



www.migraineoutreach.org: A Culturally Relevant Platform Advancing Migraine Education, Awareness, and Advocacy Across Sub-Saharan Africa

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BACKGROUND

- Migraine remains underdiagnosed and undertreated in Sub-Saharan Africa due to stigma, cultural misconceptions, and limited access to neurologic care.
- There is currently no migraine patient advocacy organization in the region, leaving the lived experiences of individuals with migraine largely unrepresented in public discourse and policy.
- Migraineoutreach.org is the first dedicated web-based platform tailored to Sub-Saharan communities.
- The platform promotes equitable knowledge dissemination through multilingual content in English, French, and Swahili.

RESULTS

- Migraine Voices Africa Initiative: A storytelling and advocacy project launched across all social platforms to collect and amplify the lived experiences of people with migraine in Sub-Saharan Africa. The goal is to humanize the condition, challenge stigma, and integrate patient perspectives into public, clinical, and workplace education.
- Community Engagement: Webinar insights and Migraine Voices Africa stories have been adapted into culturally relevant educational resources for distribution online and in healthcare settings.

HCPs Reached

240+

digital reach & visibility

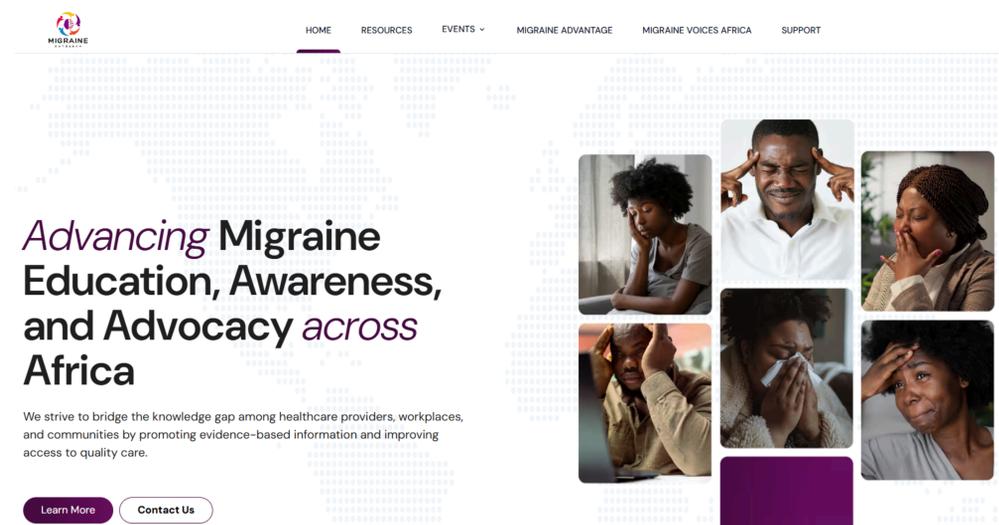
8k+

website reach

500+

METHOD

- MigraineOutreach.org was designed as a mobile-optimized, low-bandwidth platform to ensure accessibility across varied infrastructure settings.
- Guided by principles of accessibility, cultural relevance, and health equity, the site was launched in English, French, and Swahili—languages spoken widely across Africa.
- Key features include the Migraine Voices Africa initiative for amplifying lived experiences, culturally adapted support groups, and context-specific educational materials for both patients and frontline healthcare providers.



CONCLUSION

This initiative fills a critical gap in Sub-Saharan Africa's digital health landscape by delivering culturally relevant, multilingual migraine education and advocacy tools. The platform enhances awareness, reduces stigma, and supports clinical and workplace-based responses to migraine.



Migraine is Invisible Our Stories Make It Seen

Migraine Voices Africa is a Migraine Outreach initiative that centers real-life experiences of people living with migraine across the continent, to raise awareness, break the silence, fight stigma, and inspire collective advocacy.

