



**HANDS ON PERU PRESENTS:
CESAPU - PUBLIC HEALTH CENTER
ANNUAL REPORT 2018
PROGRAMS, ACTIVITIES 2018
and SUGGESTIONS for 2019**

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CESAPU, the pilot project of the nonprofit organization Hands on Peru (HOP), has the humanitarian mission to become a pioneer center in the practice of public health, and become an entity that functions to develop programs that promote physical, mental and community health in Villa de Los Angeles, Huanchaquito. The vision of CESAPU is to establish an efficient and effective public health system that is capable of making changes in lifestyles, and improvements in the determinants of health currently present in the surrounding communities.

In search of continued advancement in the Public Health field, objectives and goals are set to direct all of the CESAPU programing:

MODEL CESAPU - “VIVIR SANO” Healthy Living

These health programs arise to improve health conditions that are known to have a negative impact on public health. They are generally directed toward certain population groups and are measured based on their efficacy and efficiency in respect to achieving their stated objectives, while employing available resources at the lowest possible cost.

CREZCO PROJECT:

OBJECTIVE: The project was created in order to ensure healthy growth and development in children under 5 years of age, through a timely, effective and efficient intervention that teaches a set of health promotion and prevention methods that encourage the community to actively participate.

The project components include:

1. **Deworming:** This is done through mobile campaigns, in which the health promotion activity is carried out during house-to-house visits which serve to distribute prevention information with the use of a flipchart and the delivery of leaflets. During this time a laboratory test is also performed to identify the most common type of parasite or pathogenic microorganism present in the area.
2. **Anemia:** In addition the the deworming and the promotion and prevention activity, a hemocue will be used to analyze hemoglobin levels of the children involved in the project to detect and prevent anemia, a condition that affects almost half of Peruvian children.
3. **Growth and Development:** This component emphasizes a balanced increase of weight and height. We also include surveying compliance with the vaccination schedule, which is a vital part of a healthy development.
4. **Nutrition:** This is done in conjunction with the other components, especially with the Growth and Development component for children under 5 years of age. The emphasis is through education and practical-theoretical teachings on how to prepare nutritious and balanced meals, which are taught during the monday evening women’s workshop and individual counseling.
5. **Women’s workshop:** Nutrition education and counseling takes place during cooking workshops that use locally available foods. The program also teaches adequate cooking techniques and new recipes that participants can use when preparing food items at home. This program is aimed to target eating habits of young pregnant mothers, mothers with children under 5 years old, and community members affected by hypertension, diabetes and obesity.

HANDS TO BUILD: Community public health project:

OBJECTIVE: To ensure a safe community environment, through preventive actions and interventions that train the community to recognize and amend present health risks that negatively impact the water supply, sanitation, and housing infrastructure.

Its components are:

1. **Water and Hygiene:** Aimed at ensuring the availability and consumption of clean water in order to reduce the risks associated with consumption of pathogenic bacteria and harsh chemical agents that could be present in local water sources, whose ingestion causes serious health problems.

Projected projects in 2019 and beyond:

1. **Residual Water Component:** Aimed at monitoring and evaluating the sanitary disposal of excretions and human waste with the help of qualified personnel.
2. **Solid Waste Component:** It is carried out by promoting the conservation of natural resources and the recycling of household waste, with the goal of minimizing the volume of waste that reaches landfills
3. **Component Vectors:** It is directed to fly and mosquito control, by means promotion and education to minimizes their proliferation.

WOMEN'S HEALTH PROJECT:

OBJECTIVE: It is created with the purpose of providing comprehensive, efficient and timely quality care to women in regards to pregnancy, family planning, sexually transmitted diseases and violence against women.

Its components are:

1. **Gestational component:** Focuses on caring for pregnant women during all stages to prevent the onset of diseases that can cause further complications. Includes clinical follow-ups and referrals to local care centers, also provides ultrasounds and hemoglobin checks, all free of charge. Early pregnancy screening is also provided by means of urine pregnancy tests.
2. **Component Family Planning:** Created to promote awareness related to sexual and reproductive health of men and women, with emphasis on available contraceptive methods. This components community members of childbearing age from 15 to 50 years old. Focuses on educating community about family planning to prevent unwanted and teenage pregnancies.
3. **Component Sexually Transmitted Diseases and HIV-AIDS:** It is carried out through continued education and preventive skills that teaches how to use condoms, further expands the importance of HIV and syphilis screening for both men and women at risk. Counseling is also available for those in need. After getting informed consent, patients with positive screening tests are referred to local care centers to start treatment.
4. **Component Violence against Women:** Expands awareness of family violence and how it presents in communities so it is understood as any action or omission that leads to physical or psychological harm, any mistreatment even if without injury, it can include serious and / or repeated threats, as well as sexual violence. This education is carried out through of counseling after acquiring informed consent.

PROJECT CARING FOR YOUR BODY:

OBJECTIVE: Created to prevent diseases and promote healthy lifestyles, through early disease diagnosis, early medical interventions and ongoing application of health maintenance guidelines for individuals and their families.

Its components are:

1. **Component Health Education:** Health promotion and education in all areas focused on disease prevention. Also serves to expose any present risk factors affecting the community while providing direct patient care (via family medicine doctors).
2. **Component Non Communicable Chronic Disease:** Focuses on prevention of disease progression by reducing obesity, increasing control of blood pressure and diabetic glucose control, and cervical and breast cancer screening. Performing research and gathering data related to early diagnosis while following all Peruvian health mandates.
3. **Oral Health Component:** Organizes and executes promotional and preventive practices to decrease the prevalence of oral diseases. The main objective is to improve quality of life and increase self-esteem through a beautiful smile.
4. **Zumba Challenge Component:** Focuses on improving physical and mental health through dance exercises, aimed to target all community members, as well as those with positive risk factors such as obesity and chronic noncommunicable diseases.

EMPOWERMENT PROJECTS:

1. **Madre CESAPU:** Aimed at women in the community, especially mothers. This project utilizes social and economic integration, so that those involved are able to create and design their own business in which they use their skill set to develop their own brand and create goods that can be exchanged or sold to benefit their families. This copy write brand is called "Chimuk Chic".

PROJECTS FOR CHILDREN AND ADOLESCENTS:

1. **Beautiful Girls:** Aimed at girls from 9 to 17 years of age, through this program the participants are educated about sexual and reproductive health, they also learn to establish objectives and life goals, so that they can start to build habits for a healthy life and further strengthen their self-esteem. This empowers participants to end the cycle of teen pregnancy, school dropout and ultimately poverty.
2. **Happy Children:** Aimed at children from 7 to 10 years of age. The focus is to improve weak areas of their current childhood experience, and create an environment that fosters formation of strong adolescents. Works to prevent psychological damage, while providing techniques to help children develop positive attitudes, respectful relationships, holistic self-care, high self-esteem, and equips them to become responsible adolescents and with a bright futures.
3. **Creative Kids:** This component goes hand in hand with happy children, it is aimed at youth and teens from 11 to 16 years. The project encourages them to always have creative minds and it also allows for their sensitive sides to have an outlet which fosters growth. This encourages a healthy community that is free of violence and full of creativity, while it also reinforces the lessons taught through the happy children component. They both serve to form able young adults and decrease current school dropout rates.
4. **Hands to Teach:** Seeks to increase adult literacy rates, and to teach community members, especially children and teens, writing, mathematics and english. This component is one of the foundations of CESAPU. The project involves education of all participating community members and works closely with them to

cultivate knowledge and skills that furthers their development in such a way that the participant is empowered to transform their life and their environment.

I GROW - CREZCO

GENERAL OBJECTIVE: Reduce the current rates of chronic malnutrition in children under 5 years of age and also reduce the burden of anemia affecting children and pregnant women in Villa Los Angeles, Huanchaco.

Participants::

Mothers of Villa Los Angeles

Grace Huertas, (Nutritionist)

Rotary Club Trujillo Norte & Cary Central Rotary Club (funder in 2018)

Mary Crossed Foundation (funder for the ultrasound)

SPECIFIC OBJECTIVES

1. Decrease the prevalence of anemia in pregnant women and children under 5 years
2. Improve nutritional knowledge in mothers of children under 5 years and pregnant women
3. Decrease the prevalence and incidence of infections affecting children under 5 years.
4. Improve the health of pregnant women and their newborns.

PARASITOSIS COMPONENT: Reduce parasites in children under 5 years of age

Activity 1: Perform parasite analysis to 100% of children belonging to the "I GROW" program.

Result 1.1: A parasite test was performed in September 2018 to a total of 33 children. We obtained 4 positive results, detailed below:

Child's name	Type of parasite	Received treatment
André Brandy Ulloa Gómez	Giardia Lambia	No
Ismael Escobedo Sandoval	Hominis	No
BlastocitisNaytan Escobedo Sandoval	Hominis	No
BlastocitisYarelli Soto Paredes Blastocitis	Hominis	No

ANEMIA COMPONENT: Reduce anemia in children under 5 years of age

Activity 1: Perform hemoglobin analysis to children that are involved with the "I GROW" program.

Result 1.1: A total of 33 children were evaluated, resulting in:

RANGE	Number of children	Percentage %
Normal	11	33.3%

Risk of Anemia	5	15.2%
Mild Anemia	6	28.6%
Moderate Anemia	10	47.6%
TOTAL	33	100%

Activity 2: Provide nutritional counseling to mothers of children under 5 years of age belonging to the “I GROW” program.

Activity 3: Conduct educational sessions (lectures) and demonstrations (cooking workshops) on topics related to the prevention of anemia.

GROWTH CONTROL COMPONENT: Reduce acute malnutrition (based on low weight) and chronic malnutrition (based on low height) in children under 5 years of age.

Activity 1: Carry out 100% weight and height measurements monthly for children belonging to the I GROW program.

Result 1.1: Children under 5 years old are evaluated monthly. A total of 42 children were evaluated, resulting in:

Amount	WEIGHT					SIZE				
	Normal	Risk Low Weight	Low Weight	Overweight	Obesity	Normal	Height High	Risk Size Low	Size Low	Size Severe Low
Number	29	3	4	6	2	26	3	4	10	1
Percentage	69%	7.1%	9.5%	14.3%	4.8%	61.9%	7.1%	9.5%	23.8%	2.4%

COMPONENT NUTRITION: Educate mothers in nutrition.

Activity 1: In the months of June and July, surveys about food security were conducted in Villa de los Angeles. A total of 41 surveys were conducted.

Activity 2: An average of 26 nutritional counseling sessions were conducted for mothers with children under 5 years of age and pregnant women.

Activity 3: An average of 23 home visits were made.

Activity 4: In the month of August of 2018 cooking classes began during “Women’s Monday” sessions, 2 classes are held per month, total 13 classes have been done with an average attendance of 7 mothers per class.

HANDS TO BUILD

OBJECTIVE: To ensure a safe community environment, through preventative actions and interventions that train the community to recognize and amend present health risks that negatively impact the water supply and the community infrastructure

Volunteers involved in this project:

Professor Ana Chian MD, Family Medicine Physician

Megan Nadia (Hop Global Health Intern)

Students of the Cesar Vallejos University (UCV)

Students of the National University of Trujillo (UNT)

Students of the Private University of the North (UPN)

Students of the San Luis Institute (Nursing Program)

Communication students: Danexy Rosas and Ana Marquina.

33 BUCKETS, a non-profit organization (Paul Strong and Zach Kobza)

NGO STUDENTS FOR INTERNATIONAL DEVELOPMENT

The components are:

1. **Component Water and Hygiene:** Aimed at ensuring the availability and consumption of clean and healthy water, to reduce the illness risks associated with consumption of pathogenic biological agents or harsh chemicals that could be present in unsanitary water
2. **Waste Water Component:** [will be implemented in the future]
3. **Solid Waste Component:** [will be implemented in the future]
4. **Component Vectors:** [will be implemented in the future]

WATER AND HYGIENE COMPONENT

Activity 1: World water day is celebrated on March 25

Results 1.1: Delivery of fifty (50) packages with chlorine tablets.

Activity 2: Sampling of drinking water in three (3) houses, NKAP Laboratory. May 2018

Outcome 2.1: It was delivered in July 2018. [table 1.]

TABLE 1:

Name	Unit of Measurement	Sample 1	Sample 2	Sample 3	Limit Normal	Comment
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Total Coliforms.	NMP / 100 ml	49	16 * 10²	33	0	High Hazard
Fecal Coliforms	NMP / 100 ml	49	31	23	0	High Hazard
E. Coli	NMP / 100 ml	49	17	7.8	0	High Hazard
Heterotrophic Bacteria	CFU / ml	28	53 * 10	52		
Chlorine	Mg / L	0.06	<0.0056	<0.0056	200	

Conclusion: In the three samples taken it was found that the water sources are not appropriate for consumption, since it presents with risk of causing water-borne illnesses due to fecal coliforms, E coli

Activity 3: Families are provided with information about the water quality results via mobile education campaigns. Tri-folds and pamphlet education material about proper hand washing techniques were delivered and anti-bacterial liquid soaps were also gifted to the families. This campaign took place during August and September of 2018.

Results: 3.1. Seventy-seven (77) families were involved with this outreach, booklets and hand-washing education was provided to each family

Results 3.2. 61 families were given liquid soap

Conclusion: The people were receptive to the education and they were able to place the educative booklet in the bathroom or in any visible place inside the home as reference. 79% of families were given with liquid soap and 21% continued without liquid soap.

Activity 4: In conjunction with the volunteers there was a pre-evaluation survey about diarrhea incidence rates, current methods of water collection, and how the supply and storage of water is carried out in the participant's home. This took place on Saturdays during September and October of 2018.

Results 4.1: The volunteers visited seventy-seven (77) families and conducted a survey with each of them.

Activity 5: This day started by providing the attendees with education on food handling. Volunteers led and helped with this event.

Results 5.1: Sixty (60) families were visited, and each one was given a brochure with information

Activity 6: A Water Fair took place on November 17, 2017

Results 6.1: 102 children participated in this event through the "clean hands contest".

Activity 7: This activity day took off with education about two types of Sawyer brand water filters and how they can be implemented in the community whether they were using pipes or buckets. Two community meetings were held in order to gather some input from the local members about who was willing to implement the use of these water filters.

Results 7.1: Sixty (60) families were visited, leaflets and education on the use of a water filter and a Sawyer water filter was also given to each family. A total of twenty-seven (27) people attended the community meeting.

Conclusion: Currently, 22-01-2019, the education continues and the importance of using a water filter is still being emphasized in the community. Liquid soap was delivered to fifteen (15) families and water filters to eleven (11) families, sixty-six (66) families are still waiting to receive a water filter.

FUTURE STEPS:

Start the following components:

1. **Component Water and Hygiene:** Continue to deliver water filters and also perform a water evaluation test at three (3) months after the initial use of the filters. Document incidence of diarrhea with a post-test at six months and 1 year (6m-1 year) after families start to implement the water filters.
2. **Residual Water Component:** This aspect of the project has initiated with a survey on the current state of the sewage, and whether or not it is connected to the public networks. We also are inquiring information about the use and the condition condition of the septic tanks.
3. **Solid Waste Component:** Initially established with the a creative garbage collection activity for children. This will be implemented in all homes and it educate others about the importance of recycling.
4. **Component Vectors:** The control of insectuous flies and mosquitoes is proposed. For this purpose, support is sought from other governmental and non-governmental entities, and as always we continue to emphasize awareness and education in the issue.

WOMEN'S HEALTH PROJECT

GENERAL OBJECTIVE: It is created with the purpose of providing comprehensive, efficient and timely quality care to women in regards to pregnancy, family planning, sexually transmitted diseases and violence against women.

GESTANTE COMPONENT: Prevention and monitoring of diseases such as high blood pressure and diabetes during pregnancy.

Activity 1: Provide care to pregnant women during all gestational stages in order to prevent the onset of diseases such as gestational hypertension, gestational diabetes and any other diseases that may lead to complications in pregnancy.

Result 1.1. Since June 2018, seven (7) pregnant women were given care during the year and counseling was given to prevent high blood pressure and diabetes in pregnancy.

Outcome 1.2. One pregnant woman who had a complication during her postpartum period (infection of post-cesarean operative wound) was monitored.

Activity 2: Follow up and provide referrals to nearby clinics as needed

Result 2.1. Since October 2018, we coordinated with the local health post called "The Tropic" about the 6 pregnant women who belonged to Villa Los Angeles that had SIS coverage(Cared for by MINSA). Together, we were able to provide comprehensive care of the pregnant woman.

Activity 3: Offer pregnant women services such as ultrasound and hemoglobin control, free of charge.

Outcome 3.1. Six ecographic campaigns were carried out during the year.

Result 3.2. Seven referred pregnant women received care from the health post "El tropico" in the month of December.

Result 3.3. Hemoglobin control was performed on 5 of the 7 pregnant women in Los Angeles since June.

Activity 4: Perform the early detection of pregnancy through urine test.

Result 4.1. One dozen early detection urine test were purchased in December.

FAMILY PLANNING COMPONENT: Promote awareness related to sexual and reproductive health for men and women, emphasizing on contraceptive methods for those of childbearing age from 15 to 50 years.

Activity 1: Educate about family planning and on methods to avoid unwanted teen pregnancies after gathering informed consent.

Result 1.1. There were 3 educational talks on family planning since August 2018.

Activity 2: Donation of contraceptive methods for the villagers of Los Angeles.

Result 2.2. We began to donate condoms to young people and mothers of the community since May 2018 to avoid unwanted pregnancies.

Result 2.3. A campaign was carried out to put intradermal implants to the women of Villa Los Angeles in December. We had a single beneficiary.

COMPONENT DISEASES OF SEXUAL TRANSMISSION AND HIV-AIDS: Promote sexual and reproductive health awareness and prevent sexually transmitted diseases and HIV with the use of health counseling and early screening.

Activity 1: This is carried out through continuing education and preventive actions such as providing condoms, and administering early HIV and syphilis screening, for men, women and families at risk. All efforts are accompanied by counseling. We gathered informed consent before the activities.

Result 1.1. There were 3 educational talks on HIV and Syphilis since August 2018 in CESAPU.

Result 2.2. Two different home visits were made to a total of 30 families from Los Angeles village to provide counseling on HIV and Syphilis since August 2018.

Outcome 3.3. HIV and syphilis screenings were administered to members of the community of Villa Los Angeles in September 2018.

Activity 2: Those with high risk of contracting HIV and syphilis were referred to the nearest post to receive care.

Result 2.2. We screened the community for risk factors. There were no cases of high risk and only negative results were reported to the "El Trópico" post.

COMPONENT VIOLENCE AGAINST WOMEN: The aim is to eradicate domestic violence in our community.

Activity 1: Psychological counseling and education on domestic violence will be given to the families of Villa Los Angeles after gathering informed consent.

Result 1.1. Counseling is provided to educate on family violence prevention via home visits to 20 families in the community

Activity 2: Bring awareness on the location of safe sites in domestic violence and how to access those sites if needed.

Result 2.1. 20 families were made aware on where to seek help if they were victims of domestic violence.

NOTES: THE IMPLEMENTATION OF COUNSELING VIA HOME VISITS THAT BEGAN AUGUST OF 2018 ARE EXPECTED TO CONTINUE THROUGHOUT 2019 TO REINFORCE THE THEMES ABOVE.

FUTURE STEPS: We suggest to carry out more early HIV and syphilis screening following an agreement made with the local Ministry of Health.

It is also suggested for us to carry out more workshops that promote self-care for pregnant women.

To collaborate with the Ministry of Health in preventive cervical cancer screenings.

PROJECT CARING FOR YOUR BODY

GENERAL OBJECTIVE: Created to prevent diseases and promote healthy lifestyles, through early disease diagnosis, early medical interventions and ongoing application of health maintenance guidelines for individuals and their families

In this project we have the following volunteers:

Students of the San Luis Institute

International Volunteers: Dr. Ming, Dr. Robin and Sarah Baric.

Benjamin Tittus, Anisha Verma, Madison Elick

Dental volunteers from Basel University (Switzerland): Lena Rupp, Ann Katherine Schifferie, Simone Stockli, Thomas Burger, Joel Spicher; Selina Bernauer.

Rotaract, Bolicheli

Communication Students: Danexy Rosas and Ana Marquina.

COMPONENT PROMOTION AND EDUCATION: Health promotion and education in all areas focused on disease prevention. Also serves to expose any present risk factors affecting the community while providing direct patient care (via family medicine doctors)

Activity 1: Counseling and medical attention is made available two (2) days a week (Wednesday and Friday).

Results 1.1: We provided care and individual counseling to a total of 495 people in 2018.

Activity 2: Home visits and collection of information for "family cards" took place.

Results 2.1: 72 families were included in this outreach

Activity 3: Deworming Day took place on March 18, 2018

Results 3.1: Albendazole tablets were delivered to 101 individuals in need.

COMPONENT NON COMMUNICABLE CHRONIC DISEASES: Focuses on prevention of disease progression by reducing obesity, increasing control of blood pressure and diabetic glucose control, and cervical and breast cancer screening. Performing research and gathering data related to early diagnosis while following all Peruvian health mandates.

Activity 1: Education was presented about the following topics: Hypertension, Diabetes, Cervical Cancer and Anemia. Delivery of pamphlets in relation to the subjects also took place.

Results 1.1: Anemia screening testing was provided for 131 participants via use of Hemocue. From this group, a total of 5 children from Villa los Angeles and a total of 24 in the town of Cascas were found to have moderate anemia. Another round of screening on a different date surveyed 68 people, from those anemia was present in 15 participants.

Results 1.2: Diabetes screening day used a digital glucometer on 175 participants. This found 4 with glycemia between 125-140 mg / dl. A blood test was also done and surveyed 8 patients which found 1 with hyperglycemia.

Results 1.3: 454 people were screened for hypertension. From this group 16 had elevated blood pressures, 27 individuals had hypertension grade I and 14 individuals had hypertension grade II.

Results 1.4: Cholesterol and Triglyceride tests were performed on a total of 10 participants. This screening showed elevated findings in all 10 of the participants.

Results 1.5: Uterine and cervical cancer screening was conducted for 35 participants. From this 1 showed a suspicious result for cancer.

In the future, we expect and carry out more testing and increase the number of participants to be screened. We also plan to initiate screening focused on breast and prostate cancer.

BODY AND HEALTH COMPONENT: It organizes promotional and preventive methods that target oral health with the main objective being to improve the quality of life and self esteem of individuals

-Activity 1: Starts in March with the assistance of 6 dental volunteers from Switzerland. There will be education about proper oral care of and pamphlets on how to care for your teeth, the importance of fluoride use. Also we will provide fluoridation services, tooth extraction and endodontics as needed.

Results 1.1: Dental fluoridation was provided for all the inhabitants of Villa los Ángeles, this served a total 313. Dental care was provided for 291 participants, exodontia was provided for 35 participants and endodontics plus fluorine application was provided for 116 participants. The town of La Esperanza was also in attendance for this campaign. From this town, 36 patients underwent dental fluoridation. The campaign also attended Casca, where 61 patients were provided dental care, and Agallpampa, where 118 people were serviced. There was also a donation of 215 brushes and toothpastes for the community.

ZUMBA CHALLENGE COMPONENT: Focuses on improving physical and mental health through dance exercises, aimed to target all community members, as well as those with positive risk factors such as obesity and chronic noncommunicable diseases.

Activity 1: Have zumba classes every week

Results 1.1: There were 3 classes per week between January - April

Results 1.2: There were 2 classes per week between May - August (after hiring Beatriz in May)

Results 1.3: 1 class was maintained per week between September - December

Activity 2: Weigh and measure participants (maximum 20 participants). Average around 4 participants per class and monitor their consistent data (between January and July)

Result 2.1: Of the 4 participants, 2 gained weight, and 2 maintained their weight

Result 2.2: Of the 4 participants, 3 lowered their abdominal circumference, 1 increased their abdominal circumference

Outcome 2.2: 100% of participants showed normal blood pressure ranges

Activity 3: Free blood test for participants

Outcome 3.1: 2 mothers had blood analysis done in May 2, 2018

1. Santos Panta Sosa: Cholesterol 192, triglycerides 165, glucose 93
2. Natividad Quispe Carrion: Cholesterol 206, trig 236, glucose 70 mg

Result 3.2: 1 mother had the blood analysis done on December 19, 2018

1. Santos Panta Sosa: Cholesterol 193.4, triglycerides 190, glucose 82.3

NOTE: LOSS OF PARTICIPANTS MAKE THE FINAL RESULTS OF ZUMBA'S CHALLENGE INCONCLUSIVE.

NOTE: 1 Participant, after discontinuing the zumba challenges (3 times a week -> 0 times a week) raised their triglycerides from 165 to 190.

STEPS IN THE FUTURE: Continue to investigate the potential of zumba and aerobic dancing as a tool to lower triglycerides and cholesterol.

MADRE CESAPU- WOMEN'S EMPOWERMENT

OBJECTIVE: TO HELP WOMEN GROW PERSONALLY AND PROFESSIONALLY.

Assistance: Average of 18 women from Villa Los Angeles and 2 from Ramón Castilla (20 in total)

Activity 1: Empowerment and emotional support for mothers

Outcome 1.1: Have weaving classes every Tuesday

Outcome 1.2: Daily affirmations: "I am Able, I am creative, I am strong, I am a mother CESAPU "

Result 1.3: Reinforce methods of relaxation, and more ways to relieve stress through breathing and stretching

Result 1.4: Offer free dental care

Activity 2: Promote Literacy

Results 2.1: The participants became literate in a total of 4 classes (5 mothers attended)

Activity 3: Promote digital literacy

Results 3.1: Implement the ONE ROOM program to train mothers on how to use the computers

(ANNEX 2)

Result 3.2: Seven (7) mothers attended at least 3 of the 4 meetings and they were gifted certificates of completion

Result 3.3 : They learn how to use a computer during each class and then use the computer to learn new knitting points.

Activity 4: Generation of their own economic resources

Result 4.1: Form their own brand "CHIMUK CHIC" (and stamp each product they create)

Result 4.2: Each month they select 1 treasurer and 1 team to be in charge of making purchases

Result 4.3: Sales of goods happen in 2 stores (Moksha, Huanchaco & Asheville, NC, USA)

Result 4.4: Participate in 2 fairs where they can sell the created goods (Moksha & I <3 Clean HCO)

Result 4.5: In 2018, they collected 7,660 soles (\$ 2,357) More or less 374 soles was given to each mother

Result 4.6: Creation of page CHIMUK CHIC on Facebook

NOTE: THE FIRST PAYMENT IN JANUARY 2018 WAS THE RESULT OF SALES IN DECEMBER 2017.

NOTE: LITERACY CLASSES WERE CARRIED OUT BY VOLUNTEERS FROM THE NGO "STUDENTS FOR INTERNATIONAL DEVELOPMENT" (SID)

FUTURE STEPS: DESIGN A SURVEY TO MEASURE MOTHER SATISFACTION WITH THE PROGRAM, AND WITH THE MONETARY INCOME. ALSO MEASURE THE IMPACT OF THE PROGRAM ON THEIR FAMILY LIFE.

FUTURE STEPS: REINFORCE ALPHABETISM & DIGITAL LITERACY

FUTURE STEPS : IGNITE ALLIANCES WITH LOCAL AND INTERNATIONAL MARKETS TO SELL THEIR PRODUCTS

FUTURE STEPS : ESTABLISH CHIMUK CHIC AMBASSADORS ON AN INTERNATIONAL LEVEL

FUTURE STEPS : LABEL EACH PRODUCT WITH THE NAME OF THE DESIGNER

PROJECTS FOR ADOLESCENTS & CHILDREN

BEAUTIFUL GIRLS “Chicas Bonitas”

OBJECTIVES: To promote healthy psychosocial and sexual development in adolescent women

Participation: 10 girls from Villa Los Angeles

Activity 1: Raise awareness and education about sexual and reproductive health (Annex # ____)

Results 1.1: A total of 5 weeks spent in “Nuestra Señora del Carmen” a local school where the outreach included 70 adolescents from which half were males and half were females

Activity 2: Prevent teen pregnancy

Results 2.1: 100% of girls in Chicas Bonitas Villa Los Angeles have avoided adolescent pregnancy

NOTE: Post-test not given at the school of Nuestra Señora del Carmen

FUTURE STEPS: Establish contacts with more schools in the area further implement the program in more communities

HAPPY CHILDREN “NINOS FELICES”

OBJECTIVE: To help children develop healthy skills, attitudes and values that helps them connect with themselves (self-respect), connect with others (empathy for good interpersonal relationships), and to further connect with their environments (responsibility and respect for the environment) in order to further organize their lives in a balanced manner that promotes social and emotional well-being.

Participation: Average 20 children, between 7 to 13 years of age.

Activity 1: Implement the "HEALTHY WATER" program (8 sessions) (See Annex # 1)

Result 1.1: Average of 15 children attended the talks

Activity 2: Implement the SPORTS program (3 sessions)

Result 2.1: Encourage teamwork and sports among the girls

Activity 3 : Introduce TINI (Children's Land, model from Ania organization)

Outcome 3.1: 95% of children reported this was their first time using this method to interact with the environment around them

Activity 4 : Establish norms together with the children and use those norms during sessions

Outcome 4.1: The norms that were established were: not to run, not to shout, not to fight, not to enter other's environments without permission, raise hand to give opinions, treat each other with respect, and to clean the spaces used after every session

NOTE: RESULTS FROM HEALTHY WATER PROJECT ARE LACKING SINCE POST-TEST INFORMATION HAS NOT BEEN RETRIEVED

FUTURE STEPS: IT IS RECOMMENDED TO DO A SURVEY USING EL TINI TO FURTHER LEARN ABOUT THE EXPERIENCE THE PARTICIPANTS ARE HAVING

FUTURE STEPS: IT IS RECOMMENDED TO DO A SURVEY WITH THE CHILDREN ABOUT THEIR SATISFACTION WITH THE PROGRAM AND ALSO GATHER A POST-TEST ABOUT THEIR SOCIAL AND EMOTIONAL WELL-BEING

HANDS TO TEACH

Provide english classes to the children in the community to expand their vocabulary and help them widen their horizons through education.

Activity 1: Hold english classes throughout the summer of 2018

Result 1.1: There was a maximum of 30 children who learned english (16 total classes)

Result 1.2 : The children in attendance learned basic english (some used this as review)

Activity 2: English classes held in schools

Result 2.1: An alliance was established with the “Escuela República del México” to hold english classes during 2019.

NOTE: There was no international volunteers to TEACH the english classes

NOTE: We will implement more english exams throughout the interventions to better track the children’s progress

FUTURE STEPS: ESTABLISH A WHOLESOME CURRICULUM OUTLINE ALONG WITH NECESSARY MATERIALS NEEDED FOR FUTURE CLASSES

FUTURE STEPS: FIND MORE INTERNACIONAL VOLUNTEERS TO TEACH THE ENGLISH LANGUAGE CURRICULUMS

CREATIVE BOYS

OBJECTIVE: To promote creativity and establish a connection with nature through environmental education, recycling workshops and community clean-up campaigns

Activity 1: There were “Creative Boys” classes, workshops, and projects 2 times a week.

Result 1.1 There was 28 classes between JANUARY and APRIL

Result 1.2: There was 25 classes between MAY and AUGUST

Result 1.3: There was 21 classes between SEPTEMBER and DECEMBER

Conclusion: The average was 74 classes per year

Activity 2: Attendance included a maximum of 16 children and adolescents. The data below shows the average number of participants with consistent data between JANUARY-DECEMBER

Outcome 2.1: Of the 16 total participants, 4 stopped attending constantly, 12 maintained their attendance.

Outcome 2.2: Of the total 12 participants, 25% were regular participants.

Result 2.3: 75% of the 12 total participants had constant attendance.

Activity 3: Participation in Recycling and Craft Workshops. This activity had an average of 12 participants with inconclusive data between JANUARY and DECEMBER

Result 3.1: Of the 12 participants, 4 embraced their creative side, 2 did not care for crafts, and 6 maintained a positive attitude throughout the class

Result 3.2: Of the 12 participants, 3 finished their activity on time and without assistance, 2 finished late, and 7 needed frequent help throughout the activity

Conclusion: Of the 12 participants, 70% showed willingness to learn and participate in the sessions, and they also showed increased awareness of respect, empathy and punctuality. 30% will continue to work to gain these values.

Activity 4: Cleaning the community. This activity included 12 participants.

Result 4.1: 100% of the participants were actively involved. There was a total of 21 cleaning and recycling sessions.

Outcome 4.2: The commitment of the participants encouraged other children and other community members to join the activity.

Conclusion: The activity "CLEANING MY COMMUNITY" was a success. This activity now takes place every Saturday of the week.

Activity 5: During December of 2018, "DENTAL CLEANING" was implemented with the help of Dr. Jorge de la Cruz and it was made available to the 16 program participants.

NOTE: The attendance of the participants, along with their constant commitment reflects their desire to improve their community. Activities such as recycling, caring for green areas, and cleaning up their community has helped the participants develop values such as respect, empathy, punctuality and solidarity. All these values are reflected in the behavior of each program participant.

NOTE: It is suggested to further complement the program with a follow-up survey and also include psychological counseling for the participants.

FUTURE STEPS: It is suggested to also implement the use of a psychological office that offers a specialist to work with the children. Also, we hope to expand the program to more children and also to include adolescents. We look to further implement more recycling activities. Also we hope to be consistent with teaching more breathing exercises and, if possible, implement mindfulness to our practices.

CONCLUSION:

CESAPU has been extremely successful in garnering the trust of the community since its birth in 2016, and attendance rates are increasing. Community uptake has been positive

- **Improve reporting activity and program structure, with comprehensive objectives and indicators.**
- **Improve program indicators, that are designed to measure results, progress, and health impact of the programs.**
 - **Increase funding for each program.**
 - **Collaborate with local government & local health clinics to incorporate their indicators & progress into our clinics, and add to their annual reports.**
- **Find a public health consultant for program design & implementation.**

ANNEX

Annex 1

ANNEX 1: Safe Water (Agua Salud) 2018 Report

The objective of Safe Water is to offer workshops about personal hygiene, water sanitation and the various aspects of water related health in not only the personal and physical spheres, but also in a greater, environmental scope. The combination of poor water quality in this area mixed with the region's lack of awareness of the importance of some sanitary habits, leads the objectives of the workshop to be simple, yet wide in scope.

AguaSalud Methods used were very hands on and interactive to ensure that the students could feel comfortable and actually interact with and absorb the material.

- We held workshops at CESAPU every Friday during the Niños Felizes campaign for roughly two hours
- We would begin with a review of the past week's lesson through a little quiz about the topics of the previous week.
- Then, we would outline what our topics were that day, in order to give the kids an overview of what to expect.
- After every topic, we would try to incorporate a physical activity or an interactive game, as the kids varied in age so attention span was short. Keeping it fun helped the kids actually relate to the material as oppose to just be lectured.

For example, during the recycling unit, we played bowling out of plastic bottles, and also made decorations for the health centre by reusing plastic objects such as bottle caps.

For the hand washing unit, we had a game of super- hero tag where there were different bad guys (germs) and the hero (soap) and when the germs touched you, you had to yell soap and have him come free you by tapping your shoulder. The kids definitely remembered that soap was a good guy by the end of this game!

Weekly breakdown of the topics and activities:**Week one: Introduction**

- Ice breaker activities
- Water Quiz

Week two: Environment water health

- Discuss water cycle, watch video
- Water wisdom activity: to how much water does it take to produce certain house hold items and food staples
 - Materials required:
 - water containers
 - make sheets with examples of how many gallons of water it takes to make household items
 - colouring sheets

Week three: Water conservation

- Review water cycle with activities

- Explore water sustainability, watch video
- Water bottle activity: show how much percent of the earth's water is fresh water vs salt water and show how much of the total percentage is actually drinkable
 - Materials needed: laptop for water sustainability video
 - Plastic bottles

Week four: Human Water Health

- How long does it take to breakdown various materials? (How example, Thread= 4 months, glass bottle, 2 million years)
- What is compost and why should we do it.
- Ideas of how to recycle things (jars, bottles, clothing exchange)
- What is in clean water (germs present in dirty water)
- How much water should we drink?
- Why do we need clean water for our bodies?
- Plant Cilantro in garden
- Bowling with water bottles
- Bingo!
 - Materials required: Examples of materials we are discussing
 - plastic bottles for bingo
 - cilantro seeds
 - Bingo Cards
 - colouring sheets

Week five: Reduce, Reuse, Recycle

- How to recycle what is the difference between recycling, composting and garbage
- Hot potato game with Play-Doh (one red representing compost, another garbage, and another recycle), when they were stuck with one of these balls, they had to explain what to do with it and why
- Musical chairs when the music stop, the kids had to look under their chair and see what was stuck to it, then recycle it properly
- Bowling with plastic bottles
- Make vases out of clay
 - Materials required:
 - Materials that are either recycled, reused, thrown away, or composted
 - Play-doh or balls for hot potato
 - colouring sheets

Week six: Hand Washing

- Teach kids the importance of hand washing through the story of "Mariquita Cochinita"
- Teach how to wash hands
- Practice washing hands
- Teach about germs
- Cape game (some capes represent germs, and the blue cape represents soap. People who get tapped by germs have to be saved by water)
- Materials required: book "Mariquita de Cochinita"

- water buckets
- water jugs, soap
- paper towel
- pictures of germs
- capes
- colouring sheets

Week seven: Dental Hygiene

- Oral Quiz about dental health
- Activity with water/ vinegar and a calcium tablet in order to understand what a cavity is
- Story of Pepe the Molar to understand how cavities form
- Teach kids how to brush their teeth and how to floss
- Show what food makes teeth happy and healthy vs. sad and sick
- Materials needed: Big plastic tooth and tooth brush to practice brushing teeth with
- Examples of healthy vs. unhealthy food
- colouring sheets

Week eight: Review

- Concluding with the same quiz from the beginning to see their progress
- Review most important points with kids with more Bingo and games
 - Materials used: worksheets and colouring sheets

Results: We reached our objectives through making the students think about how their own health is related to the health around them. Changing these kids' habits "for good", however, will take more than some workshops, as, for example, most of the schools they attend do not have soap available to them- so even if they do want to wash their hands, they often have infrastructural issues challenging them beyond their personal habits. Since often times, school teachers and family do not talk about these topics, these work-shops were still very eye opening to the kids. Students seemed to apply themselves most in their knowledge about germs, water cycle and ways to conserve water.

Discussion: Challenging aspects of this workshop is that children do want to apply themselves, but as so much of their society fails to have healthy and environmental practices, they seem to have a hopeless outlook sometimes. For this reason, embedding them with the knowledge as opposed to an authoritarian approach to get them to **always**- for example- wash their hands, perhaps we can focus less on short term change and more for long term understanding. If we approach the lessons in a relaxed way, it will be more conducive to them actually absorbing it and hopefully in the future when they have more dominion over their life, they will take the practical steps to create a healthy life for themselves.

Conclusion: Next steps we would recommend to the community would be to get kids talking to their family about always having some supplies at home (soap, natural cleaning products, seeds to plant in their garden). Next steps for future SID and CESAPU volunteers would be to keep it fun and interactive as this approach works very well with these children as they want to have fun and run around while they learn new ideas.

ANNEX 2

ANNEX 2: ONE ROOM REPORT**Introduction:**

From late August into September, HOP and Students for International Development partnered in hosting several trial adult literacy and computer literacy classes. These classes consisted of an hour each and were held once per week for four weeks. Students who completed three of the four classes received certificates of completion for the program.

Objectives:

The objectives of the 1Room project include:

- Empowering adults with basic literacy and computer skills, allowing them to provide for their families and more fully and autonomously participate in society
- Delivering education through personalized learning centers (PLCs) - a modern reincarnation of the one-room schoolhouse
- Creating a competency-based program using personal learning technology (eg. tablets, portable content) and staffing systems that can work offline and off-grid
- Building self-starting, responsibility, reliance, goal-setting, self-evaluation & empowerment in students

The classes held through HOP served as a pilot-stage to design an ultra low-cost, competency-based adult literacy and computer literacy program that can be easily expanded and replicated globally.

Methods:

Each of the adult literacy and computer literacy units included an online curriculum, which was uploaded to HOP computers using a USB. PfiD currently has access to each of the lessons and is refining them.

Week 1:

The focus of the adult literacy class was learning how to hold a writing utensil and to write out the Spanish alphabet and all numbers. All students were supplied with pencils, a sharpener, a writing workbook, and earphones to watch the lesson's videos.

In the computer literacy class, students watched videos identifying the different parts of the computer. Using sticky notes, they practiced naming the parts learned. They spent the remainder of the class practicing typing at <https://www.typingclub.com/>. All students were given earphones for personal use.

Week 2:

Students in the adult literacy class were given worksheets to practice writing and reading various letter arrangements using "p" and "m."

Computer literacy students learned how to use Google to search for relevant websites, such as YouTube, Google Translate, Google Maps, etc.

Week 3:

Students in the adult literacy class were given worksheets to practice writing and reading various letter arrangements using "l."

Computer literacy students learned how to open their own gmail account and send messages with attachments. There were some difficulties with this lesson because students had limited typing ability (meaning this module should

be included as a later part of the course) and students were required to have a phone number or some contact information to sign up for gmail.

Week 4:

Students in the adult literacy class were given worksheets to practice writing and reading various letter arrangements using "s." Students also practiced writing out sentences describing themselves.

Computer literacy students were given an instruction sheet and asked to team up with a neighbor. Teams then followed instructions to demonstrate their knowledge of using a computer.

Results:

Seven students attended the programs regularly and were awarded certificates of completion. These women reported that the classes had been useful to them and wanted them to continue. The pilot classes did not include a full, completed curriculum, so the long-term impacts of the four classes would be difficult to measure. However, students all felt the skills they were learning were very useful and would like to continue a full-scale version of the course. As a pilot program, the courses were successful in giving PfID the data it needs to create such a course for future use.

Conclusions:

PfID is using the information gained from the pilot classes to develop a complete adult literacy and a computer literacy course, which may be implemented at HOP in the future. Future implementation of such courses would require volunteers or local staff to serve as invigilators, and depending on the size of the classes, additional laptops or tablets may be required.