Nutrition Education Outreach to Address Chronic Malnutrition in the Western Highlands of Guatemala

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CONCEPT: ORGANIZATIONAL & GEOGRAPHIC

Primeros Pasos
- A non-profit, independent organization located in the rural Western Highlands of Guatemala, an area comprised of a majority indigenous population
- Mission: "to improve the quality of life of the rural communities of the Palajunoj Valley of Quetzaltenango, Guatemala through integrated health education projects and access to medical, dental, and nutritional services."
- Primeros Pasos began offering free medical services and health education within its brick and mortar clinic in 2002
- Recently began reaching further into the Palajunoj Valley to provide services to more communities through outreach and mobile clinic operations

OUTREACH PROGRAM MODEL

PRIMARY ACTIVITIES: MAY-JULY 2018

SCREENING
- For obesity, malnutrition, and chronic malnutrition, with z-scores calculated using WHO Anthro software

SURVEY DEVELOPMENT: (in REDCap)
- Monthly Charla (Interactive lecture) Survey: topics such as family planning, diabetes, hygiene, and breastfeeding covered (see below)
- Dietary Diversity Survey: Categories based on FAO recommendations, modified to fit context of Western Highlands (see below)

FOCUS GROUPS
- Child-rearing practices including health and education sub-topics

MONITORING AND EVALUATION PLANS
- Education Outreach Program (see figure at right)
- Nutrition Outreach Program (see figure at right)
- 2018 year-end SWOT analysis (see figure at bottom right)

SURVEY TOOLS

Figure 1: Statistics on Guatemala
Figure 2: Primeros Pasos Clinic
Figure 3: Map of Guatemala

ORGANIZATION & DEVELOPMENT

NEXT STEPS FOR OUTREACH PROGRAM: 2018 YEAR-END SWOT

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REFERENCES

1. Primeros Pasos, Our Mission, 2018