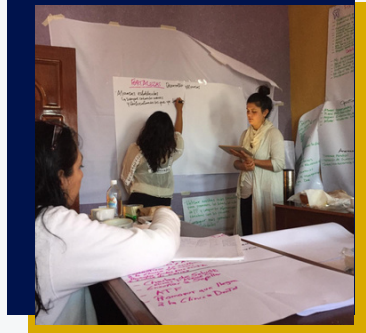


# 2019 ANNUAL REPORT

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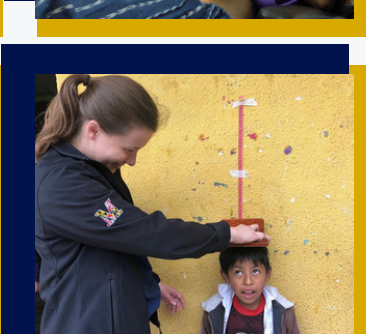
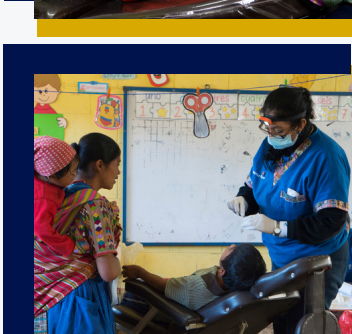
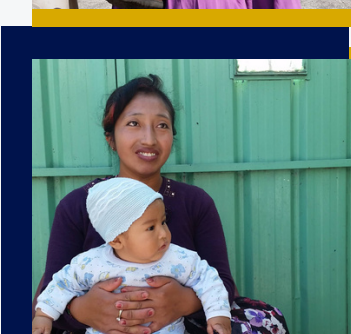
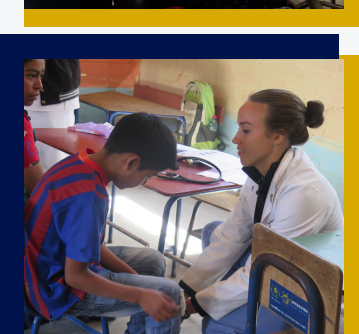


**Primeros  
Pasos**



**OUR MISSION**

**We believe inequitable access to health care and healthy life. We ensure families have the support they need.**



# A LETTER OF OUR GENERAL DIRECTOR

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Dear friends,

2019 was a year of great administrative changes in order to strengthen the foundations of our organization and continue to build and increase all efforts to provide the most vulnerable communities with accessible health and quality education services.

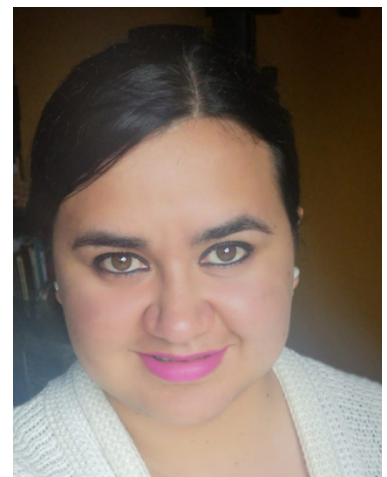
Primeros Pasos remains enthusiastic about its commitment to improving the quality of life in rural communities through equity in health, which is a fundamental component of social justice.

It is a great honor for me to present to you the achievements that with your valuable support we reached this year, our Community Outreach project provides preventive and nutritional health education to groups of mothers and children from schools and communities in the Palajunoj Valley, it was provided comprehensive care together with our medical and dental projects that have excellent professionals who operate fully accessible services and full of a bond of love and respect for our communities and their culture.

In the following annual report, you will find the most relevant activities and objectives achieved through our projects and with the support of all of you allies and donors, on behalf of the communities we serve, thank you very much! for making it possible for these services to be provided for our brothers in the communities.

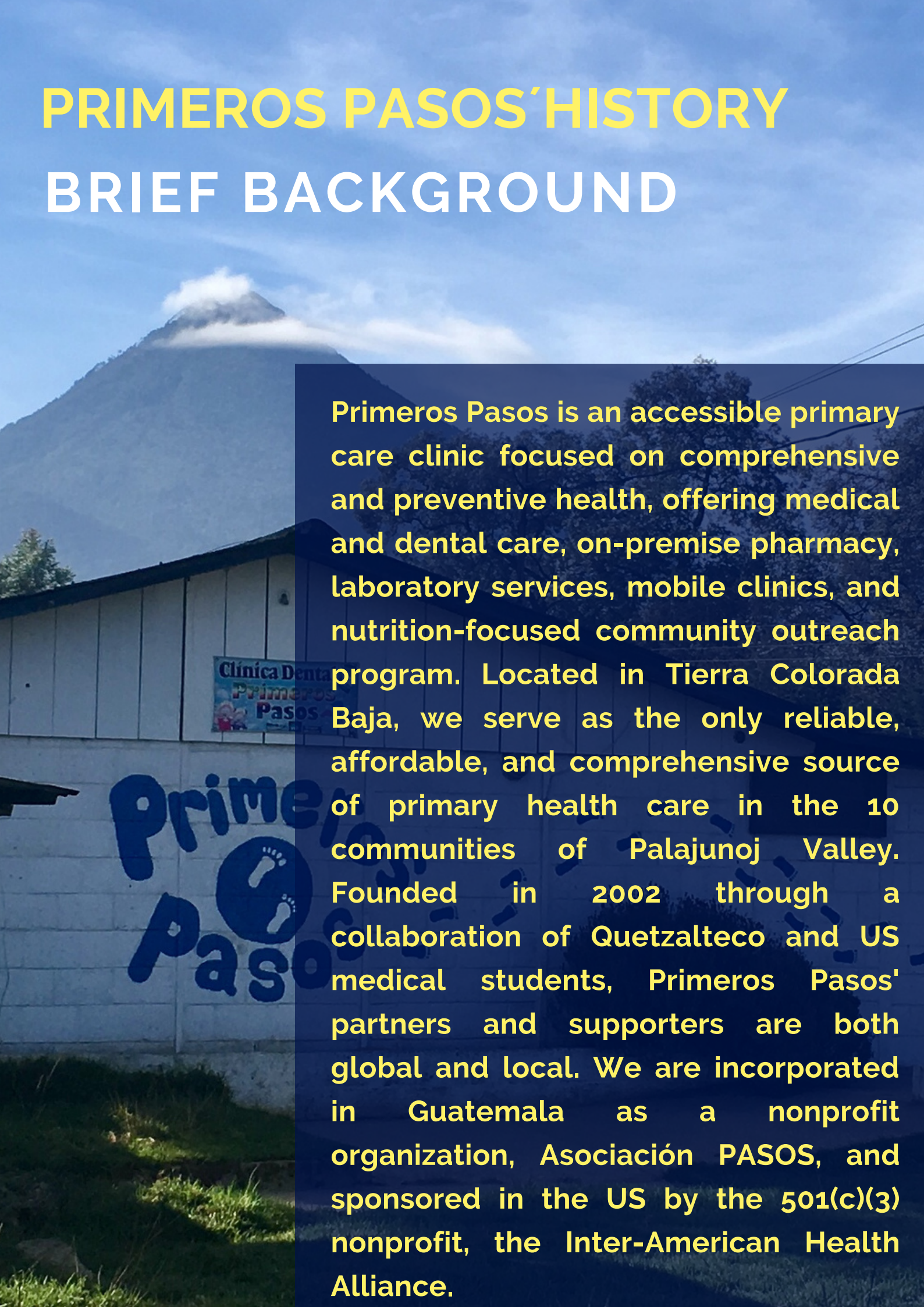
With Love,

  
**Scarlet Samayoa**  
**Directora General**



# PRIMEROS PASOS' HISTORY

## BRIEF BACKGROUND



Primeros Pasos is an accessible primary care clinic focused on comprehensive and preventive health, offering medical and dental care, on-premise pharmacy, laboratory services, mobile clinics, and nutrition-focused community outreach program. Located in Tierra Colorada Baja, we serve as the only reliable, affordable, and comprehensive source of primary health care in the 10 communities of Palajunoj Valley. Founded in 2002 through a collaboration of Quetzalteco and US medical students, Primeros Pasos' partners and supporters are both global and local. We are incorporated in Guatemala as a nonprofit organization, Asociación PASOS, and sponsored in the US by the 501(c)(3) nonprofit, the Inter-American Health Alliance.

# A BIT OF GUATEMALA

*(focus on population, and nutrition statistics)*

With a population of 18,2 million, a 1.87% increase from 2020, is located between the Pacific Ocean and the Caribbean Sea, Guatemala is bordered by Mexico, Belize, Honduras, and El Salvador and is part of the CA-4 border and visa agreement.

One of the strongest problems in Guatemala, especially in our communities is malnutrition, with 46.7% chronic malnutrition (stunting) in children under 5 / 51% overweight & obese in adults.

The concept of malnutrition that we know today in Guatemala did not exist in the Mayan world. Chronic malnutrition was very scarce. Acute malnutrition was more common, dependent on specific situations such as war, drought, or flooding.



# PALAJUNOJ VALLEY SPOTLIGHT

The primary form of health service available in the Palajunoj Valley is self-diagnosis through a local pharmacy. There are puestos de salud in 9/10 communities with varying levels of services and availability and 1 other NGO clinic with more limited availability. Primeros Pasos is the only clinic staffed by a fully licensed doctor and dentist offering comprehensive primary care services 5 days a week.

Rural health posts, or puestos de salud, currently exist in 9 of the 10 rural communities, although two do not have their own building and so are housed in the primary school and five health posts do not have daily hours.

The lack of consistency in the availability of resources, staffing, and hours of operation significantly impacts the communities' trust in the rural health posts.



Palajunoj Valley, Quetzaltenango, Guatemala

# OUR IMPACT 2019



**587**

Children received free nutritional evaluation & counseling

**502**

School children learned healthy behaviors

**170**

Community members gained health knowledge

**282**

Individuals & Partners

**4,250**

Patients accessed affordable care through our walk-in clinic



**878**

Children were treated for free at mobile clinics



supported Primeros Pasos and the Palajunoj Valley through every step!

**2,918**

Patients obtained comprehensive medical care



**1,332**

Patients received preventive & curative dental treatments

**22**

Families improved household respiratory health with safe stoves



**30**

VOLUNTEERS SUPPORTED US IN GUATEMALA





## **PRIMEROS PASOS WALK-IN CLINIC**

**Our doors are open for all patients who need to access medical, dental, and nutritional consults. We also provided at-cost laboratory services and low-cost medications. In 2019, approximately 350 patients sought these additional benefits at the clinic.**



# MEDICAL + DENTAL: 4,250 PATIENTS



**2873 Medical • 1332 Dental • 45 Nutritional**

**2745 Returning Patients • 1505 New Patients • 1445 Males**

**2805 Females • 1825 Children • 2425 Adults**



# COMMUNITY OUTREACH PROGRAM

In 2019, the community outreach program's goal was to provide comprehensive health and nutritional education in an accessible manner to both schoolchildren and the greater community in four of the most vulnerable Palajunoj Valley communities: Bella Vista, Las Majadas, Chuicavoic, and Tierra Colorada Alta.



**Our community outreach director and licensed nutritionist worked closely with the 5 health post nurses and 37 school directors and professors in order to successfully implement this year's programs.**



**The Healthy Schools program continues this mission through three primary activities:**

- Biweekly interactive health education workshops**
- Mobile clinics**
- Nutritional evaluation and counseling**



**In 2019, the program consisted of two arms:**

- Healthy Schools program**
- Open Group for community-based health education.**



**In 2019, 502 primary schoolchildren at 4 schools received interactive health education workshops twice each month. Health topics included: dental hygiene, proper handwashing, healthy eating, and junk food, and access to care.**

**We also conducted workshops on peer bullying and recycling, and the upper grades learned about family planning, sexual health, and the importance of continuing their education.**



**Through participatory techniques, interactive activities, and reinforcement of previous topics, the Healthy Schools program increases health knowledge each year.**

Quick health knowledge retention evaluations administered throughout and at the end of the school year indicated that through the Healthy Schools curriculum, 94% of students improved their knowledge of healthy food, 56% understood how to prevent parasites, 78% demonstrated proper handwashing technique, and 60% improved their knowledge of good dental health and dental hygiene practices.



A young boy with dark hair and a surprised expression is being measured for height. He is wearing a brown jacket over a red shirt with the number '25' on it. A person's hand is holding a wooden headboard against his head, and a red measuring tape is visible on the yellow wall behind him.

**THROUGH OUR HEALTHY SCHOOLS  
PROGRAM, A TOTAL OF 587  
CHILDREN RECEIVED NUTRITIONAL  
EVALUATIONS BY OUR LICENSED  
NUTRITIONIST.**

The evaluations indicated that 59% of primary schoolchildren are stunted (low height for their age), 13% of which are severely stunted. The 43 children (7%) found to be underweight (low weight for their age) were referred to the clinic for nutritional follow up. Of the children with whom follow up was possible, 17% reached a healthy weight, 44% significantly improved, and 38% were still found to be underweight and will require additional follow up in the following school year.

# FINANCIAL SUMMARY

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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.

## Operating Expenses

Medical Program	\$26,412.75
Dental Program	\$18,731.71
Outrech Program	\$20,009.36
Volunteer Program	\$6,650.02
Managment & Operation	\$38,587.15
Fundraising	\$38,583.41
<b>TOTAL</b>	<b>\$95,427.00</b>

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# EXECUTIVE LEADERSHIP

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**General Director – Licda. Scarlet Samayoa**

**Director of Development – Camila Rich**

**Volunteer Coordinator – Michèle Josemans**

**Medical Program Director – Dra. Lilian de Celada**

**Dental Program Director – Dra. Francia Angel**

**Dental Assistant - Marta Ystazuy**

**Community Outreach Director – Licda. Monica Pérez**

**Cleanin Assistant - Maria Florinda García**

