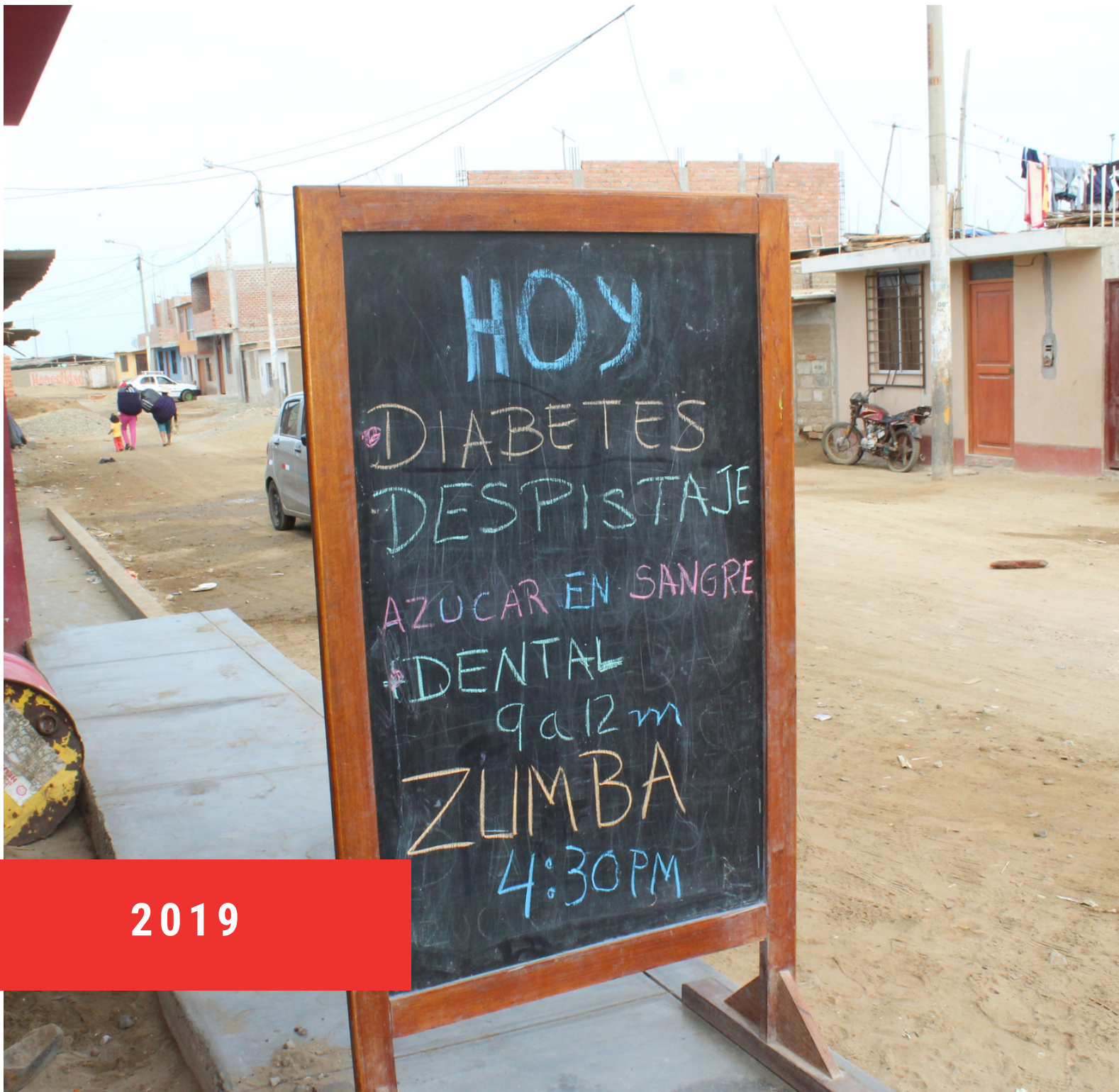


# HOP HANDS ON PERU PROGRAMS & ACTIVITIES ANNUAL REPORT



2019





## NOTE FROM EXECUTIVE DIRECTOR

Hands on Peru's mission is to increase access to public health & preventive health services for low-income, vulnerable communities in Peru. Our work aligns with UN sustainable development goal #3: good health and well-being. Our overarching philosophy is to reduce multidimensional poverty through public health interventions & initiatives. To engage & empower individuals living in vulnerable communities to choose healthy behaviors through interactive and participatory community public health programs, giving them the tools they need in order to live a healthier life. Ultimately, we strive for equitable opportunities in health and building community resiliency.

The social, economic, and health systems in Peru (and many more countries) leave millions of people behind, due to fatal gaps in water, sanitation, education & access to quality healthcare.

As an emerging NGO leader in global public health and community health, Hands on Peru works to train the next generation of healthcare workers in the development of high impact, capacity building programs that focus on preventive health and fixing the roots of the disease rather than the symptoms.

This report summarizes our main activities of 2019 and the ways our Center for Public Health (CESAPU) is making a worldwide impact on health.

Katie Baric, MPH  
Cofounder & Executive Director

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# OUR MULTIDISCIPLINARY STAFF



**KATIE BARIC, MPH, COFOUNDER & EXECUTIVE DIRECTOR**

**ROSA SANCHEZ DE BREM, RN COFOUNDER & PRESIDENT**

**DIANA DE LA CRUZ, MPH, RN VICE PRESIDENT & CHIEF OF NURSING**

**RENZO AGUILAR SECRETARY & ADMINISTRATOR**

**GRACE HUERTAS NUTRICIONIST**

**DR. JESUS BENITES, MD COMMUNITY HEALTH PROMOTER**

**LAURA REVORCEDO PROGRAM COORDINATOR - CHIMUK CHIC**

**DAVID RAMIREZ PROGRAM COORDINATOR - CHICOS CREATIVOS**

**JORGE DE LA CRUZ, DDH / JOSE PESANTES, DDH CESAPU DENTIST(S)**

**KAYCE SCINTA, RDH VOLUNTEER COORDINATOR & DENTAL BRIGADE LEADER**

**PIERO RUIZ, HEAD OF MEDICAL INTERPRETING & VOLUNTEER COORDINATOR**

**DR. JORGE RODRIGUEZ, MD LOCAL CONSULTANT**

**DR. JOSE CABREJO, MD, MPH BOARD OF DIRECTOR & PRIMARY PUBLIC HEALTH ADVISOR**



# VOLUNTEERS FROM AROUND THE WORLD

We work to train the next generation of professionals in public health. Our global volunteer report is as follows:



- CARROLL UNIVERSITY - PHYSICAL THERAPY (12)
- REGISTERED DENTAL HYGIENISTS (17)
- BASEL UNIVERSITY, SWITZERLAND - DENTAL PROGRAM (6)
- WINGATE UNIVERSITY - PA SCHOOL (4)
- INSA LYON ENGINEERING INSTITUTE, FRANCE - SOLIDARINSA (8)
- COLORADO STATE UNIVERSITY - MPH (1)
- GENERAL HEALTH VOLUNTEER (30)



*"I HAD A PHENOMENAL EXPERIENCE IN PERU. THE STAFF WAS INCREDIBLY FRIENDLY, THOUGHTFUL, & ENGAGING... MY FAVORITE PART WAS SPENDING TIME WITH THE KIDS IN CESAPU. THEIR SMILES AND EXCITEMENT WERE INFECTIOUS AND MADE ME LOOK FORWARD TO COMING TO THE CLINIC EACH DAY.*

*WILL OHLEY (MARCH 2019)*

# KEY COLLABORATIONS

Partnering with local and international organizations and entities is a priority and essential for sustainability. In 2019 we collaborated with:

- **MINISTRY OF HEALTH - TRUJILLO, PERU "GERESA"**
- **HIGH SCHOOL "REPUBLICA DEL MEXICO" TRUJILLO, PERU**
- **CENTER OF HEALTH: HUANCHACO & EL TROPICO**
- **UNIVERSIDAD NACIONAL DE TRUJILLO, PERU**
- **HOSPITAL PERUANA-AMERICANA**
- **BASEL UNIVERSITY DENTAL PROGRAM, SWITZERLAND**
- **DENTAL CENTAURA, SWITZERLAND**
- **SOLIDARINSA, FRANCE**
- **JOHNSON & JOHNSON 'CARING CROWD'**
- **UNIVERSITY OF PITTSBURGH**
- **YALE UNIVERSITY**
- **KARMALIFE CHIROPRACTIC CARE**
- **LOCAL NGO "PASEO"**
- **LOCAL NGO "GROUNDSWELL COMMUNITY PROJECT"**
- **LOCAL NGO "STUDENTS FOR INTERNATIONAL DEVELOPMENT"**
- **NGO "33 BUCKETS"**

## KEY STRATEGIC EVENTS

Making a splash, worldwide, to learn, grow & fundraise.

- **UNITE FOR SIGHT GLOBAL HEALTH CONFERENCE AT YALE**
- **2019 FUNDRAISER - 4TH ANNUAL CONCERT - NC, USA**
- **2019 FUNDRAISER - RED GALA PARTY - LUCERNE, SWITZERLAND**
- **"LIBERANDO IDEAS" FINALIST - LIMA, PERU**



# PREVENTIVE HEALTH CAMPAIGNS

A main part of our mission is to increase access to public health and preventive health medical services for vulnerable communities. Many Peruvians do not have access to preventive health, leaving them more susceptible to chronic diseases and ignorance of their health status.



First and foremost, our program "VIVIENDO SANO" or "Living Healthy" achieved a **written collaboration with GERESA - GERENCIA REGIONAL DE SALUD.**

Preventive and Educational Campaigns that include disease screenings for the following: **diabetes, anemia, cervical and breast cancer, metabolic syndrome & parasitosis.** Other services offered are **urgent care, wound cleaning, ultrasound, and dental.** In 2019 we provided a total of **1972** preventive services.

**735**

Patients attended in  
CESAPU clinic

**20**

Campaigns hosted in  
CESAPU clinic

**1237**

Patients outside of  
CESAPU clinic

**8**

campaigns outside of  
CESAPU clinic

# DENTAL PROGRAM

Oral health is extremely overlooked in Peru, and most communities lack access to affordable dental care.

We received our second brigade of **3rd year dental students from Basel University, Switzerland** in August, 2019.

Due to ongoing collaboration with Basel University from 2018, we are able to put a dental chair in CESAPU clinic and **hire a local dentist to continue giving dental care all year round in CESAPU twice per week for private dental consults**

In late August 2019, we hosted **14 registered dental hygiene professionals from USA & Australia** to do prophylaxis in CESAPU, local high schools, local government health clinics, and elementary schools.



148

Patients seen in weekly dental consults

246

Patients seen in dental campaigns in CESAPU

904

Patients seen in surrounding communities

1298

Total patients with dental care



# CHIROPRACTIC & PHYSICAL THERAPY CAMPAIGNS

Musculoskeletal problems, rheumatoid arthritis, and other joint and back pain affect most Peruvian adults, due to the nature of their work. We have developed strategic collaborations to help people feel and move better!

259

Chiropractic adjustments  
given in CESAPU



We've collaborated with the organization **"KARMALIFE"** to be able to give donation-based chiropractic care for 4 months out of the year (March, April, November & December). Dr. Ruben Karmali has provided chiropractic care in CESAPU since our founding year of 2016.

In August 2019, we hosted **ten 3rd year physical therapy students and two faculty members from Carroll University's Physical Therapy program** to host physical therapy campaigns in our CESAPU clinic and in the highland town of Otuzco. We rotated in physical therapy wards of hospitals and also worked on therapies with **10 children with cerebral palsy**.



63

Patients seen in  
CESAPU

97

Patients seen in  
Highland town of  
Otuzco

# IMPROVING SANITATION BUILDING BATHROOMS

Improved sanitation is one of the most important factors in preventing disease and improving health. Improved sanitation is linked to better child health, less parasitism, less diarrheal disease, and preserves human dignity.



8

Engineering volunteers from  
France



52

People directly benefitted  
with improved sanitation

6

Complete Bathrooms built  
(shower, toilet, sink, floor)

In July 2019, we were joined by a brigade of **8 engineering students from INSA LYON UNIVERSITY, FRANCE.** as well as a full time French - Spanish interpreter Piero Ruiz.

After careful surveillance and preparation, we targeted 6 families who were in desperate need of improved bathrooms. We hired local 'maestro de obra' from the community Segundo Plasencia and 3 of his local workers to collaborate with the volunteers from France to build new bathrooms and improve their sanitation.



# IMPROVING HYGIENE

Hand washing is one of the most crucial steps to improving health and preventing disease. After finding out that most families in our community do not have access to hand soap, we started donating liquid hand soap and focused on hygiene improvements and building healthy hygiene habits.



200

Donations of hand soap

In 2019, we gave **over 200 liquid hand soap donations** to our community and surrounding communities, coupled with hygiene education.

# PUBLIC HEALTH EDUCATION FOR PERUVIAN MEDICAL STUDENTS

Many medical and nursing students in Peru are not trained properly in public and preventive health. We work with local students to train them in effective health-education strategies and the importance of seeing a disease beyond the symptoms, enhancing their university education with real-life practice.



We worked with **5** groups of medical students from UCV - Universidad Cesar Vallejo, alongside their esteemed professor Dra. Chian. Students prepared, conducted and evaluated **5 education-based projects oriented to the prevention of: tuberculosis, anemia, chronic disease, family planning, and promotion of mental health.**



# COMMUNITY BASED MEDICAL INTERPRETING

To decrease the language barrier that commonly arises in campaigns, we have selected and trained **6 university interpreting students** who continue to help us with our interpreting needs to ensure that patients are receiving the highest quality of care possible.

The medical interpreters helped us primarily in the physical therapy campaigns and are essential, particularly for advanced volunteers, who need to convey certain health indications. All students work under our main community interpreter, and long time member of our staff, Piero Ruiz.



# CREZCO

Anemia is prevalent among almost half of young children in Peru. Lack of nutritional education is one of the contributing factors for such high rates of anemia, which can lead to increased infections, poor academic performance, and slower development.

The program CREZCO works to improve child health by improving their mother's nutritional education. **We host weekly nutrition and cooking classes for mothers, monitor their children's growth, and promote gestational health.**

For the women who participated in Lady Lunes in both 2018 and 2019, an **8% increase in healthy dietary behaviors** has occurred. The most notable differences are that most women better understand better the nutritional value of their food, and incorporate more fruits, vegetables, and iron-rich foods in their diets.

**Anemia decreased by almost 10%** in one year in the community. In 2018, 66% of children under 5 had anemia, and in 2019 57% had anemia. The children under 5 whose mothers attend Lady Lunes have experienced an average increase in their hemoglobin levels of 0.6 points every 6 months.

12

Number of total cooking  
classes done outside of  
CESAPU

14

Women receiving prenatal  
care & ultrasound visits

15

Average number of mothers  
who regularly attend  
cooking classes

43

Children enrolled in the  
program

# ECONOMIC EMPOWERMENT

In our community, 75% of the women are "amas de casa", or housewives. Peru is still fighting for women's equality in both the home & workspace. Most women are not economically independent or do not have a dignified employment.

The program "Madre Cesapu" works to empower women, giving them the skills they need in order to earn a living wage with **dignity**. Women meet twice per week and also participate in mental and physical health educational sessions.

Through the formation of the handmade brand of knit products, "**Chimuk Chic**", 22 women have dignified and fulfilling work that creates extra income for them and their children. On average in 2019, each woman earned a total of **\$257**, **supplementing 2 months of additional income** (average family income for mothers is \$100-\$120 per month).



22

Women in the program

5655

Total USD earned in 2019

209

Total products sold

2

Months of supplemented  
income earned per mother



# CHILD DEVELOPMENT

20

Participating children in  
Ninos Felices

## NINOS FELICES

One of our weekly programs to promote healthy child socio-emotional development. We hosted a mindfulness program called "INTENSAMENTE" - with the local NGO "PASEO" that occurred in the months of January, June, July, August & September and the development of "TiNi" or tierra de ninos, among other fun activities.



## DESAROLLO MI CEREBRO

In November 2019, we started a child development program to monitor the progress of social, behavioral, emotional, and cognitive development in children under five. Mothers and children met with a psychologist and received personalized advice on their child's development and ways to stimulate their brain development.

# ADOLESCENT DEVELOPMENT

## CHICAS BONITAS

A holistic sexual & reproductive health program for adolescent girls. This year, girls got to participate in a **6 week surf camp** (in partnership with the NGO GROUNDSWELL COMMUNITY PROJECT), arts projects, and sexual health education.

8

Participating girls in  
Chicas Bonitas



15

Participating boys in  
Chicos Creativos

## CHICOS CREATIVOS

A program that works with young boys (ages 7-15) to promote creativity, and teach respect for self and others. This year, the boys worked on an ongoing **recycled bottle cap mural**, **community trash clean ups**, and **building a community sidewalk**.



# PHOTO ALBUM





# PHOTO ALBUM





# PHOTO ALBUM





HANDS ON PERU