

PRIMEROS PASOS

Annual Report 2017



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.

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Message from the President

Dear Friends of Primeros Pasos,

In much of 2016 and the beginning of 2017, we saw unprecedented growth in all of our programs, which allowed us to reach more people than ever in both our main clinic and in the ten communities of the Palajunuj Valley of Quetzaltenango. All of us at Primeros Pasos were very excited about this growth and looked forward to a prosperous year.

Primeros Pasos is making important strategic and operational changes in 2018 in order to address administrative overload, improve sustainability, and focus on the quality and efficiency of our core clinical operations. Focusing on our core clinical activities will require a significant reduction in the scope of our independent health education and nutrition-related programs. However, we are currently structuring partnerships to continue to address underlying determinants of health in the Palajunuj Valley. Continuing education and nutrition activities will be integrated with and informed by our clinical activities. Moving forward, we are working to improve our ability to provide specialized clinical care by improving our capacity to host specialized care groups.

In the following annual report, you will find the highlights of the past year, including an overview of the Healthy Schools Program and the Nutrition Recuperation Program. These programs have had an incredible impact over the years in improving the wellbeing of current and future residents of the Palajunuj Valley through preventative education. Moving into 2018, we are looking to concentrate the best of these programs into a single outreach program, with a mission of providing health services and education to the four most vulnerable communities in the valley.

Although the number of programs we offer has been reduced, Primeros Pasos remains committed to improving quality of life in rural communities through low-cost healthcare and preventative health education, and I am excited to continue to share our journey with you.

On behalf of the communities that we serve: thank you to our donors and supporters for making it possible to improve access to quality healthcare and preventative education in the Palajunuj Valley. We look forward to your continued support in 2018.

With gratitude,

A handwritten signature in black ink, appearing to read "Castillo", written in a cursive style.

Our Impact



Healthy Schools Program

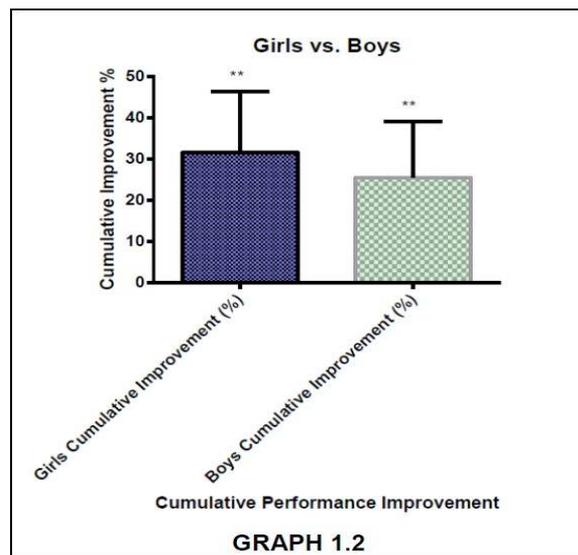
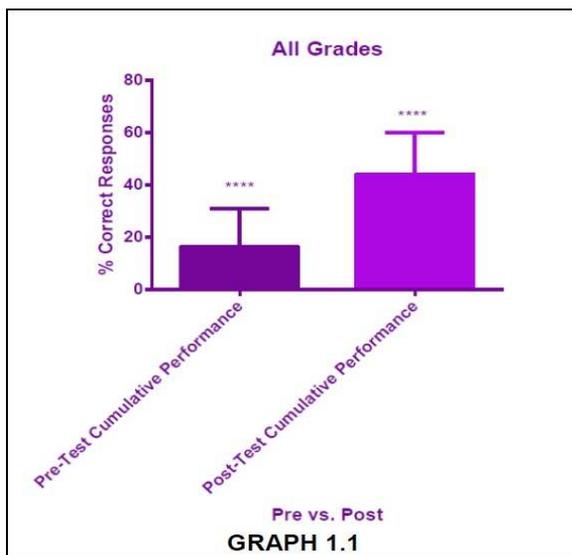
Our Healthy Schools Program lies at the heart of Primeros Pasos' mission to increase health literacy and access in the Palajunoy Valley. Every year, we conduct mobile clinics and provide age-appropriate health education workshops in all 10 schools in the Palajunoy Valley, as well as in the 6 community daycare centers. We educate about topics that address the complex determinants of health, such as hygiene, parasites, self-esteem, identity, values, bullying and sex education. We also include the Dental program in the Mobile Clinics to provide treatment as well as educate children and parents about oral health issues and proper oral hygiene. Below is a table showing an example set of topics by grade.

Grade	Topic
<i>Kindergarten & First Grade</i>	Proper Hygiene and Nutrition
<i>Second Grade</i>	Values and Your Rights
<i>Third Grade</i>	Taking Care of the Environment
<i>Fourth Grade</i>	Personal Identity and Values
<i>Fifth Grade</i>	Puberty
<i>Sixth Grade</i>	Puberty and Self-Esteem

In 2017, the Primeros Pasos medical and dental staff provided a combined total of 4,028 appointments through the Healthy Schools Program, an increase of 6% from 2016. In addition to free medical consultations and dental care, including fluoride applications and tooth extractions, students with stomach problems were screened for parasites in the mobile lab using the new mobile microscope generously donated by former Development Director Chris Elliott. We also provided required medications, soap, toothbrushes and toothpaste for all the students. Below are the numbers of children that received services through the Preventative Health Education Program in 2017 as compared to the impact results in 2016, illustrating increases in all three areas of services provided.

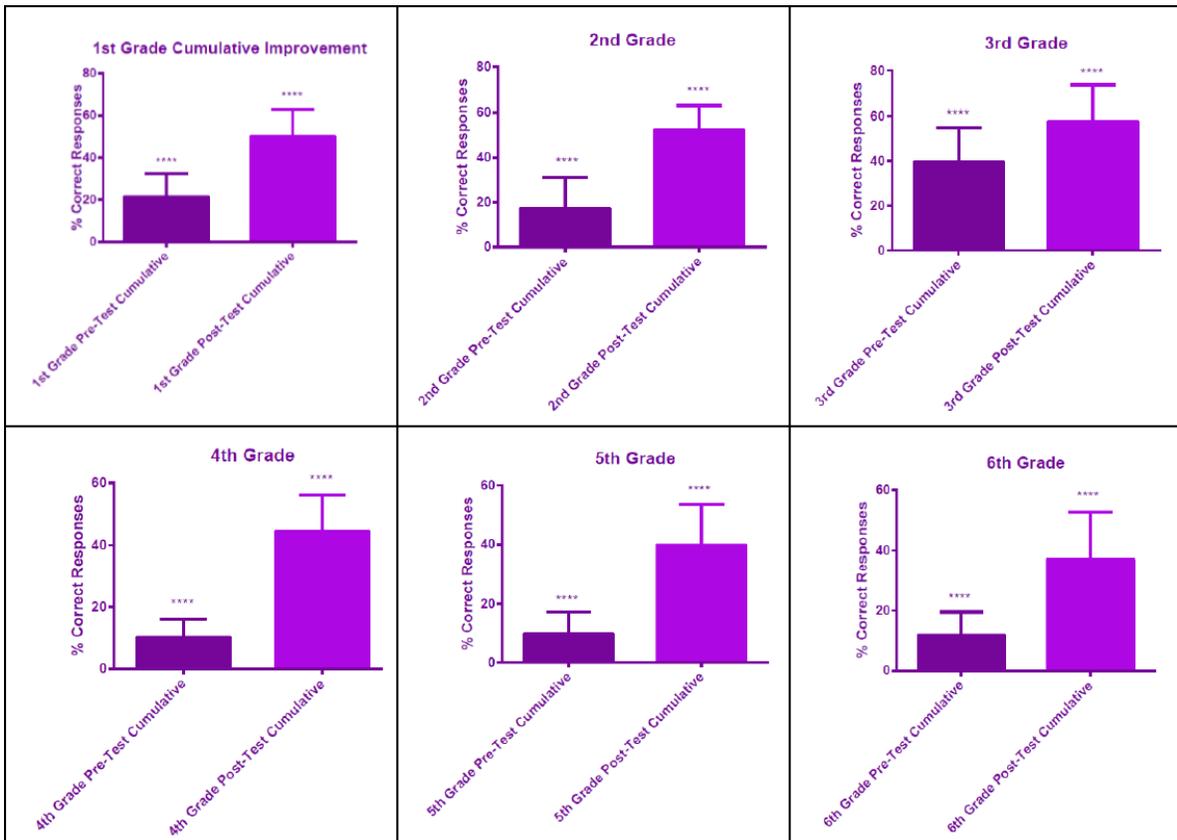
Service	2017	2016	Increase
Number of children that received health education	2638	1827	44%
Number of children that received medical services	1999	1936	3%
Number of children that received dental services	2029	1785	13%

To better evaluate the efficacy of our teaching, we implemented pre- and post-test surveys to sample of children in each grade in each of the 10 schools during our health education sessions. We are proud to report that all grades showed improvement from pre- to post-test. We will be using the data we collected during this year to inform our future teaching. Primeros Pasos has been utilizing the program REDCap as a tool to manage databases and the graphs below report the results of these pre and post test assessments:



There was a 168% improvement as the pre-test cumulative performance resulted in 16.4% correct responses and the post-test cumulative performance increased to 44.2% correct responses. Interestingly, when comparing girls' and boys' percent improvement from pre- to posttests, girls scored slightly higher at 31.6% and boys at 25.4% as demonstrated by Graph 1.2. These results are statistically significant, illustrating that overall girls are learning more from these educational interventions and improving more on the post-test than boys. Below is a list of the topics that were assessed as well as the pre- and post-test cumulative performance by grade.

- ✓ Proper Nutrition
- ✓ Cleaning
- ✓ Personal Hygiene
- ✓ Values
- ✓ Practice of Values
- ✓ Your Rights
- ✓ Taking Care of the Environment
- ✓ Reduce, Reuse, Recycle
- ✓ Proper interaction w/ animals to avoid illness
- ✓ Personal Identity
- ✓ Formal Identity
- ✓ Puberty
- ✓ Self-Esteem
- ✓ Avoiding Teen Pregnancy



Although the program may have officially concluded, we look forward to implementing preventive health education in our mobile clinic efforts in the future. Thank you to all who supported the Healthy Schools Program, either through volunteer work, management of the program, or through donations you have made an incredible difference in the lives of the children. We hope to continue to count on this support as we build preventive health education into our future projects.



Nutrition Recuperation Program

The Nutrition Recuperation Program (NRP) was launched in 2012, targeting 25 families with chronically malnourished children in the poorest communities of the Palajunoj Valley. Our initial strategy focused on the immediate treatment and nutritional recovery of the youngest children, many of whom – if left untreated – would have suffered irreversible medical consequences, such as stunted growth and reduced mental faculties. In addition to nutritional therapy, parents participated in educational workshops that provided them with the practical knowledge and tools to maintain healthy, hygienic homes.

Since the first successful year in 2012, the NRP has been steadily expanding. Beginning in 2014, the NRP prioritized its focus on the first 1,000 days of life, beginning from pregnancy to a child's second birthday, as it is the critical window of time in which a child's nutritional foundation is established. Because this unique period provides the essential building blocks for brain development, healthy growth and a strong immune system across a lifespan, it is vital that both mother and baby have proper nutrition during this critical period. In fact, if a child is classified as chronically malnourished at the end of the first 1,000 days of life, they will suffer from a variety of irreversible health problems that ultimately creates a huge economic burden for countries, costing billions

of dollars in lost productivity and avoidable health costs. Malnutrition can cause irreparable damage to a children's brain development and their physical growth, leading to a diminished capacity to learn, poorer performance at school, greater susceptibility to infection and disease which can result in increased risk of developing illnesses like heart disease, diabetes and certain types of cancers later in life.¹ Thus, the NRP's strategy evolved to not only treat but also prevent malnutrition by equipping mothers with the knowledge and skills they need to provide the best start in life for their children.

In 2017, we were able to reach all ten communities of Palajunoj Valley, serving approximately **183 families**. By extending coverage to all communities, more families have received vital education and nutritional therapy as more mothers and fathers learned about implementing adequate health habits and dietary care for their family. This year, the NRP was offered for women with children under 5 in each community, as the number of mothers with children under the age of two was very low. Weekly community visits by both our nutritionist included a variety of nutrition topics and tools for the mothers. Please see our Impact Results below for more information.

We are extremely proud of the positive impact the NRP has had over the years, and look forward to furthering these efforts in the future. Thank you to all who supported the Nutritional Recuperation Program, and especially those who worked to make the cooking and nutrition workshops a success every week!



1. "Why 1,000 Days." *1,000 Days*, thousanddays.org/the-issue/why-1000-days/.

Impact Results

I Overview

The impact table below illustrates program objectives, their indicators, target goals, and the percentage of the goal that was achieved by the end of 2017. Following the table are detailed descriptions of the indicators.

I Outreach

The program consistently aims to recruit women and their children under age 2 as well as pregnant women in order to target the first 1,000 days of life. As stated above, this year the program also included mothers and their children under age 5 since during recruitment the amount of mothers with children under age 2 were very limited.

Total Direct Beneficiaries	366
Mothers	182
Children	181
Pregnant women & Postpartum	1
Newborn babies	2

I Nutritional Education

3.1 Lessons and Workshops

The Nutritional Recuperation Program's lessons and workshops employ a participative and pedagogical model. It uses didactic techniques appropriate for the beneficiaries where the educational delivery is characterized by encouraging dialogue and reflecting on their reality; in this way, the beneficiaries gain significant and relevant knowledge from the program. The 194 educational lessons and workshops that covered 23 topics occurred weekly in each of the ten communities. These topics not only aim to combat and prevent malnutrition, but they also strive to comprehensively address the profound complexities of the determinants of health and nutrition present in Palajunoj Valley.

3.2 Healthy Recipe Cooking Lessons

One of the most enjoyable activities, the healthy recipe cooking lessons are both educational and create a spirited opportunity for the mothers to strengthen their bond with each other as well as with Primeros Pasos staff and volunteers. In 2017, the Nutritional Recuperation Program taught 10 healthy recipes through 96 cooking lessons. These recipes used ingredients accessible to the mothers and the affordable easy-to-add dietary supplements Proteinas and Incaparina for nutritional recovery. This year we also constructed gardens for the families involved in the program; with a little effort, these gardens can become sources of healthy foods for the family. Later in the year, some of the mothers involved in the program brought fresh veggies from their gardens to the cooking lessons.

3.3 Family Gardens

One of the most exciting and fun-filled activities in the NRP promoting proper nutrition and healthy lifestyles is the construction of family gardens. Some mothers have fertile land to directly plant and harvest their vegetables but for those that do not, we teach how to make neat and creative planters out of recycled goods that already exist in their homes, such as plastic liter bottles, old rain boots, and cooking pots. For some mothers, however, they opted to not receive seedlings as they preferred to utilize their land and space to maximize their corn production, a principle source of the Guatemalan diet, thus resulting in 296 home gardens completed of the targeted 350.

3.4 Knowledge Retention Test

The hand-written tests administered to the mothers to evaluate their knowledge retention of the weekly educational lessons resulted in only 60.6% passing overall with a slight improvement in the fourth quarter as 72% of mothers passed the test. The method of administering a hand-written test revealed several problems as it proved not to be an effective tool to adequately measure the mothers' knowledge retention.

Firstly, since many of the mothers are illiterate, they required help from Primeros Pasos staff and volunteers to answer questions that employed many technical terms that they did not understand. Secondly, it was difficult for the mothers to concentrate during the test as their children are often rambunctious. When the mothers, however, partook in activities such as dramatizations or expositions of the learned material, they demonstrated correct understanding of the topics, confirming that they did in fact absorb the information from the weekly lessons and workshops thus enriching their overall knowledge.

3.1 Nutrition Program Curriculum	
Quarter 1	
Malnutrition: Types, Causes, Consequences, Prevention Strategies	The Family Food Pot (similar to Food Pyramid)
The Importance of the Weight and Height Checks (nutritional evaluations)	Family Planning & Reproductive Health
Home Food Production	The Importance of Proper Hand-Washing
Healthy Diet and Unhealthy Diet	Proper Hygiene for Pregnant Women
Quarter 2	
My Plate: Nutritional Guide	The Guatemalan Dietary Guide
Interpreting Nutritional Indicators and Growth Charts	Proper Diet for Children under 2 years old
Cutting: Causes and Risks	
Quarter 3	
The Importance of Male Participation in Child Rearing and Care of the Home	Facts and Benefits of Breast-feeding
Proper Breastfeeding Methods & Strategies	Complications Experienced during Breastfeeding
Affective Nutrition & Biological Nutrition	Reproductive Health
The Importance of Salt & Sugar Consumption Regulation	
Quarter 4	
The Risks of using the Products Milagro Herbalife and Omnilife	Moderation of Salt and Sugar Usage
Hygiene and The Importance of Cleaning and Taking Care of your Community	

3.5 Healthy Homes

It is always fascinating and rewarding to observe the improvement between the first and last surprise home inspections as it serves as one of the most significant indicators of the program's overall impact. By evaluating the hygiene of the home--ensuring that the animals are kept separate from the living quarters, the latrines and all quarters are kept clean, food is covered and stored properly, there is not stagnant water, and all family members have maintained good personal hygiene--the NRP is able to evaluate if the mothers are actually putting into daily practice all they have learned in the educational lessons and workshops. Despite not having many resources, 88% of all the homes met adequate hygiene standards, proving that the families learned that a lack of resources should not be a determinate for home hygiene as it is a paramount priority for overall family health.

3.6 Nutritional Evaluations

The following tables present the nutritional evaluations according to various indicators for the beneficiary children under age five, their mothers, and pregnant/postpartum women gathered during 3,736 nutritional diagnostic evaluations and consultations.

3.2 Healthy Recipes	
Quarter 1	
Costa Rican Ceviche with Green Mango & Proteinas	
Quarter 2	
Sweet Pancakes with Carrots and Incaparina	Marmalade
Beet and Proteinas Salad	Banana Mash with Egg Yoke
Pasta with Tomato Sauce and Proteinas	
Quarter 3	
Incaparina Balls (Buñuelos de Incaparina)	Savory Pancakes with Proteinas, cabbage, and carrots
Proteinas tacos with pico de gallo	
Quarter 4	
Manjar de Incaparina (similar to Dulce de Leche)	

These evaluations are based on anthropometric measurements recorded monthly using the software tool WHO Anthro to monitor child growth according to the World Health Organization (WHO) standards. The indicator weight for height characterizes acute malnutrition and the indicator height for age--or stunting--represents chronic malnutrition. During these evaluations and consultations, the mothers and pregnant women were provided personalized advice and instructions on how to improve month-to-month the nutrition and overall health of both their children.

By the end of the year, 90.7% of the beneficiary children under age five made important advances in their nutritional status as their growth curve indicated normal levels, achieving adequate weight for their height and avoiding acute malnutrition. Notably, 25 children entered the program classified as underweight and graduated with a normal nutritional status.

93.98% of the beneficiary children achieved positive advancement in their weight for age indicator by either finally reaching a normal nutritional status or maintaining a mildly underweight status from beginning to end. 11 children, unfortunately, reverted to nutritional problems of becoming severely or mildly underweight.

67.21% of the beneficiary children made improvements in their height for age indicator with 36 children maintaining a normal growth curve throughout the year and 21 children recovering from moderate or severe stunting to a normal nutritional status, all escaping chronic malnutrition. However, because over 30% of beneficiary children were still classified as stunted despite progress in other indicators, this height for age indicator illustrates the complex and grave problem of chronic malnutrition in Palajunoj Valley and proves the dire need for comprehensive interventions such as the NRP.

3.6.1 Nutritional Evaluation: Weight for Height Indicator		
Initial Condition	Final Condition	Children under 5 years
Normal	Normal	123
Severe Acute Malnutrition	Normal	1
Severe Acute Malnutrition	Moderate Acute Malnutrition	0
Overweight	Normal	12
Obese	Overweight	7
Obese	Normal	5
Overweight	Overweight	7
Underweight	Normal	25
Moderate Acute Malnutrition	Moderate Acute Malnutrition	3
TOTAL	183	

It is equally important to care for the beneficiary children's nutritional status as is that of their mothers since they should also be models of good health for their families. 78.5% of mothers achieved improvements as 80 mothers maintained a normal weight throughout the year and 24 outstandingly transitioned from either being underweight, overweight, or obese to obtaining a normal weight. Unfortunately, some women reverted to becoming overweight or obese.

3.6.2 Nutritional Evaluation: Weight for Height Indicator		
Initial Condition	Final Condition	Mothers
Underweight	Normal	3
Normal	Normal	80
Overweight	Overweight	29
Overweight	Obese	12
Obese	Overweight	7
Obese	Obese	26
Overweight	Normal	12
Normal	Overweight	0
Normal	Obese	0
Obese	Normal	9
TOTAL	178	

Remarkably, 100% of the pregnant women and postpartum mothers maintained their adequate nutritional status during and after their pregnancy, indicating that they employed the advice and strategies they learned through their consultations as well as through the weekly lessons and workshops. We are very proud that these new mothers provided a great start to life for their newborns!

Medical and Dental Program

This year, Primeros Pasos continued to provide high quality and low cost care to the residents of the Palajunoj Valley. In total, 3,981 walk-in patients received consultations and treatment at the clinic. The medical and dental teams saw patients through referral from the Nutrition Recuperation Program, the Healthy Schools Program, and through various health fairs (“jornadas”) throughout the year, adding another 5,392 patients seen in some capacity to the list.



AGE DISTRIBUTION		
		TOTAL
Neonatal 0-15 days		15
Newborns 16-28 days		28
Pediatric 29 days 5 years		1334
Child 6 11 years		533
Adolescent 12 17 years		221
(F/Childbearing Age) 18 35 years		875
(F/ Advanced Maternal Age) 36 years 49 years		249
(F/Menopause) 50 years 59 years		106
Persons who are 60 years+		132

At the Primeros Pasos clinic, the medical and dental team attended to **3,493** patients. Illustrated in the following chart is the distribution of sexes:

DISTRIBUTION OF SEXES	TOTAL
Men	1259
Women	2234
TOTAL	3493

As shown in the chart below, intestinal parasites and tonsillitis are particularly prevalent in the Palajunoj Valley.

	MOST FREQUENT ILLNESSES	COUNT
General	AMIGDALITIS BACTERIA (TONSILLITIS)	228
Infant	INTESTINAL PARASITE AND MIDDLE EAR INFECTION	436
School Age	INTESTINAL PARASITE AND VIRAL AMIGDALITIS (TONSILLITIS)	383

Unfortunately, often children have intestinal parasites for an extended period of time. This can lead to malnutrition.

Thanks to the implementation of the mobile clinics, the medical teams were able to attend to **1,963** school children, diminishing the risk of malnutrition due to parasitism. **466** educational plans were given to parents during mobile clinics.

Illustrated in the following chart is the success of our mobile clinics broken down into community:

SCHOOLS	MOBILE CLINICS	CHILDREN ATTENDED	STOOL SAMPLE	WITH PARASITES
Las Majadas	3	200	0	0
Bella Vista	2	82	5	5
Xepache	4	184	3	1
Tierra Coloradda Alta	3	94	43	30
Candelaria	2	76	33	30
Tierra Colorada Baja	3	186	124	94
Xecaracoj	5	413	195	167
Chucabioc	4	307	162	129
Chucaracoj	1	13	15	13
Llanos del Pinal	7	408	221	181
Total	34	1,963	801	650



Another service of the clinic continued to offer Pap Smears as a preventative measure against cervix cancer. The following chart illustrates the results:

Pap Test Results	
Normal	11
Not Normal	20
TOTAL	31

The medical team offered **31** total Pap smears, and finding **20** abnormal results.

For the fifth consecutive year, the American organization Flying Doctors returned to Primeros Pasos to carry out a health fair for 5 days in August, consisting of doctors, dentists, psychologists, and massage therapists from the United States. This was organized in conjunction with the Primeros Pasos staff, as well as with local Guatemalan doctors and medical students from the Guatemalan national University San Carlos. The Flying Doctors Health Fair registered more than **2,800** distinct appointments and provided free lab tests, medications, and reading glasses. Thank you, Flying Doctors, for another successful year!

Service Provided	Patients Served
<i>Medical</i>	514
<i>Pediatrics</i>	160
<i>Gynecological</i>	77
<i>Dental (including, but not limited to sealant services, fluoride treatments, and teeth cleaning)</i>	870
<i>Eye Glasses</i>	619
<i>Physical Therapy</i>	22
<i>Laboratory</i>	212
<i>Education</i>	366
Total Number of Patients Served	2,840

2017 Highlights

Further RedCap Integration

An enormous thank you to Vanderbilt University for providing the server that allows Primeros Pasos to employ the database management program REDCap and the training that followed. Over the course of 2017 we further integrated RedCap into many of our operations at the clinic and in our mobile programs, allowing us to better monitor, evaluate, and report our services.

Nutrition Recuperation Program in all 10 communities



At the beginning of 2017, the Nutrition Recuperation Program was able to reach all 10 communities in the Valley, a major accomplishment.

Pharmacy Evaluation; In the communities and in-house

Building upon 2016's needs assessments, we set out to investigate the relationship between community members and pharmacies. Through this research we found that, in some pharmacies, it was rare for community members to request medication with a prescription, and we also found that almost none of the pharmacies had medications for mental health (anti-depressants, anti-anxiety meds, etc.). We also examined our own pharmacy service, and volunteer Shannon Dahlgren developed prescription pads with pictures and symbols to instruct patients on both how to take medication and how frequently to take it since many are illiterate. This is a simple, but highly impactful change to our pharmacy workflow, especially for those patients that are illiterate; thank you Shannon!

Zumba Dance Marathon

This year we held our first Zumba dance marathon fundraiser, at a local club, effectively combining fundraising for Primeros Pasos, awareness-raising of our work and mission among the youth, and getting people active. We held raffles during the marathon for healthy and in some cases delicious, prizes. We were able to raise 1,200 Quetzales (approximately \$164) during the event, and look forward to hosting more fundraisers that incorporate healthy and fun activities while spreading the word of Primeros Pasos!

Mother's Day Online Fundraiser

As always, we are honored to receive the support of individual donors during our Annual Mother's Day Campaign. The Mother's Day online campaign raised over \$2,000 thanks to the help and support of our Inter-American Health Alliance (IAHA) Board Members, including former Primeros Pasos Administrative Director, Jamie Guzman Pet. Thanks Jamie!

#GivingTuesday & Health for the Holidays Fundraiser

In November 2017, the Gates Foundation matched donations made through Facebook fundraiser campaigns on #GivingTuesday. Thanks to the continuous and immensely generous support of one of our long-time donors, Martin Ditto, as well as great efforts made by IAHA Board Members and their networks, Primeros Pasos raised over

\$30,000 on #GivingTuesday. Moreover, the Primeros Pasos end-of-the year Health for the Holidays fundraiser allows our supporters give the gift of health during the holiday season, helping to raise over \$10,000. These crucial fundraising campaigns as well as donations made by our highly appreciated volunteers throughout the year allows Primeros Pasos to continue providing vital health and educational services to the residents of Palajunoj Valley. A warm and heartfelt thank you to all of our donors and supporters who make our work possible!

Nutrition Recuperation Program's Health Fair

Thanks to the support of individual donors and the GoPhilanthropic Foundation, the Nutrition Recuperation Program was able to hold a large health fair ("*jornada*") at the clinic. A *jornada* is a time when certain health services are provided for free or reduced cost. For a full week in June, we opened our clinic to women and children of the Nutrition Recuperation Program in order to provide full medical and dental check-ups, laboratory services, and medications and vitamins, *completamente gratuito* (totally free)!

Breastfeeding Awareness March



Every year, the pregnant women, mothers and children of the Nutrition Recuperation Program along with Primeros Pasos Directors and Volunteers enthusiastically march through the communities of Palajunoj Valley to promote the benefits of breastfeeding as well as the right to breastfeed while at work during World Breastfeeding Day. This parade gives mother's a safe space to promote the importance of breastfeeding in both the communities of the Palajunoj Valley and in the neighboring city of Xela.

Partnership with midwives and local healer

The Nutrition Recuperation Program deepened relationships with community leaders this year by partnering with midwives and a local traditional healer to jointly conduct educational workshops. We believe these kinds of relationships are of the utmost importance in gaining and maintaining respect and trust of the people living in the valley; we have as much to teach the community as they have to teach us!

Constructing Family Gardens

This year, thanks to the help of individual volunteers and to a group of students on Alternative Spring Break from the University of Virginia, we were able to construct many more gardens for families taking part in the Nutrition Recuperation Program. Access to healthy foods is vital to maintaining proper nutrition and ultimately in preventing nutrition-related illnesses.

Portable Microscope Donation

Thanks to our former Development Director Chris Elliott, we now have a portable Microscope, which was used this past year to diagnose students in mobile clinics. We are excited to use the microscope more in the coming year as we develop our mobile clinic program, more thanks Chris!

Financial Summary

Primeros Pasos relies almost solely on small individual donations and grassroots fundraising initiatives, and works diligently to make these donations go as far as possible. Fundraising for Primeros Pasos is coordinated by the Inter-American Health Alliance (IAHA), a U.S.-based 501(c)3 non-profit founded in 2007 to support Primeros Pasos' operations.

Primeros Pasos is a program of Asociación PASOS, a Guatemalan-registered non-profit organization founded in 2004. Its NIT (tax ID) is 8147040-1.

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Nutrition Program Sub-Director - Monica Perez

Healthy Schools Program Director – Dulce Mazariegos

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Primeros Pasos would like to thank our generous supporters and partners:

New Lifeline
Vitamin Angels
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Y'abal Handicrafts
Quetzaltrekkers
5x500 Campaign
Celas Maya Spanish School
Sol Latino Spanish School
Individual Donors



We would also like to express our sincere gratitude to all the 66 foreign and in-country volunteers that donated their time, energy, ideas, resources, supplies and hearts to Primeros Pasos during 2017. Through the efforts of each of the 41 individual volunteers and 25 students from Alternative Spring Break groups, we were able to continue to providing our vital health services to the people of the Palajunoj Valley.

Thank you all!