empowering individuals and communities for **self-care management**
- Integrating **psychosocial and mental health** support
- Offering **continuity of care**, including palliative support, to improve quality and dignity of life

1.4 MONITORING AND EVALUATION

At Kuishi Smart, **monitoring and evaluation (M&E)** are at the heart of our operational excellence and evidence-based approach. Through a robust **Electronic Medical Record (EMR)** system, we ensure systematic data collection, real-time monitoring, and dynamic feedback loops that continuously inform program design, strategic decision-making, and health system strengthening.

The EMR platform captures comprehensive, anonymized patient-level data across all service delivery points from mobile clinics, community outreach, and telehealth platforms enabling the organization to track individual care trajectories and population-level trends over time.

Key Components of the Kuishi Smart M&E System:

- **Continuous Data Collection:** Automated inputs from healthcare teams using tablets and mobile devices ensure timely and accurate information on screenings, diagnoses, treatment adherence, and follow-up outcomes.
- **Integrated Data Analytics and Visualization:** The EMR interfaces with AI analytics to generate interactive dashboards and performance reports that identify emerging health trends, geographic disparities, and high-risk populations.
- **Operational Research:** Aggregated datasets are leveraged for operational research on cost-effectiveness, behavioral patterns, and intervention outcomes, creating an evidence base to guide both national and international NCD strategies.
- **Feedback for Learning and Adaptation:** Routine data reviews allow frontline teams and management to adapt interventions in real-time—improving service delivery efficiency, equity, and client satisfaction.
- **Health System Strengthening:** Insights derived from data mining and predictive analytics inform public health policy dialogue, resource

allocation, and reforms that enhance resilience and responsiveness of the national health system for NCD prevention and management.

- **Accountability and Transparency:** Data integrity and traceability within the EMR reinforce the principles of “*do no harm*”, ensuring ethical standards, patient confidentiality, and accountability to beneficiaries, partners, and funders.

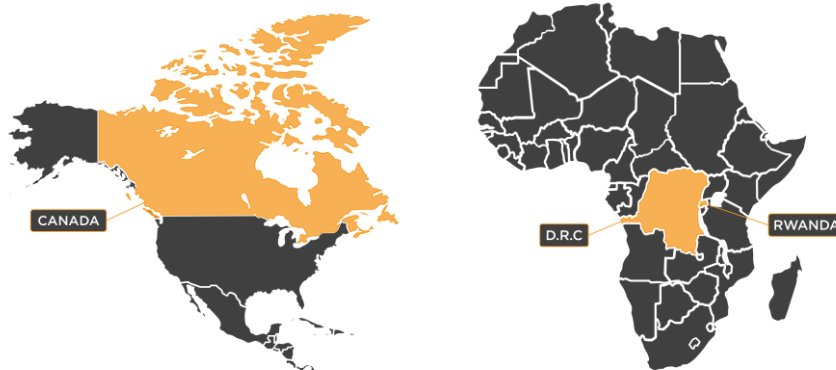
Outcome:

By transforming raw data into actionable intelligence, Kuishi Smart’s M&E framework not only enhances program impact but also contributes to **evidence-driven health system reform**, promoting a more integrated, efficient, and resilient continuum of care for non-communicable diseases in the Democratic Republic of Congo.

1.5 International Presence

- **Canada:** Institutional hub, scientific expertise, and quality standards
- **Rwanda:** Primary dietetics care, community health and prevention programs
- **DRC:** Mobile clinics, nutrition, and psychosocial support

This multi-country presence reflects adaptability and a truly global outlook.



2.Theory of Change

- + If people have access to early screening, nutrition care, digital follow-up, and psychosocial support,
- + **Then** they can prevent and manage NCDs more effectively, reduce complications, and improve their quality of life,
- + **Which** in turn strengthens health system resilience and lowers costs related to hospitalization and premature death.

2.1. Innovative Approach

- ✓ Personalized Nutrition Care Plans (NCPs)
- ✓ Medical Nutrition Therapy (MNT) based on scientific evidence
- ✓ Self-care education and empowerment
- ✓ Integrated psychosocial and mental health support
- ✓ Digital Electronic Medical Records (EMR) and real-time analytics
- ✓ Interdisciplinary collaboration (physicians, dietitians, psychologists, nurses)
- ✓ Patient-centered care
- ✓ Dietitian-led management
- ✓ Adaptation of **Canadian best practices** to African contexts

2.2. Areas of Intervention

- + **Prevention & Education:** Community outreach, mobile screenings, workshops
- + **Integrated NCD Management:** Diabetes, hypertension, obesity, kidney disease, cancer
- + **Psychosocial & Mental Health Support:** Stress management, counseling
- + **Palliative Care:** Nutrition and family support
- + **Mobile Clinics & Telehealth:** Proximity access for rural and peri-urban zones.



3. Why Choose Kuishi Smart ?

Choosing Kuishi Smart means joining a movement that places **human dignity at the heart of chronic disease care.**

- ✓ Holistic approach — from prevention to palliative care
- ✓ Digital & mobile innovation — EMR, telehealth, and mobile units
- ✓ Certified expertise — dietitian-led interdisciplinary teams aligned with Canadian standards
- ✓ Measurable impact — improved quality of life, fewer hospitalizations, reduced premature deaths
- ✓ Strategic synergy — partnerships with hospitals and local health structures
- ✓ Sustainability — adaptable model ready for national integration and replication

Every partnership with Kuishi Smart is an investment in life, dignity, and the future.

« Kuishi Smart :
Innovate to
prevent,
support, and
heal. »

4.Partnership Call

We invite:

- Hospital networks (Kinshasa and beyond)
- International donors and health institutions
- National and global organizations
- Embassies and diplomatic missions
- Community leaders and advocates

To join us in:

- ✦ Expanding access to integrated, humane, and innovative care
- ✦ Deploying mobile and digital health solutions
- ✦ Training and empowering local health teams
- ✦ Promoting an inspiring African model of prevention and resilience

5. Founder's Closing Message

Kuishi Smart was born out of personal loss from battles against cancer, hypertension, and diabetes in my own family.

But from that pain came a vision: a future where **health is a right, not a privilege.**

Your support- whether from an embassy, a donor, an institution, a hospital, or a community is vital.

Together, we can redefine how Africa and the world confront chronic diseases.

Each partnership with Kuishi Smart is an act of hope, a step toward dignity, and a victory for life.

With gratitude and commitment,

Bakadi Patient BEYA, MBA, RD

Founder & President, Kuishi Smart

6. Kuishi Smart Contact Information

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