**Diabetes Screening Protocol (NCDs)**

As Biotisho Kilimanjaro CBO, one of the key activities we carry out is diabetes screening in the community. We realized that diabetes is silently affecting many people in rural areas because it often develops without clear symptoms. By the time people discover they have it, it may already be at a dangerous stage. For this reason, we follow a clear protocol that allows us to reach community members early, provide screening, and link them to care.

**How We Do It Step by Step**

1. **Community Mobilization**

Before any screening, we first create awareness among the people. Our team of trained Community Health Promoters (CHPs) goes around the villages, local markets, schools, and churches. We also attend chief’s barazas to spread the message about the importance of checking one’s blood sugar levels. We use community-friendly language, short talks, and sometimes posters or loudspeakers to invite people. Mobilization is very important because many people do not know the dangers of diabetes or think it only affects urban communities.

1. **Setting Up the Screening Exercise**

On the day of the activity, we identify a central place such as a school hall, church compound, dispensary, or community shade where people can gather. We arrange registration desks, waiting areas, and private spaces for testing. Working hand in hand with local health facilities, we ensure we have basic tools such as glucometers, test strips, sanitizers, gloves, and data collection forms.

1. **Screening Process**

Every community member who comes is first registered, and basic details like age, gender, and health background are recorded. After that, the actual testing is done. A small prick is made on the finger, and a drop of blood is placed on the glucometer strip to check blood sugar levels. At the same time, our health team engages the person in short discussions about their diet, lifestyle, and family history. This gives us a full picture of the person’s risk level.

1. **Counselling and Referral**

Once the test results are out, we explain them to the individual in simple language. For those whose sugar levels are normal, we advise them on how to maintain a healthy diet and lifestyle. For those at risk or with very high readings, we immediately connect them to the nearest health facility for further tests and management. We also give counselling on healthy eating habits like reducing sugar intake, eating more vegetables, and engaging in physical exercise.

1. **Community Follow-Up**

Screening does not end on the same day. Our CHPs often make follow-up visits to check whether people referred to health facilities actually went and if they are following the advice given. This way, our work goes beyond one-day events and builds a culture of regular health checks.

**Why This Matters**

Through this activity, many people in our community who might not afford regular hospital visits get a chance to know their health status for free. Families are saved from unexpected medical costs, and people live healthier, longer lives.