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**Project:**

Health for 45 indigenous communities in Mexico

**Introduction:**

Over the past 14 years (2000 -2014) has decreased the health access of the poorest families by lack of staff and lack of a health project that can attend and cover the different levels of community health . Therefore, the project of Cultural and Educational Foundation aims to reach 45 indigenous communities (Chol, Tseltal and Zoque) covering 15,000 people.

**General Purpose:**

Promote the work of community health as a fundamental human right from the exchange of knowledge, worldview, indigenous spirituality and mysticism.

**Specific goal 1:** To improve food and nutrition of children, women and men of the communities of the Chiapas jungle, taking advantage of the region's resources.

**Specific goal 2:** Strengthen and promote the rescue of traditional medicine building new alternatives to access to health care for indigenous communities by the formation of community health promoters.

**Specific goal 3:** Strengthen the health of indigenous families in the Chiapas jungle, promoting preventive actions to improve the quality of life of the communities.

**Results:**

1. The families of the 45 communities have improved their diet and therefore they have better nutrition.
2. The families of the 45 communities have access to traditional health service promoted from their communities and common diseases are cured with its own resources and traditional knowledge.
3. The families of the 45 communities have better health through preventive measures such as monitoring the vaccines records, oral hygiene, use of local resources and improving the food.

## Activities:

### **Result 1:**

- 10 workshops on nutrition and elaboration of healthy food directed to the families of the 45 communities in Chiapas.
- 10 educational workshops on healthy eating habits directed to the entire population of the 45 communities.
- 10 educational workshops on healthy eating habits for adolescents from the 45 communities.

### **Result 2:**

- Training in traditional medicine directed to the promoters in each community.
- 10 workshops on herbal health and community health for drug development.
- Organization of a general meeting for traditional midwives and doctors.
- Support in channeling patients to second level clinics.

### **Result 3:**

- 10 workshops of oral hygiene for children of the communities.
- 10 workshops about training the families on track of vaccines records and medical review to the children.
- 10 workshops on management and use of local resources to improve the quality of life of communities.

<b>BUDGET</b>		
<b>Concept</b>	<b>Amount</b>	<b>Total % of the project</b>
<b>Promotor health</b>	<b>\$26,574</b>	<b>38.1%</b>
<b>Material</b>	<b>\$22,191</b>	<b>31.8%</b>
<b>Transport</b>	<b>\$6,014</b>	<b>8.6%</b>
<b>Training</b>	<b>\$7,421</b>	<b>10.6%</b>
<b>Planning, monitoring and evaluation</b>	<b>\$1,088</b>	<b>1.6%</b>
<b>Operation Costs</b>	<b>\$4,311</b>	<b>6.2%</b>
<b>Administrative Costs</b>	<b>\$2,120</b>	<b>3.0%</b>
<b>Total</b>	<b>\$69,720</b>	<b>100.0%</b>